

AIP White Whips 2018

Food Item:	Amount:	Cost:	Notes:
Parsnips	1 lbs.		peeled chopped
Turnips	1 lbs.		peeled chopped
Cauliflower	½ head		shave off dark spots, chopped
Real salt	1-2 teaspoons		
Fresh grated nutmeg	¼ - ½ teaspoon		

Procedure:

Place all the vegetables into a large pot of water to boil. Bring to a boil and let cook on a gentle boil for about 15-20 minutes until all vegetables are soft enough to puree. Strain the vegetables and puree in a food processor for a long time (about 3 minutes) until it is well pureed.