

Fauxtatoes

By

Mary Ann Hastings, CookingForYourLifestyle.com

- 1 large head of cauliflower
- 1 t. [Sea salt](#)
- 1 T. [Ghee](#) or bone broth

Directions:

1. Steam or boil cauliflower. If you boil it, put the sea salt in the boiling water. Cook until soft.
2. Drain cauliflower well and process in [food processor](#).
3. Add Ghee or bone broth and whip again.

Serve warm for luscious comfort food.