

# Mashed Root Vegetables

6 servings

## Ingredients

2 russet potatoes peeled

1 parsnip peeled cut

1 carrot peeled cut

1 sweet potato cut

2 cloves garlic minced

½ cup oat milk

## Directions

Boil all root vegetables together until tender. Strain and mash all ingredients together. Add more oat milk to desired consistency.

