

Cheesy Cauliflower Puree (low Carb)

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Ingredients

1 head of cauliflower
2 Tbl heavy cream
1 Tbl butter
2 ounces dubliner or other sharp cheese
salt and pepper to taste

Directions

Clean and trim the cauliflower, breaking it into medium sized pieces. Place in a microwave safe bowl with 2 Tbl of cream and 1 Tbl of butter. Microwave, uncovered, on high for six minutes. Stir to coat cauliflower with cream/butter mixture. Microwave for another six minutes on high. Remove from the microwave and put into a high speed blender or food processor along with the cheese. Puree until smooth. Season with salt and pepper to taste. You can adjust the cream and butter to your preference.