



Krysta Rodriguez's Mashed Cauliflower "Fauxtatoes"

(adapted from Nom Nom Paleo)

All you skeptics out there, take heed. These mashed cauliflower "fauxtatoes" will CHANGE YOUR LIFE!! Now listen, I love me some potatoes. In fact, I never met a potato I didn't like. Scalloped, baked, roasted...don't even get me started on hashbrowns. Suffice it to say, I am a potato connoisseur. So, in all honesty, I was not excited at all to make this recipe, but I swear to you it made me a cauliflower believer! Because I knew you, mashed cauliflower fauxtatoes, I have been changed for good.

One small note - ghee is awesome! It's dairy free and kind of like clarified butter with a nutty taste. But you can easily sub in butter.

Ingredients

1 large head cauliflower

5 large cloves garlic

Salt to taste

2 tablespoons ghee or butter

½ tsp chopped rosemary

Freshly ground black pepper to taste

Preparation

Bring about 2-3 inches of water to a boil in a pot. While waiting for the water to boil, trim your cauliflower and peel your garlic.

Once the water is simmering put the cauliflower and garlic in a steamer basket, salt liberally (I like a hearty three-finger pinch), cover and steam for 10 minutes or until the cauliflower is tender. If you don't have a steamer basket you can put a metal colander in the bottom of the pan.

Once the cauliflower is tender drain the steamer basket of any excess water. Put the cauliflower and the garlic in the bowl of a food processor.. Add the ghee or butter and rosemary and whiz it til smooth!! Taste and add salt and pepper if necessary. And five, six, seven EAT.

*Fun fact - Fauxtatoes are great to make ahead and reheat beautifully (unlike actual mashed potatoes). After whizzing, just let cool, put in an airtight container, refrigerate and reheat.



Krysta Rodriguez's Smooth-er-iffic Smoothie

This smoothie is as smooth as Billy Flynn, as green as Elphaba and really couldn't be simpler. Everything in this is healthy and delicious. And if you can't find coconut yogurt (which can be difficult) just use plain yogurt.

Ingredients

- ½ an avocado
- 1 banana
- 1 cup almond milk
- 1 handful spinach
- 1 cup coconut yogurt or plain yogurt
- 1 small bowl ice
- honey or agave to taste (optional)

Preparation

This is the easy part... put it all in a blender and blend til smooth! And five, six, seven, DRINK!