

Mashed potatoes

Savoury

level 

 2

 5 min



Ingredients

200 ml Fresubin Energy DRINK Neutral
1 packet instant mashed potato
100 ml water
knob of butter or margarine
salt and pepper

Nutritional information per serving:

Energy204 kcal
Protein.....6.7 g
Fat 7.0 g
Carbohydrate29.0 g
Fibre.....0.4 g

Alternative products:
Fresubin® 2 kcal/Fibre DRINK



Preparation

Warm Fresubin Energy DRINK Neutral and water in a saucepan. Remove from heat and stir in all of the potato mix until smooth.

Add butter or margarine, season with salt and pepper.

TIP:

Add some cream cheese or sour cream to the mashed potatoes.