



Cauliflower Gravy

*Use Organic Ingredients when possible

Ingredients:

- 1/2 Head Cauliflower, cut into florets
- 1 ½ Cups Bone Broth (chicken, beef, pork, etc.)
- 1 Clove of Garlic
- Salt to taste

Instructions:

1. Place the cauliflower in a saucepot with the broth and garlic. Bring to a boil, and then reduce the heat to maintain a simmer. Simmer for 15 to 20 minutes, until the cauliflower is overcooked.

2. Pour the mixture into a high-speed blender. Cover the lid of your blender with a towel to make sure you do not burn yourself. Blend for 1 minute, until completely smooth. Taste to season with salt if desired. If too thick, thin with additional broth or water.