



RECIPES

Mashed Potatoes and Gravy

Wash, cut out eyes, and quarter 6-8 medium red potatoes (peel if desired). Place in boiling water, cover, and return to boil, then reduce heat and continue boiling for 25 minutes, or until tender. Pour off water and mash well. Add ½ cup goat milk, 2 Tbsp. unsalted butter, 2 Tbsp. plain goat yogurt, 1 rounded tsp. nutritional yeast flakes, ½ tsp. Real Salt, and dash of cayenne pepper. Mix well, adding additional goat milk if more creaminess is desired.

Gravy

Make a roux with, 2 Tbsp. unsalted butter or safflower oil, melted in saucepan and 2 Tbsp. whole wheat or barley flour, mixed into melted butter or oil and boil 1 minute. Add 1 cup water, stirring in slowly until thickened and boiling. Add 2 rounded Tbsp. nutritional yeast flakes, ¼ cup Braggs liquid aminos or Tamari (soy) sauce, ¼ tsp. Real salt, and dash cayenne pepper. Return to boil until thickened. Serve over mashed potatoes.