

Roasted Garlic Mashed Potatoes

Ingredients:

- 4 c. Russet potatoes peeled and chopped
- 2-3 large garlic cloves, roasted and mashed *
- ½ c. cashew cream*
- 1 t. onion powder
- 1 t. salt
- ½ t. garlic powder
- Unsweetened almond milk as needed

Directions:

1. Cook potatoes until soft. Mash along with other ingredients, adding more almond milk as needed to make soft, fluffy mashed potatoes.

Holiday Gravy

Place in blender: ½ c. raw cashew nuts, 2 c. water, 2 t. nutritional yeast, 2 t. onion powder, 1 t. vegetarian chicken seasoning, ½ t. sage, a pinch of rosemary and 1 ½ T. whole grain spelt flour. Blend until smooth. Place in kettle and cook on medium-high heat, stirring frequently, until it just begins to boil. Add salt to taste and stir in a pinch of parsley flakes if desired.

Notes

*To roast garlic for mashed potatoes, place individual large garlic cloves (skin on) on parchment-lined tray and bake at 400° until soft, 10-15 minutes. Cool and remove skin. (no oil needed) Mash into a garlic paste with a fork, adding a little water as needed.

*To make cashew cream for mashed potatoes, blend ½ c. raw cashews with 1 c. warm water until smooth. Save extra for other uses (freezes well).