

" Mashed Potatoes"

Cruciferous vegetables like cauliflower are known to fight cancer. Cauliflower contains glucosinolates and thiocyanates - both sulfur-containing phytonutrients - that cleanse the body of damaging free radicals. These phytonutrients encourage the body to ramp up its production of enzymes that aid in detoxification and even kill some tumors and cancer cells. Studies have shown that eating three to five servings of cruciferous vegetables each week can significantly lower the risk of several types of cancer.

Enjoy these amazing cancer fighting mashed potatoes- WITHOUT potatoes!

Delicately served with special sauce. Chopped lettuce tossed with black bean corn salsa, roasted red and green peppers and onions.

1 head of organic cauliflower. 3 tablespoons of milk or almond milk. 1 tablespoon butter

2 Tablespoons of sour cream or yogurt, 1/4 teaspoon garlic salt, freshly ground black pepper, snipped chives.

directions:

1. Separate the cauliflower into florets and chop the core finely.
2. Cook the Cauliflower Vacuumatically. Standing time of 10 minutes.
3. Drain and discard the water left in the utensil (the drier the cauliflower is, the better) and add the milk, butter, sour cream, salt and pepper and mash with a masher until it looks like "mashed potatoes." Top with chives.

