



# CREAMY MASHED POTATOES

Oikos 0% Greek Yogurt can be your new secret to mashed potatoes! Creamy and delicious is what everyone is looking for.



**PREP TIME**  
15 minutes



**COOK TIME**  
25 minutes



**SERVES**  
24

## DIRECTIONS

1. In a large pot of salted water, cook potatoes and garlic for about 25 minutes or until very tender when tested with a fork. Drain well and return to pot.
2. Using a potato masher, crush potatoes and garlic with oil until smooth. Stir in Oikos 0% Greek yogurt, salt, and pepper to taste. Stir in chives, if desired or sprinkle on top of potatoes when serving.

**TIP:** Try adding other toppings to your mashed potatoes to dress them up; like caramelized onions, roasted red peppers or a crumble of blue cheese.

## INGREDIENTS

32 baking/russet potatoes (about 12 lb/6 kg), peeled and cubed  
4 cloves garlic  
½ cup (125 mL) olive oil  
4 cups (1 L) Oikos 0% Plain Greek yogurt  
Salt and pepper to taste  
Chopped fresh chives



## Per serving ( $\frac{1}{24}$ recipe/about 235 g)

230	calories
4.5 g	fat
0.5 g	saturated fat
0 g	trans fat
40 g	carbohydrates
4 g	fibre
3 g	sugars
7 g	protein
0 mg	cholesterol
570 mg	sodium
700 mg	potassium
50 mg	calcium
0.75 mg	iron

Distributor  
codes:

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