

Rosemary & Garlic Mashed Cauliflower *Gluten-Free Dishes*

Source: www.thecookierookie.com/rosemary-garlic-mashed-cauliflower/



SERVES:
4



PREP TIME:
20 MINS



COOKING TIME:
8 - 10 MINS



CALORIES:
101 KCAL

INSTRUCTIONS

1. Bring a medium pot of water to boil. Once boiling, cook the cauliflower for 8-10 minutes or until fork tender. Remove and drain cauliflower.
2. Place cauliflower along with all other ingredients into a blender or food processor and pulse until smooth and creamy.

INGREDIENTS

- 1 large cauliflower, chopped into small florets
- 3 ounces low fat cream cheese
- 2 tablespoons unsalted butter
- 1 1/2 teaspoons minced garlic, sauteed
- 1 tablespoon fresh rosemary, chopped into small pieces