Early to Rise Customer Support

Can you give some brand recommendations for 'whole grain' pastas that Chef recommends?

Kerri -- ETR Customer Support - 2020-02-20 - Chef Gui Eat More Burn More
Try to choose pasta that is Italian and uses “durum wheat” flour. It’s usually listed in the ingredient list. My favorite (and easily accessible) brands are DeCecco and Barilla. But there are many others.

For “whole grain” pasta, and to make sure you get real whole grain, look for the following tag:

