



# DAIRY & GLUTEN FREE HIGH FIBER MASHED POTATOES

Recipe by: Cheri Moore  
[www.mooreauditorytraining.com](http://www.mooreauditorytraining.com)

## DIRECTIONS

- 01 Scrub your potatoes under running water.
- 02 Measure out 1/4 to 1/3 cup of apple cider vinegar.
- 03 Pour the apple cider vinegar into a large bowl. Add your small red potatoes. Then, add enough water to the bowl to cover the potatoes. Soak the potatoes for 20 minutes.
- 04 Rinse the potatoes off after 20 minutes and then chop them up. The smaller the pieces, the faster they will cook.
- 05 Fill your pot with water. Add your potatoes to the pot and allow them to soak for at least 20 minutes to draw out some of the starch.
- 06 Strain the soaked potatoes in the sink.
- 07 Turn the burner on medium to medium-high heat.
- 08 Bring the pot to a boil and then reduce the heat to medium-low. Allow the potatoes to simmer for around 30 minutes. The potatoes are done when easily pierced with a fork.
- 09 Put a bowl under the strainer to reserve the potato water. Strain your cooked potatoes.
- 10 In a mixing bowl, add 4-6 tablespoons of any type of dairy free butter. I often use Earth Balance's Soy Free Butter. Other times, I use vegan plant-based butter.
- 11 Add your strained potatoes to the mixing bowl and add a 1/2 teaspoon of salt and a 1/4 teaspoon of black pepper. If using Benefiber, add 2 teaspoons at this point.
- 12 Add a 1/2 cup of the reserved potato water to the mixing bowl and mix on medium until it reaches your desired level of creaminess.

## INGREDIENTS

- 1-2lbs of organic red potatoes
- 1/4-1/3 cup of apple cider vinegar
- 4-6 tablespoons of dairy free butter
- 1 teaspoon of salt divided
- 1/4 teaspoon of pepper
- 2 teaspoons of Benefiber (optional)
- 1/2 cup of reserved potato water