

Mashed Potatoes

from Vital Vittles Cookbook by Heather Leno

Serves 4-6

4 medium russets

PEEL & CUBE potatoes.
BOIL until tender.
DRAIN.

While cooking potatoes,

¼ c. slivered almonds*
warm water

PUT almonds in blender.
ADD water to make one cup.
BLEND until smooth and creamy.

*It is not necessary to use the almond milk, but it is delicious in the potatoes and adds richness without the refined fat.

½ t. Jolly Time Buttery Seasoning
or butter seasoning of choice
½ t. Garlic Salt

TAKE hot potatoes.
MASH partially.
ADD seasonings.
ADD almond milk as needed while mashing to make creamy potatoes.

*For special occasions you may
replace almond milk with sour cream substitute,
(using cooking water as needed)
chopped chives, ⅛ t. crushed sweet basil,
garlic and salt.*