



# 50/50 Mashed Potatoes

Servings: 4

Recipe courtesy of [Prescribe Nutrition](#)

## Ingredients

2 lbs Japanese sweet potatoes, scrubbed

1 large head of cauliflower

2 Tbsp ghee

1 tsp sea salt

1 tsp pepper

1 garlic clove, minced

¼ cup full-fat coconut milk (optional)



## Fun Facts & Recipe Tips



These mashed potatoes are a major health upgrade from regular mashed potatoes. The switch to sweet potatoes ups the vitamin and mineral content, while incorporating cauliflower adds fiber and cuts down on starchy carbohydrates.



Make ahead tip: These can be made 1-2 days in advance and kept in the fridge. Simply reheat in the oven or microwave when ready to enjoy.

## What you'll need



measuring spoons



measuring cups



large pot

## 50/50 Mashed Potatoes

### Instructions

1. Fill a large saucepan with water and place over high heat.
2. Cut the potatoes (2 lbs) into 1-inch chunks. Once the water is boiling, add the potatoes and cook for 8 minutes, uncovered.
3. While the potatoes are cooking, remove the cauliflower leaves and chop cauliflower into bite-size florets. When the 8 minutes is up, add the cauliflower to the boiling water and cook for another 8 minutes, uncovered, until they are fork-tender.
3. Drain the potatoes and cauliflower and return them to the saucepan. Add the ghee (2 Tbsp), salt (1 tsp), pepper (1 tsp) and garlic (1 clove) and mash the mixture with a potato masher until smooth.
5. If you prefer a very smooth and silky consistency, use a handheld blender after you have mashed them down. If the mixture is dry, add ¼ cup of full-fat coconut milk and continue to blend until well incorporated.



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## Nutrition Facts

Servings 4

Amount Per Serving

**Calories** **342**

% Daily Value

**Total Fat** 10.2g **13%**

Saturated Fat 7.2g **36%**

**Cholesterol** 16mg **5%**

**Sodium** 647mg **28%**

**Total Carbohydrate** 59.5g **22%**

**Dietary Fiber** 5.6g **20%**

**Sugars** 5.6g

**Protein** 8.6g

Vitamin D 0mcg **0%**

Calcium 138mg **11%**

Iron 1mg **7%**

Potassium 1446mg **31%**