

Cauliflower & Cheese ([on herding cats & burning soup](#))

INGREDIENTS

5 tablespoons butter, divided
1 small onion, minced
1 clove garlic, minced
2 tablespoons coconut flour (I just used regular flour)
1 can (13.6 ounces) light coconut milk (and regular milk, well, almond milk)
1/2 teaspoon dry mustard
1/4 teaspoon sea salt
2 cups shredded extra-sharp cheddar cheese
1 large head cauliflower, broken into florets and cut into bite-size pieces
1/4 cup grated parmesan cheese
2 tablespoons ground flaxseeds (didn't do this either)

DIRECTIONS

- In a medium saucepan over medium-high heat, melt three tablespoons butter. Cook the onion, stirring for five minutes or until lightly browned.
- Add the garlic and cook for one minute. Stir in the coconut flour and cook, stirring constantly for three minutes or until lightly browned.
- Stir in the coconut milk, mustard, and salt. Bring to a boil, stirring constantly.
- Remove from heat and stir in the cheddar and cauliflower until blended. Pour into the baking dish.
- In a small bowl, combine the parmesan, flaxseeds, and the remaining two tablespoons butter. Sprinkle over the casserole.
- Bake for 30 minutes or until bubbling and lightly browned.