



## Miracle Mashies



1/5th of recipe (about 2/3 cup): 82 calories, 1g total fat (<0.5g sat fat), 168mg sodium, 16g carbs, 3g fiber, 2g sugars, 3g protein

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 1\***

**Prep:** 10 minutes    **Cook:** 25 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

## Ingredients

One 12-oz. russet potato  
3 cups cauliflower florets  
3 tbsp. fat-free half & half  
1 tbsp. light whipped butter or light buttery spread  
1/4 tsp. salt, or more to taste  
Optional seasoning: black pepper

## Directions

Bring a large pot of water to a boil. Meanwhile, peel and cube potato.

Add cauliflower and cubed potato to boiling water. Once returned to a boil, reduce heat to medium. Cook until potatoes and cauliflower are very tender, 15 to 20 minutes.

Drain and transfer cauliflower and potato to a large bowl. Add half & half, butter, and salt. Thoroughly mash and mix. Enjoy!

**MAKES 5 SERVINGS**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.