

PASTA, CARB-FREE

(courtesy TRMR)

Ingredients:

4 eggs

125g cream cheese

½ cup psyllium husks

Method:

Preheat the oven to 160 degrees C

Blend all the ingredients and leave to thicken for 10 minutes

Using coconut flour for dusting, roll the pasta into sheets and set aside. They can be frozen between greaseproof paper or cooked immediately.

Cook like normal pasta, but be careful as they cook quickly