

# Carbalose Flour Pasta

Serves: 4 | Prep: 30 min | Cook: 3 min

## Ingredients

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- 230 g Carbalose Flour
- 2 eggs
- ¼ tsp salt
- 2 Tbls olive oil
- 4 Tbls water
- ¼ tsp guar gum

## Notes

This pasta tastes similar and is close in texture to whole wheat pasta.

## Nutrition

Per serving: Calories 251, Fat 9.75g, Carbs (total) 12.25g, Fiber 7.25g, Net Carbs 5g, Protein 10.75g



## Method

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1. Place all ingredients in a food processor and process until dough forms a ball.
2. Sprinkle some Carbalose flour on a flat surface and place the dough ball on top. Knead the dough for 5 - 8 minutes until the dough is elastic. Cover with a dish towel and let rest for 15 minutes.
3. Divide the dough into 4 portions. Flatten each portion and run through pasta machine starting with the widest number (usually 8) and make 2 passes for each number. Normally run through until 2nd or 3rd number from thinnest depending on the pasta you are making.

Cook for approximately 1 - 2 minutes.