

# Mashed Garlic Potatoes – Vegan

Prep Time: 5 minutes  
Cook Time: 30 minutes  
Total Time: 35 minutes

Serving Size: 4  
Calories per serving: 239  
Fat per serving: 8 grams

## Ingredients

- 6 medium potatoes
- 4 cloves garlic, minced
- 3 tablespoons vegan butter, Earth Balance, malted
- 2 green onions, sliced
- 1/3 teaspoon black pepper

## Instructions

1. In a large pot with water, boil the potatoes over high heat.
2. Cook for about 30 minutes, or until potatoes can easily be pierced with a fork.
3. When potatoes are tender, drain and place in a large mixing bowl.
4. Mash the potatoes and add butter, garlic and pepper. Mix well.
5. Top with chopped onion and serve.

## Notes

Nutrition facts (per serving): Calories: 239, from fat: 75, total fat: 8g, cholesterol: 0mg, sodium: 86mg, total carbohydrate: 35g, fiber: 3g, sugar: 1g, protein: 5g.