

Cauliflower Mashed Potatoes with Mushroom Gravy (GF, V)

Ingredients:

- 2 cauliflower, florets
- 2 potatoes, cubed
- 2 cloves of garlic
- 1/2 tsp olive oil
- 1/4 tsp sea salt

Directions:

Steam cauliflower, potatoes and garlic until tender, about 10-15 minutes. Strain and place into a food processor with olive oil and sea salt. Process until smooth.

Top with mushroom gravy and enjoy!

Mushroom Gravy (GF, V)

Ingredients:

- 6 cups mushrooms
- 1 onion, diced
- 2 garlic cloves
- 1/4 cup sundried tomatoes
- 1/2 tsp olive oil
- 1/4 cup Cauliflower Mashed Potatoes
- 1/8 tsp or one dash each of thyme, sage, and rosemary

Directions:

In a large pan, steam mushrooms, onion, garlic, sundried tomato, and herbs in 2 cups of water until tender. Set aside one cup of mushrooms. Place the rest of the mushrooms and broth into blender with 1/2 tsp olive oil and 1/4 cup cauliflower mashed potatoes. Blend until smooth. Pour over cauliflower mashed potatoes and serve topped with mushrooms.