



VEGAN CAULIFLOWER PUREE



INGREDIENTS:

- 12 oz grated cauliflower, or cauliflower crumbles
- 2 cloves roasted garlic bulbs
- 1 tbsp vegan sour cream (i.e. Vegan Gourmet)
- 1 tbsp vegan margarine (i.e. Earth Balance)
- 2 tbps low-sodium vegetable broth
- 1 tsp fresh thyme
- ½ tsp Sea salt
- ¼ tsp ground black pepper

PREPARATION:

- 1- Steam the cauliflower for 2 minutes. Let cool for 5 - 7 minutes.
- 2- Add all ingredients into a food processor. Blend until smooth, approximately 30 seconds.
- 3- Plate immediately with pan charred Brussel sprouts and Smoked Harissa Tofu or Chicken quarters.
- 4- Serve immediately and enjoy!

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