

# Roasted Garlic Mashed Cauliflower

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Can be made up to four days in advance. Reheat in a covered dish in a 350-degree oven.

Serves 10-12

8 cloves garlic, peeled  
2 Tbsp extra virgin olive oil  
2 heads cauliflower, cut into florets  
2 tsp fine sea salt  
¼ tsp ground black pepper  
Chopped chives, for garnish

1. Put cauliflower in a saucepan with ½" water. Cover and steam over medium high heat for 10 minutes, or until tender. Drain well & transfer cauliflower to a food processor
2. While cauliflower is steaming, sauté garlic in olive oil over medium heat until soft.
3. Add garlic, salt & pepper to food processor. Process until smooth. Transfer to bowl & garnish with pepper & chives.

# Raw Cranberry Sauce

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Makes 3 cups

2 cups fresh cranberries, rinsed and drained  
2 oranges or tangerines, organic  
½ cup sugar or raw honey to taste

1. Place cranberries in a food processor or blender. Squeeze juice from oranges and add it to cranberries.
2. Trim edges from oranges and coarsely chop, rind and all. Add to processor and blend until roughly chopped (not smooth).
3. Transfer to a bowl, add half the sweetener and stir to combine. If it is too tart, add a little more sweetener to taste.
4. Refrigerate up to three days to allow flavors to develop.

Adapted from Mother Earth Living magazine, Nov/Dec 2016