

CAULIFLOWER MASH

INGREDIENTS



"My favorite braces friendly dish is the loaded cauliflower mash. It's soft, easy to swallow and safe on brackets and wires."

-Rosabel Rodriguez

DIRECTIONS

- Cut a whole loft of cauliflower into pieces and boil it
- Once it's tender, drain the water and smash the cauliflower
- Add 2-3 tablespoons of sour cream and mix it.
- Add 2-3 tablespoons of whipped cream cheese and mix.
- Add small bacon bits and mix
- Place everything in a oven proof dish bowl
- Cut some velveeta cheese into cubes and place it on top of the mashed cauliflower and bake at 400 degrees until the cheese is melted and then mix it.
- Lastly, sprinkle some shredded cheddar cheese on top and