

Something light



By [Brian Berkman](#)

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When I started my no starch, no sugar, no alcohol eating plan I resolved never to eat my beloved pasta again.



On a recent [Jenman African Safaris excursion to Madagascar](#) which involved two days camping and lots of physical exertion, the organisers were concerned I might not get sufficient calories from just eating the available protein.

Cue Superlite Shirataki Noodles, the organic, gluten, sugar and carb-free alternative. Made not with wheat but from soluble Konjac glucomannan, these high-fibre, low calorie (just 11 calories per 100g) noodles come packaged in a liquid pouch in handy portion sizes. Once drained and rinsed, scant cooking is required.

Although they get my thumbs up as quick, easily portable no-starch snacks, they don't register on the taste scale. They lack the possibility of being al dente so think of them more like Asian glass noodles to be slurped up in a highly flavoured soup.

They keep for a year in the cupboard and are available from some health stores and on-line at www.superlitenoodles.co.za.

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