

Colcannon



Ready in 20 minutes

Serves 1

Ingredients

- 2 tablespoons Kale Crystals (0.2oz)
- 8 oz small potatoes, cooked
- 2 tablespoons butter
- 4 tablespoons water from potatoes
- Salt to taste

Preparation

1. Cook the potatoes. If using the pressure cooker, it's about 7-10 minutes, depending on size.
2. Mash the potatoes with butter.
3. Add Kale Crystals and water.
4. Stir together and serve.