

## Mashed Potatoes - 9 servings

### INGREDIENTS

- o 2 1/2 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)