

MASHED CAULIFLOWER

Serves 4

1 medium head cauliflower
2 cups purified water
1 cup rice milk
1 tablespoon Parmesan cheese
Celtic sea salt and Pepper to taste

Separate the cauliflower into florets and steam them for 10 minutes.

In a blender, mix the florets, the rice milk, salt and pepper until smooth.

In a skillet, sauté the puree over medium-high heat for 7 to 8 minutes

Add some Parmesan cheese and serve warm.