Green Bean Casserole
6-8 servings

8 cups organic green beans, fresh or frozen
1 ½ cups mushrooms, sliced or chopped
½ cup onion, diced
2 Tablespoons grapeseed oil
½ Tablespoon garlic powder
½ teaspoon Nature's Sunshine® sea salt
¼ teaspoon ground black pepper
8 cups cauliflower florets
2/3 cup unsweetened almond milk
½ teaspoon Nature's Sunshine® sea salt
¼ teaspoon ground black pepper
¼ teaspoon garlic powder
1 ½ Tablespoons organic butter
½ cup (3 ounces) uncured organic turkey bacon, diced
½ cup Crunchmaster® cracker crumbs
¼ cup almonds, coarsely chopped

Directions:
1) Rinse green beans if they have frost on them and snap into bite size pieces. In a large mixing bowl toss the green beans, mushrooms and onion with the oil, garlic powder, sea salt and pepper. Mix well to coat.
2) Place in a 9x13x2 inch glass baking dish and bake in preheated 350 degree oven for 25 minutes. (Keep mixing bowl to use in step 5).
3) Meanwhile, bring water to a boil in a 2 quart saucepan with steamer basket in it. Steam the cauliflower over *boiling* water for 10-12 minutes. Drain the water.
4) Puree the cauliflower, almond milk, sea salt, pepper, garlic powder and butter in a high speed blender on high. Keep a firm hand on the lid since the contents are hot. Clean the sides of the blender once or twice if needed, then blend again. This makes 4 cups.
5) Pour the green beans, mushrooms and onions into the large mixing bowl and pour the cauliflower mixture over the vegetables, add in the turkey bacon. Mix well to combine.
6) Pour the casserole mixture back into a 9x13x2 inch glass baking dish coated with non-stick grapeseed oil spray.
7) Using a food processor, process approximately 22 crackers until they are fine crumbs.
8) Using a food processor, process ¼ cup whole almonds, until coarsely chopped.
9) Combine the crackers and almonds. Mix well. Sprinkle on top of the casserole. Bake in preheated 350 degree oven for 20-30 minutes until hot and bubbly and topping is lightly browned. Serve immediately.

Recipe from Cook 2 Flourish Cookbook ~ www.cook2flourish.com