



## German Potato Dumplings

Makes 3 dumplings

### Ingredients:

4.5 tbsp      *Country Sunrise Instant Mashed Potatoes\**  
1.5 tbsp      *Country Sunrise Egg and Omelet Mix\**  
1/8 tsp        Salt  
1/4 cup        Hot water



### Preparation:

1. Mix dry ingredients in bowl.
2. Add hot water and stir until blended.
3. Let stand for 3 minutes.
4. Divide and roll into three balls.
5. Drop into boiling water for 5 minutes.
6. Remove and serve with your favorite soup, sauce or gravy.
7. Enjoy!

### Nutritional Information

Serving size	Phenylalanine, mg
Per Dumpling	18

\* PKU Perspectives