

You'll Need For The 4 Servings:



Stovetop Directions

1. Place buttery spread and water in a saucepan and heat to a boil.
2. Remove from heat and stir in Organic Mashed Potatoes.
3. Add milk and stir thoroughly with fork to achieve desired consistency. Do not whip.

Microwave Directions

1. Place buttery spread, milk and water in a microwave-safe bowl. Heat on high for 45 seconds to 1 minute until buttery spread is melted and water is almost boiling.
2. Stir in Organic Mashed Potatoes.
3. Microwave on high for 3 1/2 minutes.
4. Stir thoroughly with fork to achieve consistency. Do not whip.

Quickest Preparation

Pour boiling water and buttery spread into a bowl. Sprinkle in the Organic Mashed Potatoes and stir well. Stir in milk until well mixed. Serve immediately.

For creamier potatoes, add more milk (stir in 1 Tbsp at a time to reach desired consistency). For firmer potatoes, let sit 2-3 minutes before serving. Refrigerate leftovers and use within 3 days.

Nutrition Facts

4 servings per container
Serving Size 25g (25g)

	Per 25 g	Per Prepared
Calories	90	120
	%DV*	%DV*
Total Fat	0g 0%	3g 4%
Saturated Fat	0g 0%	1g 5%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	170mg 7%	230mg 10%
Total Carb.	20g 7%	21g 8%
Dietary Fiber	2g 7%	2g 7%
Total Sugars	<1g	2g
Incl. Added Sugars	0g 0%	0g 0%
Protein	2g	3g
Vit. D	0mcg 0%	0.4mcg 2%
Calcium	0mg 0%	52mg 4%
Iron	0.4mg 2%	0.4mg 2%
Potassium	282mg 6%	282mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

Ingredients:
Organic Potato Flakes (organic potatoes, mono and di-glycerides from organic palm oil), Organic Onion Powder, Organic Roasted Garlic, Sea Salt, Organic Black Pepper.

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Roasted Garlic Potato-Broccoli Soup Recipe



Ingredients:
3 - 4 cups fresh cut broccoli
2 cups water
1 Edward & Sons Not-Chick'n™ cube
1 cup milk (dairy or non-dairy)
1 box Edward & Sons Organic Roasted Garlic Mashed Potatoes

Directions:
Serves 6-8
Prepare the Organic Mashed Potatoes as directed on the box and set aside.
In a saucepan, bring 2 cups of water to a boil. Lower heat, add broccoli and simmer until tender.
Add bouillon cube and simmer until cube is dissolved. Puree in food processor or blender.
Add milk and heat until just boiling.
Stir in prepared mashed potatoes until desired thickness is reached.
Optional: Add salt and pepper to taste. May replace broccoli with asparagus.
Enjoy!



ROASTED GARLIC ORGANIC MASHED POTATOES



A FAMILY OWNED VEGETARIAN COMPANY



ROASTED GARLIC ORGANIC MASHED POTATOES



SERVING SUGGESTION



MAKES 4 SERVINGS

NET WT 3.5 OZ 100g



Serving Suggestions:

- Just before serving, fold in cooked peas, corn or broccoli florets.
- Smother prepared potatoes with any of Road's End Organics® Quick Gravies - all are organic, vegan, gluten-free and delicious.



Recipe on side uses Edward & Sons Not-Chick'n™ Rich Golden Broth and Seasoning Cubes to impart wonderful vegan seasoning.

