

Recipes makes: 6 Servings



Ingredients-

- ♥ 1 Egg
- ♥ ¾ Cup **D'Avolio Chia Seeds**, ground
- ♥ ½ Cup Flour
- ♥ 1 tsp **D'Avolio Arbosana Chile Extra Virgin Olive Oil**

PREPARATION:

1. In a medium sided bowl, combine flour and ground chia seed (leave a little flour to the side).
2. Make a well in the flour, add the slightly beaten egg, and mix. Mixture should form a stiff dough. If needed, stir in 1 to 2 tablespoons of water.
3. On a lightly floured surface, knead dough for about 3 to 4 minutes. With a pasta machine or by hand, roll though out to thinness desired. Use machine or knife to cut into 36 squares.

Nutrition Facts	
Serving Size: 1 1/2 oz	
Servings: 6	
Amount Per Serving	
Calories 190	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 7g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 11g	44%
Sugars 0g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 20%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	