

## LOW CARB LOADED CAULIFLOWER MASH

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**Prep:** 20 min    **Cook time:** 15 min    **Total time:** 35 min    **Yield:** 10-12 servings

### INGREDIENTS:

3 lbs frozen cauliflower  
8 slices bacon, crumbled  
½ cup cheddar cheese, shredded + additional for top  
8 oz sour cream  
¼ cup butter or ghee, softened  
¼ cup vegetable or chicken broth  
3 Tbsp chives, chopped + additional for top  
1+ tsp to taste

### INSTRUCTIONS:

1. Cook bacon using your preferred method until crisp enough to crumble. When done, allow the bacon to cool and crumble into smaller pieces. Set aside for later.
2. Turn the oven to 350 degrees.
3. Steam frozen cauliflower following directions on bag.
4. When the cauliflower is done, strain out any excess water. Place cauliflower in a blender/food processor with sour cream, cheese, chives, butter, broth and salt. Remember to set aside some chives for sprinkling across the top.
5. Blend/puree cauliflower until mostly lump free. Then add in the bacon crumbles, leaving some to sprinkle across the top, and mix with a spoon until combined.
6. Pour the mixture into a lightly greased medium sized casserole dish.
7. Sprinkle the extra cheese and remaining chives and bacon across the top of the cauliflower mash. Place in the oven to bake for about 10 minutes until the cheese has melted. If desired, broil for 4-5 minutes to brown the top.
8. Remove from the oven when done and let rest for 10 minutes before serving.