

MULTI-USE PASTA & NOODLES MIX RECIPES

“Who knew making Grain-Free Pizza could be so easy!”

IMPORTANT NOTES & TIPS:

- It's best to use a kitchen scale whenever possible. If you don't yet own a scale, these recipes are based upon 'lightly packed' measuring cups, so whether you use the 'dip and sweep' method of measuring or the 'spooning into the cup' method, always gently press down on the mix in the measuring cup and add more to fill the cup, as necessary. When measured this way, each cup of Baking Mix should weigh approximately 125g.
- The liquid egg whites in the carton are easy to use when the recipe calls for several egg whites.
- Glass pans take longer to come to temperature than metal pans, so you may want to adjust the baking time.
- Convection ovens bake approx. 25 degrees hotter than ovens without a circulating fan.
- Test your oven with an oven thermometer to see if your oven is baking to temperature.
- Ovens and pans vary, so baking times may need to be adjusted, however it is always best to bake the breads long enough and cover them towards the end, if they are looking dark.
- For a softer crust, store in a plastic bag, and for a crispier crust store in a paper bag.
- Re-crisp the crust in a 400° oven for about 10 minutes.
- Breads will keep 7-10 days refrigerated or, frozen up to a year.

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Deb's Cream Puffs



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INGREDIENTS:

2/3 C **MULTI-USE PASTA MIX** (83g)
2 Eggs (100g)
1/2 C Water (120g)

DIRECTIONS:

1. Mix the ingredients together in a small food processor or hand blender until a sticky dough forms.
2. Let the dough rest 15-20 minutes.
3. Line a baking sheet with parchment paper.
4. Drop heaping tablespoons of mix onto the parchment paper, shaping a bit so they are round and somewhat mounded.
5. Bake at 325°F degrees for 18 minutes. At this point, open the oven and remove the pan, and gently poke a hole with a toothpick in each puff.
6. Place pan back in the oven for another 10-13 minutes, or until golden. Turn off oven and leave puffs in the oven for another 15 minutes, with oven door closed. They should be golden and crisp and sound hollow when you tap on them. Allow to cool completely.

Once cool, fill each puff with sweet, whipped cream or pastry cream.

TO ASSEMBLE:

Slice each puff in half, place filling on bottom half of puff, place top of puff onto the filling, and dust with powdered sweetener.

Deb's French Crullers



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TIP: You may want to serve these right away, if they sit for a few hours they will lose their crispiness a bit. However, I did find you could freeze them (with no topping) and reheat in the toaster oven or air fryer before serving.

INGREDIENTS:

2/3 C **MULTI-USE PASTA MIX** (83g)
2 Eggs (100g)
1/2 C Water (120g)

DIRECTIONS:

1. Mix the ingredients together in a small food processor or hand blender until a sticky dough forms.
 2. Let the dough rest 15-20 minutes.
 3. Transfer dough to a piping bag with a large fluted tip and pipe into doughnut-sized circles onto squares of parchment paper. (You can cut them yourself, or buy 4x4" squares on Amazon)
 4. Transfer squares onto a baking sheet and chill in the refrigerator for 30 minutes.
 5. In the meantime, pour vegetable oil (or coconut oil) into a pot with high sides so there's at least 3 inches of oil. Heat oil to 325° to 350°F.
 6. Lay the crullers, along with the parchment paper square, one by one into the hot oil, dough side down.
 7. Fry for about 30 seconds, then slowly remove the parchment paper with tongs, flip the cruller over and fry another 30 seconds until golden brown and crispy.
 8. Remove to paper towels to drain.
 9. Transfer to a cooling rack and sprinkle with powdered sweetener (or glaze).
- Best served warm right after sprinkling with the sweetener!

NOTES: You can fry more than one at a time in a larger pot. You could also add a few drops of Monk Fruit or Stevia to the dough before frying.

Quick Basil Gnocchi or Noodles



NOTES:

1. It's best to use a kitchen scale whenever possible. If you don't yet own a scale yet, these recipes are based upon 'lightly packed' measuring cups, so whether you use the 'dip and sweep' method of measuring or the 'spooning into the cup' method, always gently press down on the mix in the measuring cup and add more to fill the cup, as necessary.
2. The liquid egg whites in the carton are easy to use when the recipe calls for several egg whites, 1/2 cup egg whites equal about 4-5 large egg whites, cracked.

INGREDIENTS:

- 1 C **MULTI-USE PASTA MIX** (125g)
 - 3/4 C Egg Whites (180g)
 - 1/2 C Water (120g)
 - A big handful of fresh basil or
 - 3 T pesto sauce
- Makes about 2 sheet pans or about 4-6 servings

TIPS BEFORE YOU START:

1. We like to use our blender, but you can also use a medium-size bowl and a whisk.
2. We recommend using a baking liner on your sheet pan as parchment paper can wrinkle and make it more difficult to spread the batter.
3. If you don't own an inverted spatula yet, use a pan without edges or turn your pan upside down.
4. Add more egg white if your batter seems too thick to spread easily.
5. The batter can also be piped into shapes such as **gnocchi**.

DIRECTIONS for NOODLES:

1. Position your oven rack in the center of the oven. Preheat your oven to 325° F.
2. Line a 12" x 16" a sheet pan with a baking liner and lightly spray or brush with butter or oil.

