

# Mashed potatoes

Savoury

level 

 1

 40 min



## Ingredients

120 ml	Fresubin 2 kcal DRINK Neutral
200 g	potatoes
10 ml	cream (30 % fat) (1 tablespoon)
	salt, pepper, nutmeg

## Nutritional information per serving:

Energy .....	412 kcal
Protein .....	16.0 g
Fat .....	12.6 g
Carbohydrate .....	57.3 g
Fibre .....	0.0 g



## Alternative products:

Fresubin<sup>®</sup> Energy DRINK

## Preparation

Boil the potatoes and press through a potato ricer or mash them with a potato masher. Heat Fresubin 2 kcal DRINK Neutral in the microwave oven and stir quickly into the mashed potatoes with a whisk together with the cream and the spices.

## TIP:

Reduce the amount of potatoes and substitute with boiled celeriac or carrots. Preparation is the same as for mashed potatoes. Prepare the mashed potatoes with chopped chives or parsley.

