

Alkaline Diet Recipe: Cauliflower Mashed “Potatoes”

Here’s a Thanksgiving recipe that is a sure fire hit! It’s a delicious alkaline substitute for mashed potatoes without all the acid and the side effects that go along with them.

Cauliflower Mashed “Potatoes”

[Serves 4]

INGREDIENTS

2 tsp. coconut oil
3 cloves garlic, minced
1 onion, chopped
1 head cauliflower, chopped
1 carrot
1/4 cup vegetable broth (yeast free)
1 tsp. garlic powder
2 tsp. rosemary, chopped
2 tsp. parsley, chopped
Sea salt (Celtic Grey, Himalayan, Redmond Real Salt) and black pepper to taste



DIRECTIONS

Heat coconut oil in a large pot. Add onion and garlic, and sauté for about 5 minutes or until slightly browned.

Add in cauliflower, carrot, and vegetable broth. Bring to a boil. Reduce heat to low-medium and simmer for 10 minutes. If the pot becomes ‘dry’, add in a little more of the vegetable broth.

Next, add garlic powder, rosemary, parsley, salt, pepper and blend. To mash, use an immersion blender, a blender, or a food processor. Blend until smooth and enjoy!