

CONQUERING SUGAR

Cauliflower Bacon Mash

(serves two)

When a craving for mashed potatoes hits, have this creamy concoction instead - it's full of antioxidants and healthy fat...with no starchy carbs!



Ingredients

- 1 large head of cauliflower, or 2 small
- 4 T. butter, or ghee if lactose intolerant
- 2 oz grated parmesan (omit if lactose intolerant)
- 1 tsp. apple cider vinegar
- Whole salt (sea, Himalayan, Celtic, etc.)
- cracked black pepper
- Scallions or chives for garnish, chopped

Method

1. Cut a whole head of cauliflower into florets - steam until soft.
2. While steaming, cook four strips of bacon on medium heat until crispy brown.
3. Put *most* of the cauliflower into a blender or food processor, along with butter, vinegar and *most* of the cheese - pulse until creamy.
4. Add the remainder of the cauliflower and *most* of the bacon - pulse until chunky.
5. Garnish with chives or scallions, and remainder of bacon and cheese.
6. Add salt and pepper to taste at the table – enjoy!