



ADVANCE BIOMEDICAL TREATMENT CENTER

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Comfy Belly Mashed Roasted Cauliflower (Gluten-free, Dairy-free, Paleo and SCD compliant)

Ingredients:

- 1 medium cauliflower head
- 1 large clove garlic, pressed or finely minced
- ¼ tsp salt
- 2 tbsps. Olive oil (or other oil, or ghee, or unsalted butter)
- ¼ tsp fresh thyme (optional)
- Warm water or dairy free milk (unsweetened organic soy milk)

Directions:

1. Preheat oven to 400 degrees F or 200 degrees C.
2. Slice the cauliflower into pieces and add it all to a mixing bowl.
3. Add olive oil, salt, and garlic to the bowl, and blend well to fully coat the cauliflower.
4. Place the cauliflower in a single layer on a cookie sheet, and in the oven and bake for about 20 minutes, or until they are browning around the edges. Avoid overcrowding the cauliflower.
5. Take the cauliflower out of the oven, and place in a blender.
6. Add about 1-2 cups of very warm water or soy milk to the blender depending on your preferred consistency. Blend and serve immediately.