3. Add the egg whites and water to your blender or food processor cover and blend on low for a few seconds to combine. You can also use a bowl and whisk.
4. Pour about 1/3 of the batter down the center of the prepared pan.
5. Use an inverted spatula (like a pie server) to spread the batter over the entire pan.
6. Bake 6-8 minutes, just until set in the center but the edges should not be browning yet.

DIRECTIONS for CUTTING PASTA:

1. If you have a pasta roller/cutter, you may slice the sheets of pasta into 4-inch widths and run through the cutter or cut them by hand.
2. If using a cutter, flip the sheet of pasta over to dry the bottom surface more so it runs through the cutter smoothly.
3. To cut the noodles by hand, use a spatula to gently peel the sheet of pasta from the baking liner. Roll the pasta into a tube (as if you were making cinnamon rolls).
4. Use a spatula or a knife to cut to your desired width.
5. If the edges brown while baking, just trim them off.

TO ENJOY YOUR PASTA:

1. After cutting into noodles, toss them directly into your hot pasta sauce.
2. The noodles can be stored in a zip lock bag and refrigerated or frozen until ready to use.
3. Noodles can also be air-dried and simmered in water or sauce until soft, just like Real Noodles!

Lasagna Noodles



NOTE: It's best to use a kitchen scale whenever possible. If you don't yet own a scale yet, these recipes are based upon 'lightly packed' measuring cups, so whether you use the 'dip and sweep' method of measuring or the 'spooning into the cup' method, always gently press down on the mix in the measuring cup and add more to fill the cup, as necessary.

TIPS BEFORE YOU START

1. The liquid egg whites in the carton are easy to use for this recipe. 1/2 cup egg whites equals about 4 large egg whites, cracked.
2. We like to use our blender or food processor, but you can also use a medium-size bowl and a whisk.

3. We recommend using a baking liner on your sheet pan as parchment paper can wrinkle and make it more difficult to spread the batter.
4. If you don't own an inverted spatula yet, use a pan without edges or turn your pan upside down.
5. Don't rest this batter or it will thicken more and make spreading more difficult.
6. If your batter seems too thick to spread easily, add another 1-2 T water.

INGREDIENTS:

- 1 1/3 C **MULTI-USE PASTA MIX** (167g)
- 1 C Egg Whites (240g)
- 2/3 C Water (160g)

Makes 3 Sheet pans
enough for 4 - 8" x 8" Sheets

DIRECTIONS for LASAGNA:

1. Position your oven rack in the center of the oven. Preheat your oven to 325° F.
2. Line two 12" x 16" sheet pans with a baking liner and lightly spray or brush with butter or oil.
3. Add the egg whites and water to your blender or food processor cover and blend on low for a few seconds to combine. You can also use a bowl and whisk.

4. Pour about a third of the batter down the center of the prepared pan.
5. Use an inverted spatula (like a pie server) to spread the batter over the entire pan.
6. Bake 6-8 minutes, just until set in the center but the edges should not be browning yet.
7. Repeat until the batter is used up.
8. Once the sheet of pasta has cooled, flip over and let the underside air dry a bit before using.

DIRECTIONS for CUTTING PASTA:

1. If you have a pasta roller/cutter you may slice the sheets of pasta into 4 inch widths and run through the cutter, or cut them by hand.
2. If using a cutter, flip the sheet of pasta over to dry the bottom surface more so it runs through the cutter smoothly.
3. To cut the noodles by hand, use a spatula to gently peel the sheet of pasta from the baking liner. Roll the pasta into a tube (as if you were making cinnamon rolls).
4. Use a spatula or a knife to cut to your desired width.
5. If the edges browned while baking, just trim them off.

TO ENJOY YOUR PASTA

1. After cutting into noodles, toss them directly into your hot pasta sauce.
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Oh-So-Easy Pasta Noodles



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2. The liquid egg whites in the carton are easy to use when the recipe calls for several egg whites, 1/2 cup egg whites equal about 4 large egg whites, cracked.
3. We like to use our blender or small food processor for this recipe, but you can also use a medium-size bowl and a whisk.
4. We recommend using a baking liner on your sheet pan as parchment paper can wrinkle and make it more difficult to

spread the batter.

5. If you don't own an inverted spatula yet, use a pan without edges or turn your pan upside down.
6. Don't rest this batter or it will thicken more and make spreading more difficult.
7. If your batter seems too thick to spread easily, add another 1-2 T water.
8. The batter can also be piped into shapes such as gnocchi.

INGREDIENTS:



1 C **MULTI-USE PASTA MIX** (125g)
3/4 C Egg Whites (180g)
1/2 C Water (120g)

Makes about 2 Sheet pans or
about 4 - 6 servings

DIRECTIONS for NOODLES:

1. Position your oven rack in the center of the oven. Preheat your oven to 325° F.
2. Line a 12" x 16" sheet pan with a baking liner and lightly spray or brush with butter or oil.
3. Add the egg whites and water to your blender or food processor cover and blend on low for a few seconds to combine. You can also use a bowl and whisk.
4. Pour about 1/3 of the batter down the center of the prepared pan.
5. Use an inverted spatula (like a pie server) to spread the batter over the entire pan.
6. Bake 6 - 8 minutes, just until set in the center but the edges should not be browning yet.

DIRECTIONS for CUTTING PASTA:

1. If you have a pasta roller/cutter, you may slice the sheets of pasta into 4-inch widths and run through the cutter or cut them by hand.
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