

## **Creamy Cauliflower Mash**

### **Ingredients**

1. 1 cauliflower head
2. 3 tbsp Epigamia Natural Greek Yogurt
3. 2 cloves garlic
4. + Salt and Pepper to taste
5. + Freshly chopped chives

### **Instructions**

- Chop the cauliflower into florets and steam over medium heat for 15 minutes approx.
- Take it off the heat and run under cold water
- Strain the cauliflower and remove any excess water with a kitchen paper towel
- Lightly mash the two cloves of garlic and add it to a blender along with the cauliflower and Epigamia Natural Greek Yogurt. Blend for half a minute.
- Now add the chives, salt and pepper. Blend until smooth