



Gluten-Free Dumplings

Recipe from *The Flour Farm*



Yield: 10 servings

Serving Size: 1 dumpling

Ingredients



Dry	Wet
<ul style="list-style-type: none"> 1 cup Flour Farm Organic Gluten Free Flour Blend 1 tsp Baking Powder 1/2 tsp Salt 1/2 tsp Sugar 1/4 tsp Poultry Seasoning (optional) 	<ul style="list-style-type: none"> 1 Large Egg 1/2 cup Whole Milk 2 Tbsp Minced Herbs (parsley, chives, dill, thyme, rosemary, etc.) 1 Green Onion—finely sliced



Directions



- Whisk together dry ingredients in a medium sized bowl.
- In a liquid measuring cup, whisk together the egg and milk. Pour into the dry ingredients.
- Add the herbs and scallions, and thoroughly combine.
- Drop the dumpling batter into the soup, stock or stew using a small scoop or teaspoon.
- Cover the pot and simmer for 15-20 minutes. Dumplings will be fluffy in the middle when done.
- Ladle the stew and dumplings into bowls. Garnish with additional herbs, scallions, or freshly ground pepper if desired. Serve hot.

Nutrition Facts

10 servings per container	
Serving size	1 dumpling
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 160mg	7%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.36mg	2%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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