

Everything Herbal

by Cheryl Jabz

NATURAL LIVING • HERBAL RECIPES • HOMEMADE GOODNESS

Dumplings

INGREDIENTS:

- 1 cup flour, sifted
- 1/2 tsp salt
- 1/2 tsp baking powder
- 1/2 cup milk
- 2 tbsp oil

INSTRUCTIONS:

- 1 Sift flour, salt, and baking powder together.
- 2 Add milk and oil; mix until combined.
- 3 Bring liquid to a boil.
- 4 Drop dumpling batter by teaspoonfuls into the boiling liquid.
- 5 Cover and cook for 12–15 minutes.
- 6 Uncover for 2 minutes.



KITCHEN TIP:

Fresh parsley or thyme can be added to the dumpling batter for extra flavor.

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