

Garlic and Cream Cheese Cauliflower "Mashed Potatoes"

submitted by ChristieDevine



Per serving: 140 Calories • 18.5g Carbs (5.8g Fiber) • 5.4g Fat • 8.2g Protein

Ingredients

Ingredients scaled to: 3 serving

8 cup chopped, (1/2" pieces) **Cauliflower** (856 grams)

2 tbsp **Garlic** (17 grams)

6 tbsp **Cream cheese** (90 grams)

Directions

Directions are based on the original recipe of 3 servings

1. Steam cauliflower florets in microwave for 5 minutes, stir, and then cook 5 minutes longer (or until cauliflower is tender).
2. Put all ingredients in a food processor and process until creamy. Add water, if necessary, to help with consistency.