

## Cauliflower Mock Mashed Potatoes

*Serves 2*

2 cups cauliflower

1 tablespoon real sour cream/plain full fat yogurt

1-2 tablespoon butter/ghee/coconut ghee

Salt and pepper or any other of your favorite seasoning, to taste

Steam cauliflower until very soft. Put cauliflower in blender or food processor with butter and sour cream. Process or blend until creamy like mashed potatoes. Add seasonings to taste and serve immediately. Grated cheese or minced chives make a nice topping. For Garlic Mock Mashed Potatoes, add a small clove of garlic to the blender or food processor.