

# CAULIFLOWER MASHED

## INGREDIENTS

- 1 Pkg. Ideal Protein Mushroom Soup
- 1 pinch of Salt
- 1 pinch of Pepper
- 1 head of fresh Cauliflower
- 1 Tsp. of Onion Powder
- 1 Tsp. fresh or roasted Garlic
- 1 Tsp. of chopped Scallions

## PREPARATION

1. Steam or boil Cauliflower until it is very soft.
2. Drain.
3. Add Onion, Garlic and Ideal Protein Soup Mix.
4. Mash and mix well.
5. Season with Salt, Pepper and Scallions.
6. Serve Hot and Enjoy!
7. Phase Approved: Phases 1-3

