

Whipped Dairy Free Parsnips



PREP TIME:
10 MINUTES

COOK TIME:
15 MINUTES

TOTAL TIME:
25 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4-6 Servings

Ingredients:

- 2 lb. Parsnips – Peeled with ends Trimmed
- 1 ½ Cups Unsweetened Coconut Milk
- ½ Cup Vegan Butter or Ghee
- ½ Teaspoon Himalayan Sea Salt
- Ground Black Pepper to Taste

Instructions:

1. Boil a medium pot of water.
2. Cut parsnips in large chunks.
3. Once water is boiling, add parsnips and cook on medium (low boil) for about 15 minutes until they are fork tender.
4. Once ready, drain and add to a blender cup or food processor. I had to split mine into 2 batches with my Nutri Bullet.
5. If splitting in 2 batches, add ½ of the above measurements for each batch – coconut milk, butter, salt, and pepper to blender cup. Blend until lumps are out – about 10-15 seconds.
6. Serve as a side dish – great substitute for mashed potatoes.

***Try and use all organic ingredients if possible.**

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