

# Cauliflower Mash That's Foolproof



*Makes 4 to 6 servings*

## INGREDIENTS

2 10-oz pkgs Birds Eye Veggie Made Steamfresh© Riced Cauliflower (or another brand of plain riced cauliflower if you can't find Birds Eye)  
2 TBSP room-temp butter  
1/3 cup heavy cream, heated in microwave until very warm  
Salt & pepper to taste

## INSTRUCTIONS

1. Cook each pkg of cauliflower in microwave separately, according to directions on pkg as cooking both pkgs together do not get completely hot enough (I cook mine 4-1/2 minutes each pkg)
2. Put both into food processor, add salt, pepper, and softened butter. While processing on high speed, begin pouring heated cream into spout in top. You may want to remove lid and scrape down the sides a couple of times.
3. Pour all into a microwave-safe bowl, cover with a paper towel and microwave for 2 minutes. You can add a pat of butter to top before serving. Each serving is about 1/3 to 1/2 cup.

#lowcarbje

