

Julie's Cauliflower, Carrot, & Sweet Potato Mash

Yield: 4-6 servings

Prep time: 10 minutes

Total time: 25-30 minutes

INGREDIENTS

sweet potato | 1 large or 2 small, sliced

carrots | 2 large, chopped

cauliflower | 1 head, chopped

unrefined virgin coconut oil | 2 Tbsp.

sea salt + pepper | to taste

DIRECTIONS

1. Place a mesh steam basket inside of a sauce pan and add 1-2 cups water. Bring water to a boil.
2. Layer ingredients in pan starting with sweet potato, carrots, then cauliflower and cover.
3. Reduce temperature to simmer and let steam for 15-20 minutes until soft.
4. Remove lid and add your coconut oil and salt and pepper. Take a fork or potato masher and stir and mash ingredients together... get ready to be wowed!



ABOUT THIS RECIPE:

Gluten free, Dairy Free, AIP Diet, Vegetarian, SIBO Bi-Phasic Diet Phase I & II, Low Histamine, Anti-Inflammatory, and Anti-Candida

NOTES

- Mesh steam baskets can be found on Amazon for under \$10.

Julie's Tip: "Pair with eggs for breakfast, use as a side with grilled chicken, or eat as a snack!"