







Crispy Baked Garlic Mashed Potatoes + Shiitake Mushroom Gravy:

Mashed Potatoes:

- 8 large golden potatoes (peeled, chopped, and boiled until very soft)
- ¼ cup roasted garlic (roast raw garlic in oven at 350°F for 25-30 minutes or until sweet and fragrant)
- 2 cups plant based milk
- 1 cup boiled cauliflower
- 1 tsp salt (optional)

In a blender, combine roasted garlic, boiled cauliflower, and milk and blend until smooth and pureed. In a mixer, put in all your boiled potatoes and half of your milk/cream mixture. Beat on medium high speed until fluffy and mashed. Add in the rest of the blender mixture and beat on medium high until mashed completely. If you want thinner mashed potatoes, add in more milk. Add your salt at the very end to taste.

For crispy baked mashed potatoes, transfer your mashed potatoes to a large baking dish and bake at 450°F for 25 minutes or until golden and crispy on top.

Shiitake Mushroom Gravy:

- 1 medium sweet onion
- 5 to 6 oz of fresh shiitake mushrooms
- ½ cup salt free vegetable broth
- 1 large handful boiled cauliflower
- ½ tsp black pepper
- ¼ tsp garlic powder
- ½ cup plant milk

Sautee your onions, mushrooms, and spices in the vegetable both on a non-stick pan (no oil!) until the onions are translucent and most of the liquid has evaporated. Transfer this mixture to a blender and also add in the cauliflower and plant milk. Blend all until smooth, thick, and creamy. Use as a topping for you mashed potatoes and all your favorite thanksgiving foods!