

Creamy Truffle Cauliflower Mash

Prep Time: 15 minutes

Cooking Time: 15 minutes

Yields: 4-6 servings

Ingredients:

1 Medium	Cauliflower, chopped into florets (about 1 1/2 lbs.)
3	Roasted garlic cloves (or you just sauté them)
1/2 Cup	Broth or Unsweetened almond milk
1 Tablespoon	Truffle oil
2 Tablespoons	Tahini or almond butter
2 teaspoon	Fresh dill leaves
1 teaspoon	Fresh chives, chopped
	Salt and pepper, to taste

Directions:

Fill a large saucepan with about an inch of broth or almond milk and add the cauliflower florets. Reduce the heat to a simmer and cover. Allow the cauliflower to steam for 10 minutes, or until fork tender.

Chop the dill and chives.

Place the cauliflower into a large food processor. Add the roasted/sautéed garlic cloves, truffle oil and tahini/almond butter. Process to your desired texture. For a smoother consistency, add a little unsweetened, plain almond milk or broth.

Once desired smoothness has been achieved, place in a serving bowl, fold in the dill, chives and season with salt and pepper.

Haas Holistic Tip:

You can buy roasted garlic cloves at the Beverly Hills Whole Foods. If you can find it, or don't want to roast it on your own, you can sauté a few cloves, or skip it all together.