



# Cauliflower Mashed Potatoes

4-6 servings

## INGREDIENTS

- 2 potatoes, cut into chunks
- 3 cups cauliflower florets
- 1/2 cup shredded cheddar cheese
- 2/3 cup milk
- salt and pepper, to taste
- 1/2 tsp garlic powder (optional)

## DIRECTIONS

1. In a large pot, bring 4 cups of water to a boil.
2. Add potatoes and cook for 5 minutes.
3. Add cauliflower, cook for 5 more minutes, drain.
4. In a large mixing bowl, add potatoes, cauliflower, and grated cheese. Mash with a fork until well blended.
5. Add milk, salt, pepper and garlic powder. Mix well.
6. Serve hot and enjoy!



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