



Dating Bacon Cause You Know You Want to...Spaetzle

Spaetzle Ingredients:

2 eggs
¼ cup milk
½ cooked and mashed sweet potato
1 ½ cups of Buckwheat flour
¼ tsp nutmeg
¼ tsp white pepper
Pinch of salt

Spaetzle Procedure:

Combine dry ingredients. Blend milk and egg together in a separate bowl. Add to dry ingredients. Using a fork blend ingredients to form a sticky dough.

Press dough through spaetzle maker, or sieve with ¼ inch holes.

Drop a few at a time into a pot of boiling water. Cook 5 – 8 minutes. Drain and set aside.

In a fry pan cook:

6 – 8 slices bacon, cut into ½ inch pieces.
Remove excess fat from fry pan and add:
½ onion sliced to desired taste
½ cup pumpkin seeds
6 dates thinly sliced

Once sautéed add drained Spaetzle and blend gently until Spaetzle is lightly browned, not overworked.

