

## EASY PUMPKIN GNOCCHI

Yield:

Serves 4

Cooking Time:  
35 minutes

### Ingredients

- 3 tbsp (almost boiling) hot water
- 1 tbsp flax seed, ground
- 1 tsp salt, plus more for serving
- 1/2 tsp nutmeg, freshly ground
- 2 tsp brown sugar
- 1-15 oz can pumpkin
- 2 cups all-purpose flour (plus more for rolling)
- 2 tbsp butter (or oil if you are vegan)

### Instructions

- Combine hot water and ground flaxseed in a small bowl. Let sit for 15 minutes or until the mix thickens into a gel.
- Add the flaxseed mix to the pumpkin in a large bowl. Combine until mixed evenly.
- In a medium bowl, mix the salt, nutmeg, sugar and flour. Fold in the flour mixture to the pumpkin until evenly mixed. (I lightly work the flour in with my hands at the end to get it all mixed.)
- Turn the dough out onto a floured cutting board. Knead about 10 times or until it creates a smooth round of dough. Divide the dough into 4 pieces. Roll each into skinny logs, about 1 inch in diameter and 16 in long.
- Cut the rolls into gnocchi, about 1 inch across. (You can freeze the gnocchi at this stage. First, freeze in a single layer on a cookie sheet or cutting board and then transfer to an airtight bag)
- Heat butter in a pan over medium heat until melted. Add gnocchi in a single layer to the skillet and fry 3-5 min minutes, stirring frequently or until evenly golden browned. (Add a few minutes of cooking time if you are cooking the gnocchi from frozen).
- Remove from the pan into a serving dish. Salt, to taste.
- Serve immediately with whatever sauce you like! I recommend a Trader Joe's Autumnal Harvest Creamy Pasta Sauce or a brown butter sage sauce topped with freshly shaved parmesan.

Buen Provecho!

♡ Elena