



CAULIFLOWER MASH

(Makes 2-4 servings)

1 head cauliflower, chopped
1 parsnip, chopped
1 tablespoon extra-virgin olive oil
4 cloves garlic
¼ cup broth (chicken or vegetable) or water
¼ cup unsweetened almond milk
salt and pepper to taste
1/8 cup chives, sliced in ¼ inch pieces
¼ cup sunflower seeds, toasted

ROAST THE CAULIFLOWER. Preheat oven to 400. Place cauliflower and parsnip on a baking sheet and toss with 1 tablespoon of extra virgin olive oil and season with salt and pepper. Place garlic cloves on baking sheet, place in oven, and roast for 15 minutes.

Remove vegetables from oven and place in blender. Slowly add in the broth and milk until you have your desired consistency. If desired, top mash with chives and toasted sunflower seeds and serve.