



Free Holiday Gift

From ME to YOU!

Cauliflower Pesto Mash

- 1 head of cauliflower - steam or cook "riced"
- 1 large handful of basil - add as much as you like
- 1-2 cloves garlic
- 1 green onion stalk
- 1 tbsp olive oil
- 1 tsp sea salt
- 1 handful walnuts
- 1-2 tbsp parmesan cheese



Directions: After you steam or cook "riced" cauliflower, mix all ingredients together slowly using a blender. I use a Vitamix and it comes out perfect. You can also make the pesto separate in a food processor - add it to riced or steamed cauliflower that was cooked separately and mix in a bowl. Measure out about a cup for a serving and top with the parmesan cheese. ENJOY!

***This dish is also great to bring to a holiday party - and it's green and festive!**