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# CAULIFLOWER PURÉE

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Prep time: 10 min. Cook time: 10 min. Total time: 20 min.  
Serves 4-6

This purée is so simple to make and so delicious to eat. It takes very little time for this creamy kid-friendly cauliflower to come together so it's easy to add to any meal. It can also be that "hidden" creaminess in the Mac & Cheese that your kids eat so they get that extra nutrition.

1 head of cauliflower  
1 cup chicken stock  
¼ cup butter, cubed  
¼ Tsp. white pepper  
¾ Tsp. salt or to taste

In a medium saucepan, break the cauliflower up into large florets. Add chicken stock, cover with a lid and steam over med. high heat until tender. Transfer cooked cauliflower and liquid to a food processor or blender. Blend until smooth. Add in butter, pepper and salt. Blend until butter is incorporated. Pour into a bowl and serve.

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