

HEALTHY MASHED POTATO

INGREDIENTS

- Potatoes
- Coconut milk can
- Salt

METHOD

- Remove the skin off the potatoes.
- Wash the potatoes.
- Leave in water for 15 minutes.
- Drain the water.
- Add the salt in the boiling water at the beginning.
- Boil the potatoes till ready.
- Drain the water.
- Mash the potatoes.
- Add the coconut milk onto the mashed potatoes till it's soft.

ENJOY