



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Ramen Noodles

2g NET Carbs (Low Carb Keto)

Ramen noodles is a staple for many kids and university students and it brings back great memories for most of us so enjoy this healthy and low carb version. Its Absolutely Delicious!



1 serving = Carbs 4g / Net Carbs 2g / Fiber 2g / Protein 2.5g / Fat 1g

INGREDIENTS

1 Package of Shirataki Noodles or Konjac Noodles (Strained and Rinsed under cold water)
2 Cups Chicken Broth (Low Sodium)
1 tsp Onion Powder
½ tsp Garlic Powder
Chives (Sprinkle over Noodles).

½ tsp Garlic Salt
1 tsp Soy Sauce
1 Boiled Egg
¼ tsp Ground Ginger
¼ tsp Ground Pepper

Instructions:

1. Wash noodles over cold running water in a strainer.
2. Add 2 cups low sodium chicken broth to a pot on medium to high heat.
3. Add all ingredients except the noodles to the pot and bring to a boil
4. Reduce temperature and add noodles and stir for 2-3 mins.
5. Remove from heat, add to bowl. Slice boiled egg in half and add to the top of the noodles. Now top with chives. Enjoy!