



Smokey O's

Author: Amber Gibson

Serves: 2

Serving size: 75 g.

Protein per serving: 0.7 g

Calories: 240

Ingredients

- 124 g Aprotin Anellini, dry
- 2 TBSP Ketchup
- 1 tsp Bragg's Coconut Aminos
- 1/4 tsp Garlic Powder
- 1/4 tsp Smoked Paprika
- 1/8 tsp Chili Powder
- 1/8 tsp Salt

Directions

1. In a small bowl add the ketchup, coconut aminos, garlic powder, smoked paprika, chili powder, and salt. Mix until combined and set aside.
2. Cook anellini as directed on the package. Drain and dump into a serving bowl. Add sauce and gently combine. Serve immediately.