

Creamy Ramen

THM-Friendly: S

- 1 package [Miracle Noodles](#) (I use spaghetti style) rinsed and drained
- 1/4 cup heavy cream
- 1 and 1/2 cups chicken broth
- 1/4 tsp. all-purpose poultry seasoning (I used one called “Finger Lickin’ Kickin’ Chicken)
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/8 tsp. chili powder
- cayenne and red pepper flakes to taste
- 2-3 Tbsp. scallions, freshly chopped
- 1 can mushrooms, drained (I used shiitake)
- 1 Tbsp. [nutritional yeast](#)
- 1 and 1/2 Tbsp. [collagen](#)

Put everything except noodles, nutritional yeast, and collagen on the stove, and bring to a boil. Add the noodles and simmer for 5 minutes. Add the nutritional yeast.

Remove from the stove and add the collagen (adding only a tiny bit at a time and whisking well so it does not clump).

Garnish with more fresh scallions.

enJOY!

