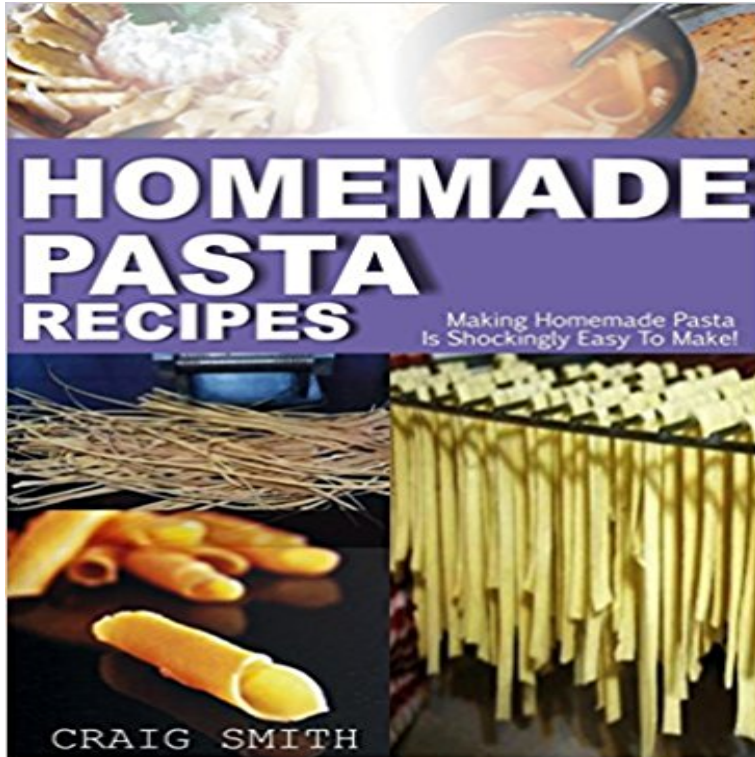


Homemade Pasta Recipes: Making homemade pasta is shockingly easy to make!



Homemade Pasta Cookbook A whole foods diet is an attempt at a healthy lifestyle by avoiding processed foods, refined sugars, and foods high in unhealthy fats. Because of this, many people assume pasta is something they must give up entirely when committing to whole foods eating habits. Even though noodles should be eaten sparingly, they can be part of a healthy diet in moderation with a little bit of effort. Finding pasta that is made from 100 percent whole wheat at an affordable price is nearly impossible. Either it is expensive, has unnatural additives, or is made from a combination of flours that you may want to avoid. If you cannot find a good pasta for your occasional bowl of spaghetti or pasta salad, try making your own noodles. Pasta is simply a combination of flour and water that is rolled into thin strips and cut into whatever shape you want. Knowing this you can buy your own whole wheat berries, grind them, and make your own pasta. To make the dough, take your flour and combine it with your liquid. This liquid can be water, stock, egg, or infused waters. Blending spinach and water and straining out the solids is an easy way to add color and nutrition to your noodles. After working this liquid and flour into a dough, let it rest in your fridge for at least an hour. After that, pull out what you need for your meal and let it come to room temperature. Using a pasta machine or a rolling pin, roll your noodles into whatever thickness you want and cut them. It is best to let your cut noodles dry a little before cooking. Add them to seasoned, boiling water and cook the noodles until they are the texture you want. Even though pasta is a treat that you should eat sparingly, it can be part of a whole foods diet. Take a page from high end Italian restaurants and start making your own homemade noodles. These will taste better, be healthier, and usually be far cheaper than any pasta available in grocery or specialty stores. As

you work to achieve healthy eating habits, you will find that you have more energy and feel better everyday. It is important to create the right habits if you want long-term success!

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