

Diabetic friendly Mashed Potatoes

Potatoes

Garlic

Butter (if desired)

Seasoning

Shred 2-3 russet potatoes on the #2 cone with your Saladmaster Machine into the 3-quart inset. Rinse the potatoes under the faucet until the water runs clear. This will eliminate most of the starch. Shred 4 cloves of garlic into the potatoes with the #1 cone with your Saladmaster Machine. Put about 1-inch of water in the bottom of the 3 Quart, but be sure it doesn't rise into basket. Place inset on top of the 3 Quart. Cover inset with lid. MEDIUM-CLICK-LOW. After turning to low, cook approximately 15-20 minutes. Season with organic butter, creole or whatever you love!