

The Vegan Vamp

CHUNKY TRUFFLE MASH

An easy recipe that will become a staple for this coming winter. Serve it up with a mushroom pie and peas!



WHAT YOU NEED:

- 2 x ½ Tbs truffle oil, separated
- 5 potatoes
- 3 gloves garlic, chopped
- 1 onion, diced
- 4 Tbs soymilk
- 1 Tbs vegan butter
- Salt and Pepper to taste

HOW YOU DO IT:

1. Peel your potatoes and chop them into quarters, add them to a pot and top with just enough water to cover. Bring to a boil and cook until tender and ready to mash, when a fork easily slips into the flesh.
2. While your potatoes are boiling, fry up your onion and garlic in ½ Tbs of truffle oil and set aside.
3. When potatoes are done, drain and add them back to the pot. Add in vegan butter and soymilk and mash, leaving it slightly chunky.
4. Stir in the garlic and onion mixture and another ½ Tbs of truffle oil (or whatever your heart desires), season with salt and pepper to taste and enjoy!

NUTRITION FACTS

Serving Size	1 generous scoop	
Servings Per Recipe	6	
Amount Per Serving		
Calories	136	
% Daily Value*		
Total Fat	3g	5%
Saturated Fat	0g	1%
Monounsaturated Fat	1g	
Polyunsaturated Fat	2g	
Trans Fat	0g	
Cholesterol	0mg	
Sodium	9mg	0%
Potassium	538mg	15%
Total Carbohydrates	24g	8%
Dietary Fiber	2g	8%
Sugars	2g	
Protein	3g	6%
Vitamin A		1%
Vitamin C		41%
Calcium		5%
Iron		5%
<small>* The Percent Daily Values are based on a 2,000 calories diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate as the recipes here have not been professionally evaluated.</small>		