

## Cauliflower Chia Mash

Makes 2 servings

### INGREDIENTS:

- 1 quarter of a whole cauliflower
- 1 tablespoon of white Chia seeds
- ½ cup of water
- 1 rounded teaspoon of ghee or coconut oil
- Sea salt and pepper to taste

### PREPARATION:

Soak the Chia seeds in the water for 10-15 minutes to make a thick gel. Cut the cauliflower into smaller pieces and steam or simmer in water until soft. Drain the cauliflower well and put into a blender with the Chia gel, ghee/oil, and seasoning. Blend until smooth and serve immediately.

<http://www.chiaseedrecipes.com/cauliflower-chia-mash.php>

### NOTES FROM THE COOK:

Entrees