

Creamy Mashed Potatoes



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Prep Time : 5 Minutes

Cook Time : 20 Minutes

Total Time : 25 Minutes

Tools

- Sauce pan
- Potato masher or immersion blender

Ingredients

- 2lbs yukon gold potatoes, washed
- 1/2-1 cup unsweetened soy milk (or other plant milk)
- 1/4 cup nutritional yeast
- 1 tsp each, onion powder, garlic powder &
- parsley

Full Recipe Link

www.rawtillwhenever.com/healthy-vegan-christmas

Instructions

1. Chop your potatoes into cubes add into sauce pan and cover with water.
2. Bring to a boil, cover, reduce heat to a simmer and cook until soft (about 15-20 minutes).
3. When the potatoes are soft, drain the water, add in the nutritional yeast, garlic and onion powder and mix.
4. Next slowly add in your soy milk while you mash until you get the consistency you want. Top with parsley and enjoy.