

# Creamy Keto Mash

Hands-on 10 minutes Overall 15 minutes

**Nutritional values (per serving):** Total carbs: 10.8 g, Fiber: 3.8 g, **Net carbs: 7 g**,

Protein: 3.7 g, Fat: 28 g, Calories: 302 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

- 1 large cauliflower (700 g / 1.5 lb / 24.7 oz)
- 1 small white onion (70 g / 2.5 oz)
- 2 cloves garlic
- 1/4 cup [ghee](#), butter or lard + 4 tbsp for topping (110 g / 3.9 oz)
- 1/2 tsp salt or more to taste (I like [pink Himalayan](#))
- freshly ground [black pepper](#)
- optionally: 1/2 cup cream cheese or soured cream*

*When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).*

## Instructions

1. Wash the cauliflower and cut into smaller florets. Place on a steaming rack inside a pot filled with ~ 2 inches of water. Bring to a boil and cook for about 10 minutes. Do not overcook. *You can also bake the cauliflower in the oven. To do so, preheat the oven to 225 °C/ 450 °F. Place the florets on a baking tray and transfer into the oven. Bake for about 20 minutes. This is a fool-proof method for those who get watery mash. However, if you steam (not boil) your cauliflower, you shouldn't get watery mash.*
2. Heat a pan greased with 2 tablespoons of the ghee and add chopped onion and garlic.
3. Cook for about 5 minutes until slightly browned. Keep stirring to prevent burning and take off the heat.
4. Place the cooked cauliflower into a blender and add the cooked onion and another 2 tablespoons of butter or ghee. Season with salt and pepper. Pulse until smooth and creamy. I'm using my [Kenwood mixer](#) with a blender attachment.
5. For an even creamier texture, add soured cream or cream cheese (or skip for dairy-free).
6. Place in a serving bowl and add more ghee or butter on top. Enjoy!

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