

# **ASHLEY'S MEAL PREP MONDAY**

**WITH CARTWRIGHT'S MARKET**

## CAULIFLOWER MASHED POTATOS

3LBS CAULIFLOWER  
2 LARGE GARLIC CLOVES  
1 TBSP BUTTER  
(I use dairy free)

SEPARATE CAULIFLOWER INTO FLORETS AND  
SMALL CHUNKS

IN MEDIUM POT, COMBINE CAULIFLOWER,  
GARLIC AND COLD WATER TO COVER VEGGIES  
PLACE LID ON TOP AND BRING TO BOIL  
REDUCE HEAT TO LOW AND COOK FOR ABOUT  
10 MINUTES

DRAIN

ADD BUTTER OR AVOCADO OIL, SALT/PEPPER  
TO TASTE

USING A BLENDER OF SOME KIND, PROCESS  
UNTIL SMOOTH OR DESIRED CONSISTENCY

I AM SHOOK THAT THESE TASTE SO POTATO-Y

