



Prep Tips for Shirataki



All of our Shirataki noodles are a perfect swap for pastas when prepared properly. Start enjoying these awesome noodles in just 3 easy steps!

1

Drain water from package and rinse well under running hot water.



2

Microwave for 1 minute or parboil for 2-3 minutes and pat dry well.



3

Cut noodles into manageable size and enjoy in your favorite dishes!

