

## Hot/Cold Curried Cauliflower Dip

*If you prefer to preserve the 'white' look of potatoes, then replace the curry powder with 1 clove of pressed garlic.*

1/2 head raw, fresh cauliflower (about 4 cups of florets)

1/4 tsp sea salt (or to taste)

6 turns from the black peppermill (or more, to taste)

2 tsp mild Madras curry powder (note: food will turn out yellow-orange)

1 tbsp butter or coconut oil

**Directions:** Steam cauliflower florets until soft enough that the fork prongs slip out.

Drain and let stand for 5 minutes to cool.

Using a food processor or industrial blender, puree the cauliflower with the oil/butter, spices, salt until well blended.

Taste and adjust seasonings accordingly.

You've just created a low-carb replacement for mashed potatoes! Enjoy as an accompaniment to a protein and a salad, or cold as a dip for vegetables or tortilla chips.

Non-vegan Variation: add 1/2 cup shredded cheese of your choice.