



Ingredients

- ✓ 3 Russet potatoes (Idaho, 1¾ - 2.0 lbs.)
- ✓ 8oz Parsnips
- ✓ 5 Whole cloves of garlic
- ✓ ⅓ cup virgin coconut oil
- ✓ 5-6 Tbsp. low-sodium vegetable broth
- ✓ ½ tsp. salt (to taste)
- ✓ Black pepper (to taste)

Preparation

Peel russets and cut in half, or leave unpeeled, scrub well and cut in half. Trim and peel parsnips and cut in chunks if large. Peel garlic cloves and trim stem ends and any brown spots.

Place potato, parsnip and garlic in saucepan with water to cover. Bring to a boil, then lower heat, cover, and simmer until veggies are tender, about 20-30 minutes. Drain and mash.

Add coconut oil and stir in. Add broth, salt and pepper and mix well.

Serve immediately (with vegan gravy, if you like!) or spread out in a baking dish and cover with foil. Keep warm in 200° F oven or reheat at 350° F for 20-30 minutes.

Other Ideas

If there are any leftovers, for a tasty snack or side, add a little gluten-free flour and egg replacer and mix in. Form into small patties and fry in additional coconut oil, a few minutes on each side or until golden.