

Cheesy Garlic Whipped Potatoes

Makes 6 servings

Prep Time: 5 minutes

Cooking Time: 120 minutes

Ingredients:

2 large russet potatoes
1 c vegan cheese (such as GoVeggie Mexican shreds)
½ c vegan cream cheese
10 cloves roasted garlic
2 T butter
1 t black pepper
1 T dried parsley
¼ c unsweetened non-dairy milk, such as cashew

Directions:

1. Preheat oven at 425°F (220°C)
2. Prick potatoes, wrap in foil, and bake until fork-tender, about 2 hours.
3. Remove flesh from potatoes and place in bowl with the remaining ingredients.
4. Whip using a hand mixer with whip attachment until at desired smoothness.

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Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 233	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 301 mg	13 %
Potassium 398 mg	11 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 2 g	6 %
Sugars 1 g	
Protein 5 g	9 %
Vitamin A	4 %
Vitamin C	31 %
Calcium	23 %
Iron	6 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	