

# CAULIFLOWER MASH

## Pareve



### INGREDIENTS

- 1 head Cauliflower
- 2 C Water
- Dash Salt
- 3 T Almond Milk **OR** soy milk
- 1 T Earth balance margarine for baking
- 2 T Tofutti Sour Cream **OR** Vegan Sour Cream
- 2 T Nutritional yeast
- 1/4 t Garlic Powder
- Salt & pepper (to taste)
- Chives (to taste)

### DIRECTIONS

- 1 Separate the cauliflower into florets & chop the core into small pieces
- 2 In a 3 qt pot, boil the water with the dash of salt & then add the cauliflower
- 3 Cover the pot & turn the head to medium
- 4 Cook the cauliflower for approximately 15 minutes or until it's soft
- 5 Drain the cauliflower into a collander & let it sit for a few minutes to make all the water is gone
- 6 Put the cauliflower back in the pot & mash it with a potato masher until it looks like mashed potatoes
- 7 Add all the remaining ingredients with the exception of the chives & mix thoroughly
- 8 Sprinkle the chives just before serving

### NOTES

- 1 To add color, more nutrients & taste, add chopped steamed broccoli sprinkled with garlic salt
- 2 Qualifies as a Vegan dish
- 3 Makes a great substitute for mashed potatoes
- 4 Check out our recipes to make your own Vegan Sour Cream

