



Dr. Laleh's Mashed Potato

Ingredients

Amount

Organic Russet Potatoes	4 large (~ 6 oz each)
Unsweetened Plain Cashew milk	½-1 C
Sea salt	1 tsp
Black Pepper- Coarse	1 tsp (more if tolerated)
Organic Ghee (Purity Farms)	1 TBS
Organic Nutritional Yeast (Optional)	2 TBS
Garlic Powder	1-2 tsp (to taste)

Preparation:

- Wash potatoes well, scrub with a brush.
- Cut Potatoes into 1 inch cubes. DO NOT peel, leave skin on.
- In a large pot, boil potatoes until completely cooked/ soft. Alternatively, if a large steamer basket is available, steam potatoes instead of boiling.*
- Drain the water well and allow potatoes to cool for 2-3 minutes.
- Use a potato masher OR a Cuisinart food processor to mash the potatoes.
- Add ghee, cashew milk, salt, pepper, nutritional yeast, garlic powder and mix well. Adjust the amount of cashew milk to your desired texture. More will make it softer and creamy.
- Serve with your side vegetable and protein of choice. (Makes 6 servings)

*This is my personal preferred method.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 130

% Daily Value *

Total Fat 3 g **4 %**Saturated Fat 2 g **8 %**

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 5 mg **2 %****Sodium** 28 mg **1 %****Potassium** 538 mg **15 %****Total****Carbohydrate** 24 g **8 %****Dietary Fiber** 2 g **9 %****Sugars** 1 g**Protein** 4 g **8 %**Vitamin A **4 %**Vitamin C **38 %**Calcium **9 %**Iron **6 %**
