

Cauliflower Mashed Potatoes



the ingredients

- 5 lbs of yukon gold potatoes (1/2 10 lb bag works)
- Half a head of cauliflower
- 2 tbsp butter
- salt and pepper

the method

- 1) Ready a large pot with salted water. Chop potatoes and cauliflower into about 1/4-1/2 inch pieces.
- 2) Once cut, put in water and bring to a boil. Once water boils, turn down to medium to simmer for about 15-20 minutes.
- 3) When fork tender, strain. Blend with hand mixer and butter until smooth. Serve.

the nutrition

KCAL: 164

SAT FAT: 2 g

FIBER: 5 g

PROTEIN: 6 g

ADDED SUGARS: 0 g