

Mashed Potatoes - 9 servings

INGREDIENTS

- o 21/2 pounds gold potatoes chopped in 1 in pieces (unpeeled)
- o 1 Tablespoon salt for boiling

- o Cream:
- o 1 cup raw cashews
- o 1 Tablespoon lemon juice
- o 1 cup water
- o 1/4 teaspoon ground black pepper
- o 2 teaspoons minced garlic
- o 1 1/2 teaspoons nutritional yeast
- o 1 1/2 teaspoons herbamare or 1 teaspoon salt

DIRECTIONS

1. Place prepared potatoes in pot. Cover with just enough water to cover and add salt.
2. Bring to a boil and boil for 10 minutes or until soft and fully cooked.
3. Blend all cream ingredients in Vitamix until smooth.
4. Add cream to potatoes and mash.

(I always make more than it calls for with the cream as I feel like it gives it a better taste, as well as I like more for later with leftovers to give it some moisture)