



# The Micheff Sisters and Mom!

“Noodle It” (10-26-16)

## Vegan Spaetzle

### Ingredients:

- 1 ½ c original flavor almond milk – original flavor
- 1 ½ c white whole-wheat flour
- 1/3 c semolina flour
- 1 ½ t salt



### Directions:

Mix the flours together with the salt and stir to combine. Pour in the almond milk and stir until completely blended with all of the dry ingredients. It will be the consistency of a thick pancake batter. Cover with a towel and set aside. Put a large pot of water on to boil. When it is boiling add some salt to the water and place your Spaetzle maker across the top. (can also use a large flat grater ) Push the dough through the grater using the up-down or side-to-side motion as you do when grating something. As the Spaetzle floats to the top scoop them out with a slotted spoon and put them into a colander and continue until all of your batter is used up. They are now ready to use in the recipe of your choice.

**Yields:** 5-½ c cooked Spaetzle

*Cinda S. Sanner*