

## Garlic Cauliflower Mashed “Potatoes”

- 1 large head cauliflower
- 5 large cloves garlic
- 1 tbsp olive oil
- 1 14oz can of coconut milk
- Salt
- Freshly ground black pepper to taste

Roast chopped cauliflower (large pieces) in oven at 375 degrees for 30-45 minutes.

Sautee chopped garlic in a skillet in olive oil until golden.

Add cauliflower, coconut milk, garlic and spices to food processor and blend until smooth.