Creamy Cauliflower Puree Recipe

**SERVINGS: 4**  
  
**INGREDIENTS**  
1 large (6-7? diameter) head of cauliflower  
3 cloves of garlic (cooked/steamed with cauliflower)  
1/3 cup low-fat buttermilk  
4 teaspoons extra-virgin olive oil  
1 teaspoon butter, salted  
½ teaspoon of garlic salt  
½ teaspoon of black pepper  
  
**DIRECTIONS**

1. Break cauliflower into 2” x 2” pieces (or smaller) and put in large microwave safe bowl with ¼ cup water and 3 whole garlic cloves and cover.
2. Microwave for 5 minutes or until cauliflower is very tender.
3. Use garlic press to crush 3 garlic cloves and add them to food processor. Add cooked cauliflower to the food processor.
4. Add buttermilk, 2 teaspoons olive oil, butter, garlic salt, and pepper.
5. Process ingredients until smooth and creamy.
6. Drizzle the remaining 2 teaspoons of olive oil on top and serve.

**NUTRITIONAL ANALYSIS PER SERVING (3/4 cup serving)**  
Calories: 113  
Fat: 6 grams  
Protein: 5 grams  
Carbohydrate: 13 grams  
Cholesterol: 3 mg  
Sodium: 383 mg  
Sugar: 6 grams