

Surprise South Beach Mashed "Potatoes"

4 cups cauliflower florets
1 ounce I Can't Believe It's Not Butter! spray
1 ounce Land O'Lakes Gourmet Fat-Free Half & Half
Pinch salt
Pinch freshly ground black pepper

Steam or microwave the cauliflower until soft. Puree in a food processor, adding the butter spray and the half-and-half to taste. Season with salt and pepper.

Courtesy of
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