

Creamy Cauliflower

A perfect low carb alternative to mashed potatoes. Try it you will be surprised with the creamy buttery taste. If you don't have buttermilk, low fat sour cream also works great.

Ingredients:

- 1 medium head cauliflower, cut up into florets
- 4 cloves crushed garlic
- 1/3 cup 1% buttermilk
- Salt and pepper to taste
- 1 tablespoon light butter

Preparation:

1. Steam cauliflower and garlic until soft. Use a steamer or place in a microwave safe bowl with a couple tablespoons of water, cover bowl with saran wrap.
2. Drain.
3. Add buttermilk, light butter, salt and pepper. Puree with a hand blender, blender or food processor.

Makes 4 servings

Nutritional Information for ¾ cup:

Calories: 60.7 Protein: 3.7g Fat: 17g Carbohydrate: 8.6 g Fiber: 4.2 g

Source: *adapted from skinnytaste.com*