



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.