

NoOodle Q&A

NoOodlers nationwide are connecting with Terri Rogers, CEO & Chief NoOodlist of the NoOodle Company

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We love hearing what's on the minds and plates of NoOodle lovers! No question is off limits for the no calorie, no carbohydrate NoOodle. We also want to hear about NoOodle recipes that you and your friends are cooking up in your kitchens.

Terri Rogers



Q *What is that strange odor I smell when I open a bag of plain NoOoodles? Does this mean the noodles are spoiled?*

This is a common question. The aroma doesn't mean the noodles are spoiled. The smell is from a mineral called lime (calcium hydroxide), one of the ingredients in NoOoodles. Lime is also used to make corn tortillas, pickles, calcium fortified orange juice and baby formula. It is harmless, but we recommend that you rinse and drain the noodles to wash away the lime smell before adding NoOoodles to a recipe.

Q *What is the best way to cook plain NoOoodles?*

We recommend the following cooking method:

Open package, empty contents into colander. Rinse under cold water for one minute. Snip or cut NoOoodles to desired length. Place NoOoodles in non-stick skillet and "dry fry" over medium heat until all liquid evaporates. Top or toss with your favorite sauce, sautéed vegetables, grilled chicken, etc. Cook until flavors meld and dish is hot. Refrigerate leftovers promptly.

Q *What about NoOoodles in soups?*

Soups are a great way to enjoy NoOoodles. One of the drawbacks of some soups is they don't fill you up for very long. The No Calorie NoOodle fills you up without weighing you down. It's a unique quality called satiety; we call it the NoOodle fullness factor. For each serving, simply add up to 4 ounces

of rinsed, drained and cut NoOoodles to any soup recipe during the last few minutes of cooking for a filling, quick and tasty meal.

Q *NoOoodles for breakfast?*

Eggs and NoOoodles are a perfect fiber and protein rich combination for your morning meal. Rinse, drain and finely chop NoOoodles, and add to whisked eggs. Use "NoOodle egg mixture" for any omelet, frittata or scrambled egg recipe.

Q *Is there a way to make desserts healthier with NoOoodles?*

NoOoodles can be added to creamy desserts like ice cream, yogurt and puddings to add fiber and slow down the absorption of sugar in the digestive system. For each cup of ice cream, yogurt or pudding, stir in 4 ounces of rinsed, drained and finely chopped NoOoodles to any creamy dessert.

Q *Can I replace any noodle or pasta recipe with NoOoodles?*

Absolutely. NoOoodles can be substituted in most all family favorite meals. NoOodle helps reduce the calories in all kinds of recipes like Spaghetti with Tomato Sauce, Eggplant Parmesan, Tuna Noodle Casserole and Asian Stir Fries with Noodles.

Q *Can you tell me how I can stretch my food budget with NoOoodles?*

The next time you order Chinese take out, skip the sticky rice and use NoOoodles instead. NoOodle will add fiber, cut the carbohydrates and

turn a single serving into a double serving. Simply dry cook the noodles and add to take out Chinese food.

Q *My grandmother gave me her recipe for Kugel. Can I replace the noodles with NoOoodles?*

Your grandmother will be delighted to see how NoOodle can make her Kugel recipe healthier. Replace the same quantity of any Kugel recipe noodles with the NoOodle. NoOoodles work for both sweet and savory Kugels. Before adding them to the recipe, drain, rinse and cut NoOoodles to desired length. Dry cook them before processing with the recipe.

Q *Are NoOoodles salad friendly?*

Salads love NoOoodles. We recommend that you drain, rinse and cut the NoOoodles to 4-inch lengths. Just add your favorite dressing. For optimum results, marinate NoOoodles in the dressing overnight. If you eat salads regularly, keep a bowl of marinated NoOoodles in the refrigerator for a quick healthy meal.

Q *Can I add the NoOodle to my daily smoothie?*

Adding NoOoodles to your favorite smoothie or high protein shake recipe will add fiber and keep you fuller longer. Combine your smoothie or shake ingredients in a blender, add four ounces of drained and rinsed NoOoodles. Blend until smooth.