



# Gluten-free Vegan Pasta



## Ingredients



Recipe from The Flour Farm

- 2 cups-2T. Flour Farm Organic
- Gluten Free Blend
- ½ cup of Tapioca Flour
- 1 ½ t. Xanthan gum
- ½ t. Guar Gum
- ½ t. Acacia Fiber/powder
- 1/8 t. Turmeric powder (pinch)
- ½ t. Extra fine pink Himalayan salt
- 1 T. Oil-Flour Farm uses Extra Virgin Olive oil
- ½ cup + 2 T. filtered warm water



## Directions



- In a medium bowl, whisk together the dry ingredients.
- Pour the dry ingredients into the pasta maker and secure the lid.
- In a liquid measuring cup, whisk together the wet ingredients.
- Follow instructions for your pasta maker. We find it is best to mix for about 6 minutes.
- If you are going to use the pasta right away start to boil your salted water.
- As the pasta extrudes, cut at the desired length and place on a drying rack.
- If preparing ahead of time, dry completely and then store in an airtight container in the refrigerator for about a week or freeze for up to a month. Dry pasta will take longer to cook
- Drain and rinse cooked pasta with cold water, then toss with your favorite sauce.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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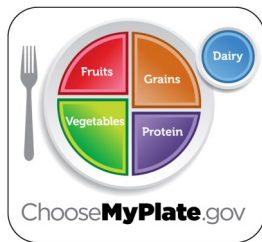
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Prep before you dive in, and select the pasta setting you would like to use.
- Original recipe suggests using a Phillips Pasta Maker.

## Nutrition Facts



Nutrition Facts	
Serving size	(57g)
Amount Per Serving	
<b>Calories</b>	<b>190</b>
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

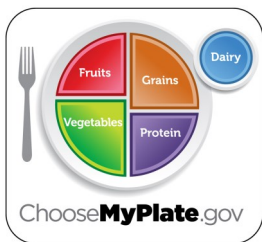
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