



## VEGAN MASHED CAULIFLOWER WITH ROASTED GARLIC & CHIVES

*This vegan cauliflower mash / cauliflower puree with roasted garlic, chives, and nutritional yeast is so healthy, they won't feel guilty asking for seconds!*

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- Prep Time: 10 mins
- Cook Time: 10 mins
- Total Time: 20 mins
- Yield: 4

### INGREDIENTS

- 1 large cauliflower, chopped into florets
- 2 big cloves of roasted garlic (or 1 clove raw garlic)
- 2 tbsp nutritional yeast
- 2 tbsp vegan margarine
- 1 tbsp fresh chives, chopped
- salt & pepper

### INSTRUCTIONS

1. Chop the head of cauliflower into small florets.
2. Place cauliflower in a large pot and fill with just enough water to cover the florets.
3. Bring the water to boil and then reduce the heat to medium-low. Steam until tender, about 6 minutes.
4. Drain the cauliflower well.
5. Place the cauliflower in a large bowl, and puree with potato masher or immersion (stick) blender.
6. Mix in remaining ingredients, seasoning with salt and pepper, to taste.