

Cooking with Psyllium

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Is it ok to prepare food with small amounts of psyllium? For example, a serving of pasta sauce with a half teaspoon or so mixed in?

I tried some Ronzoni whole wheat noodles the other day. The texture wasn't quite to my liking and it's pricier than regular pasta. Instead, I thought the fiber could be mixed in with the sauce. Of course, I know it's better to mix vegetables to bulk up the sauce, but would cooking with psyllium also work?

Cooking with psyllium seems no different than cooking with bran and I've read that psyllium has fewer side effects like excess gas. I don't think bran would mix as well with tomato sauce.