

# Gluten Free / Keto Friendly Fake Mashed Potatoes

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Here is a very easy recipe to make some Keto Friendly, low carb, gluten free fake mashed potatoes. I am not a big fan of cauliflower, but this recipe I really do like and this is my go-to when ever we need mashed potatoes for something. This is very easy to make gluten free as well.

## Ingredients.

- 1 head of cauliflower
- 1 8 ounce package of cream cheese
- 2-3 Tbsp of butter
- **garlic powder** for taste

## Directions:

1. Cut the cauliflower up into 4 or 5 large pieces and add it into a **large pot**
2. Add enough water to fully cover the cauliflower and boil until the cauliflower is tender.
3. Drain the cauliflower into a **colander**
4. Once the pot is drained and you have shaken all the excess water from the cauliflower, add the cauliflower back to the pot and turn the stove onto a low setting.
5. Add the cream cheese and butter into the pot.
6. Using a **hand blender / immersion blender**, blend up the cauliflower until it matches the texture of mashed potatoes.
7. Add in any garlic that you may want for seasoning and or any more butter.