

DELICIOUS & NUTRITIOUS

Cauliflower Mash

YOU WILL NEED

- ½ cauliflower, roughly chopped
- 2 tbsp butter
- ¼ cup chicken stock or water
- Sea salt & black pepper

PROCEDURE

- Add cauliflower, stock & butter to a medium sized saucepan and cook on medium heat with the lid on until the cauliflower is tender.
- Add all the ingredients to a blender or food processor and blitz until smooth and creamy.
- Season with salt & pepper.



HEALTHY BIT

Cauliflower is high in fibre & low in kilojoules, making it excellent for a weight loss plan.

Also rich in Vitamin C, one cup has 50% of your recommended daily intake.