



# Keto Mashed Cauliflower & Gravy

BY KETO KATZ

## Servings & Macros

Makes 6 servings mashed cauliflower + 6 servings gravy

**Nutrition below is for 1 serving of each**

Total Carbs: 2 g, Net Carbs: 1 gm, Protein: 1 g,

Fat: 23 g, Fiber: 1 gm

Sugar Alcohol: 0 gm, Calories: 216 kcal

## It's Quick!

Prep time: 15-20 min

## Let's Get Involved

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## Ingredients

### MASHED CAULIFLOWER

- 1 bag frozen riced cauliflower
- 1 stick butter (we love Kerry Gold!)
- 1/2-1 tsp sea salt
- pinch pepper
- optional add-ins (garlic powder, onion powder, chives, cream cheese, cheddar, bacon bits, sour cream)

### GRAVY

- 1/2 stick butter
- 2 tps bullion (or to taste- it's salty)
- 1 c water
- 1 tsp xanthum gum

## Instructions

1. Microwave cauliflower as directed on package, until it's as hot as you are!
2. In a blender, add all mashed cauliflower ingredients and blend until you reach desired texture. Adjust flavor as needed.
3. In a small pan on the stove, melt butter.
4. Mix in bullion and then mix in xanthum gum.
5. When well incorporated, turn up heat and add water and whisk until gravy comes to a boil. Then let simmer for a few minutes until the gravy sticks to your spoon. This will thicken as it cools, also.
6. Pour gravy on faux-mashed potatoes and feel comforted!