

Garlic Mashed Potatoes



PREP TIME

30 mins

TOTAL TIME

30 mins



COURSE

Gluten Free, Sides, Vegetables



SERVINGS

4 servings

CALORIES

123 kcal

INGREDIENTS

- 1 lb Cauliflower
- 1 lb potatoes of choice, peeled and cubed
- 1 Tbsp Tofutti Cream Cheese
- 1/2 tsp garlic, minced
- 1/2 tsp straight bouillon paste
- 1/8 tsp black pepper

INSTRUCTIONS

1. Steam cauliflower until very tender about 10 minutes.
2. Boil peeled and cubed potatoes until fork tender.
3. Place cauliflower in a food processor or stand mixer and either process or paddle mix your cauliflower alone until it is mostly blended with just some small lumps - this may take a few minutes.
4. Add your potatoes and continue processing until mostly smooth.
5. From here, add your garlic, bouillon, cream cheese and black pepper. Taste to make sure you like the seasonings.

6. To make this extra creamy, either whip with a kitchen beater, a whisk, or the balloon whisk attachment for an additional 2 minutes.

NUTRITION

Nutrition Facts

Garlic Mashed Potatoes

Amount Per Serving

Calories	123	Calories from Fat	9
% Daily Value*			
Fat	1g		2%
Carbohydrates	26g		9%
	Fiber 3.8g		16%
Protein	4.8g		10%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!