

Keto Celeriac Cauli-Mash

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per serving, about 3/4 cup): Total carbs: 10.3 g, Fiber: 3.1 g,

Net carbs: 7.3 g, Protein: 5.6 g, Fat: 20.8 g, Calories: 225 kcal,

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



Ingredients (makes 6 servings)

1 large cauliflower (700 g/ 1.5 lb / 24.7 oz)

1 small celeriac (200 g/ 7.1 oz)

1/4 cup [ghee](#), butter or lard (55 g/ 1.9 oz)

1 tbsp chopped rosemary *or* 1 tsp dried rosemary

1 tbsp chopped thyme *or* 1 tsp dried thyme

1 cup cream cheese, full-fat (240 g/ 8.5 oz)

1/2 tsp salt or more to taste (I like [pink Himalayan](#))

freshly ground black pepper

optionally: 4 tbsp butter for topping

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Instructions

1. Peel and dice the celeriac into about 1-inch pieces. Cut the cauliflower into small florets. Finely chop the rosemary and thyme (if you're using fresh).
2. Heat a large pan greased with ghee over a medium-high heat. Add the chopped herbs to the pan and cook for just about a minute until fragrant. Add the cauliflower and celeriac and season with salt and pepper. Cook uncovered for about 5 minutes over a medium-high heat and mix to prevent burning. Then, lower the heat, cover with a lid and cook for 12-15 minutes or until soft.
3. When the cauliflower and celeriac are browned and soft, take off the heat and place in a [blender](#) or use a hand blender.
4. Pulse until smooth. Add the cream cheese and pulse again until well combined.
5. Place in a serving bowl and optionally, top with butter. Serve immediately or let it cool down and refrigerate for up to 5 days.
Enjoy!

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