

Tator Tots

MAKE AHEAD- DELICIOUS



DIRECTIONS

1. Boil potatoes until mashable (extra nutritious if you boil in bone broth)
2. Drain and place potatoes back into pan or into another bowl
3. Mash the potatoes and add in the remaining ingredients
4. Use an ice cream scooper to form the tots
5. Preheat air fryer to 400 Degrees F and spray with olive oil OR Preheat oven to 425 Degrees F
- 6 Place tots in a single layer, (Spray again if using air fryer) and cook in Air fryer -15 minutes or Oven 15-25 minutes -depending on the size of the tots and how crisp you would like them

INGREDIENTS

- 5 Potatoes peeled and quartered
- 1 Tbsp grated onion
- ½ Cup cheddar cheese
- 1 Tbsp Flour
- ½ Tsp each Salt, Pepper, Garlic Powder



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