

Holiday Recipes

Mashed Potatoes

Ingredients:

1 Head of Fresh Cauliflower

Onion powder

Garlic powder

REALSALT (Sea salt), to taste

1 Packet of Ideal Protein Leek Soup or Ideal

Protein Chicken Soup

Optional: Wasabi Powder

(to taste - gives it a zing!)

Optional: 1-2 tsp. UDO's Oil or Olive Oil

Directions:

Steam (preferred) or boil the cauliflower until it is very, very soft. Drain the water (if boiled). Add the seasonings (be creative) and add 1 packet of any of the soup mixes (to taste). Add UDO's or Olive Oil and mash well - serve steaming hot.