
Cauliflower Millet Mash & CNE Review

Cook Time: 30 min

prep Time: 10 min

total Time: 40 min

servings: 4

Ingredients:

2 1/2 cups water

1 cup millet, soaked 2 hours (if time permits) and rinsed

1 clove garlic, chopped

1 head cauliflower, coarsely chopped

1/4 cup olive oil or organic ghee

Sea salt

Flat-leaf parsley, to garnish

Instructions:

In a medium saucepan, combine the millet with the water and garlic. Cover and bring to a boil, then turn down the heat and let it simmer for about 30 minutes until all the water is absorbed. Remove from the heat, add the oil and stir to mix.

Meanwhile, steam the cauliflower for about 20 minutes until soft. Alternatively, you can boil the cauliflower if you don't have a steamer available.

Transfer the cooked cauliflower and millet to a food processor and process until smooth. Add sea salt to taste.

Serve hot garnished with parsley, or with this mushroom sauce poured all over.