

## Cauliflower & Sweet Potato Mash

Can't beat this delicious combo that provides an amazing dose of antioxidants, fiber, and anti-inflammatory properties! Both veggies have been touted as "super foods" and this creamy mash is sure to tingle the taste buds while helping to aid in digestion and lower risk of heart disease and cancer! Don't you just LOVE the HEALING POWER OF FOOD! 😊 ~ Julie

**Serves 4-6 (as a side dish)**

1 medium/large head of cauliflower

*(Try the green or purple variety for a walk on the wild side!)*

2 small/medium sized sweet potatoes

2 large cloves garlic

2 Tbsp. coconut oil, ghee, or Earth Balance

Approximately ½ cup coconut milk or chicken stock

Salt/pepper to taste



### Nourishing "Nuggets":

- I enjoy using coconut oil for this recipe and actually use soy milk to add some protein and keep it creamy...but for those "butter" lovers you may prefer a different taste😊
- Also add cinnamon, nutmeg, or even turmeric for an extra dose of anti-inflammatory goodness based on your preference! I love cinnamon!

### Directions:

1. Bake the sweet potatoes at 375 degrees, until tender. You can also use the microwave if you prefer. See the potatoes aside.
2. While the potatoes are baking, wash your cauliflower and cut apart the florets. Peel the two cloves of garlic. Add the florets and garlic to a steamer pot. Steam until the florets are tender.
3. Get your food processor ready while the cauliflower steams. Remove the sweet potatoes from their skins and add to the food processor.
4. Once the cauliflower is done, add it, and the garlic to the food processor.
5. Add the butter, ghee, or coconut oil to the veggies in the food processor. Process until everything is blended and begins to come together.
6. Slowly add the milk or stock, a little at a time, until the mixture takes on a mashed potato consistency. If you want it more smooth, add more. Process until desired consistency is reached.
7. Season with salt and pepper to taste. Reheat if necessary.

*(Flavors mingle and they are even better by the second day!)*