



greystone
CHIROPRACTIC

INSTANT POT CAULIFLOWER MASHED FAUX-TATOES

1 head	Cauliflower (cored and rough chopped)
1 cup	Water
3 Tablespoons	Butter
Optional	Garlic Powder
	Salt
	Pepper

DIRECTIONS

1. **Pressure Cook the Cauliflower:** Add water and cauliflower into the instant pot. Press **Manual** and set the cooking time for 8 minutes.
2. **Quick Release Pressure:** When the cauliflower is “done”, release the pressure “Quickly” (in other move the pressure valve to “Venting”. **BE CAREFUL THE STEAM WILL BURN YOU.** This is often referred to in recipes as QR). Open the lid carefully.
3. **Mash the Cauliflower:** Remove the cauliflower and drain the water from the pot. Return the cauliflower to the pot. Add butter and seasoning. Use immersion blender to puree cauliflower until it gets to the mashed potato consistency you prefer.
4. **Serve:** Serve or leave the cauliflower in the instant pot and press **Cancel/Warm** to keep warm.