

Recipes makes: 4 Servings (1c. each)



Ingredients-

- ♥ 1 Head of Cauliflower
- ♥ 3 Tbsp Heavy Cream
- ♥ 1 Tbsp **D'Avolio Butter Extra Virgin Olive Oil**
- ♥ 2 cloves Garlic, minced
- ♥ 2 Sweet Potatoes, cubed and roasted
- ♥ 3 Tbsp Chives, snipped
- ♥ Salt and Pepper to taste (MAX 1/8 tsp salt)

PREPARATION:

1. Roast Sweet potatoes in oven at 375 Degrees for 25 minutes.
2. Separate the cauliflower into florets and chop the core finely.
3. Bring about 1 cup of water to a simmer in a pot, then add the cauliflower. Cover and turn the heat to medium. Cook the cauliflower for 12-15 minutes or until very tender.
4. Drain and discard all of the water (the drier the cauliflower is, the better) and add the heavy cream, D'Avolio Butter EVOO, sweet potatoes, salt, and pepper.
5. Mash with a masher until it looks like "mashed potatoes".
6. Separate into 1 C. servings. Top with Chives & 2 Tbsp Veloute each.

Nutrition Facts			
Serving Size: 1 c. Mashed with 2 Tbsp Veloute			
Servings: 4			
Amount Per Serving			
Calories 180	Calories from Fat 80		
% Daily Value*			
Total Fat 9g	14%		
Saturated Fat 3.5g	16%		
Trans Fat 0g			
Cholesterol 15mg	5%		
Sodium 220mg	9%		
Total Carbohydrate 22g	7%		
Dietary Fiber 5g	20%		
Sugars 6g			
Protein 5g			
Vitamin A 190%	Vitamin C 120%		
Calcium 6%	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g