

YIELD: 3

How To Make Homemade Keto Spaghetti

Learn How To Make Homemade Keto Spaghetti super Quick and Easy with only 1g of carbs per serving. Our Low Carb Spaghetti Recipe is not only simple to make but will add fiber into your daily nutrition, being still fully gluten-free, grain-free, and without raising your blood sugar.

PREP TIME

10 minutes

COOK TIME

8 minutes

ADDITIONAL TIME

10 minutes

TOTAL TIME

28 minutes



Ingredients

- 1/4 Cup (60g) Cream Cheese
- 3 Eggs
- 2 Tbsp (6g) Bamboo Fiber (alternative Oat Fiber 1Tbsp)
- Salt

Instructions

1. Prepare all of your ingredients.
2. Using a magic bullet or a blender you have at home, place eggs, cream cheese, fiber, and salt together.
3. Blend fully until you get a smooth consistency.
4. Using a silicone baking sheet with edges pour the mixture onto the sheet and spread it as thin as possible.
5. Place into the oven for eight minutes at 160 Celsius or 320 Fahrenheit.
6. Once your pasta sheet is baked, turn it upside down and peel the silicone sheet gently.
7. If you're going to use a pasta machine, cuts your sheet into the stripes to exactly fit the width of the pasta machine.
8. Depending on the thickness of your cooked pasta, you might have to decide the thickness level in the machine.
9. Let it go through the smooth rollers, just to condense the keto pasta sheet together a tiny bit more.

10. For Spaghetti, feed it into the cutting rollers. Let it makes its way into the roller. Don't try to force it through.
11. Use immediately or store it in the refrigerator for later.

Notes

- No Pasta Machine** - roll your pasta sheet and using a knife, cut into thin slices.
- No Bamboo Fiber** - use Oat Fiber or Potato Fiber as a replacement, use only 1 tablespoon
- No Silicone Baking Sheet** - use an ordinary baking sheet covered with parchment paper or a Silicone Sheet without edges

Nutrition Information	
Yield	3
Serving Size	1
Amount Per Serving	
Calories	142
Total Fat	12g
Carbohydrates	1g
Fiber	2g
Protein	7g