

## Vegan Cauliflower Mash

Source: Kimberly Snyder Category: Vegan Entrees & Sides  
Prep Time: 10 min Cook time: 10-15 min Total Time: 20-25 min  
Serves 4-6



Ctrl+P to Print

### Ingredients:

One 2-pound head cauliflower, cored, green leaves removed and cut into florets  
¼ to ½ cup unsweetened coconut milk or almond milk  
2 Tbsp. nutritional yeast  
1 ½ Tbsp. olive oil  
1 medium clove garlic, peeled and roasted  
Pink Himalayan salt to taste  
Black pepper to taste

Recipe Link:

<https://www.betterveganrecipes.com/vegan-cauliflower-mash>

### Instructions:

1. Prepare the ingredients.
2. Bring a medium pot of water fitted with a steamer basket to a boil over medium-high heat. Add the cauliflower and steam, covered, for about 9 minutes, or until tender.
3. Place half of the steamed cauliflower to a food processor or a high-power blender. Add the coconut milk (start with ¼ cup and add more as needed), nutritional yeast, oil and garlic, and process until the cauliflower is broken up. Add the remaining cauliflower and process until it reaches the desired consistency. Season with salt and pepper. Transfer to a medium serving bowl and serve at once.

### Notes:

Store in an airtight container in the refrigerator for up to 3 days.

### Equipment needed:

Blender  
Food processor

### Serving suggestion:

Serve with roasted squashes, roasted vegetables and vegan gravy.