

Healthy Garlic Mashed Potatoes

Ingredients:

1 head cauliflower, cut into pieces
1 tsp. garlic powder
1 tbsp. milk (dairy or non-dairy)
Tbsp. plain Greek yogurt
Salt and pepper to taste
Chives to garnish, fresh or freeze dried



Directions:

1. Bring a pot of water to a boil. Place cauliflower florets in water and boil until tender. About 7-10 minutes.
2. Drain cauliflower. Place all ingredients but chives in a food processor and pulse until smooth. If you don't have a food processor, you can just mash the florets, then blend the rest of the ingredients with it.
3. Garnish with fresh or dried chives.