

# Raw Mashed Cauliflower

## Ingredients

- 1 head cauliflower, chopped
- 3 tbsp nutritional yeast
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon soy sauce
- 2 tbsp melted vegan butter (optional)

## Directions:

1. Gather the ingredients.
2. Place cauliflower in the a food processor fitted with the S-blade and process for 30 second or until it looks like rice. Pour into a bowl and cover with warm water for 5 minutes or until the water is cold.
3. Strain the cauliflower extremely well and discard the water. You want to make sure that as much water as possible is out to make sure that the cauliflower isn't too loose once the dish is complete. Place the cauliflower back into the food processor with the rest of the ingredients and process until smooth.
4. Put in a shallow pan and place in the dehydrator set no higher than 115 degrees F or just eat at room temperature.