

We're back in the
kitchen today on
FLOW LIFE
SKILLZ!

The one's crazy
easy: it's only
a few ingredients!

flow



Start with these ingredients!



1 package
of pasta
(any but spaghetti
will do, I like
bow ties!)



1 container of
ricotta cheese
(whole milk is better
but whatever works)



1 lemon




Salt +
cracked pepper



OPTIONAL:
PARMESAN
CHEESE!






First, you wanna
boil your pasta
water. Don't forget
to add salt to
get that FLAVOR!

Once that's bubblin,
throw your pasta
+ let it cook!

While that boils, dump your ricotta into a big bowl. Mix it up with a bunch of lemon zest, lemon juice, and cracked pepper.

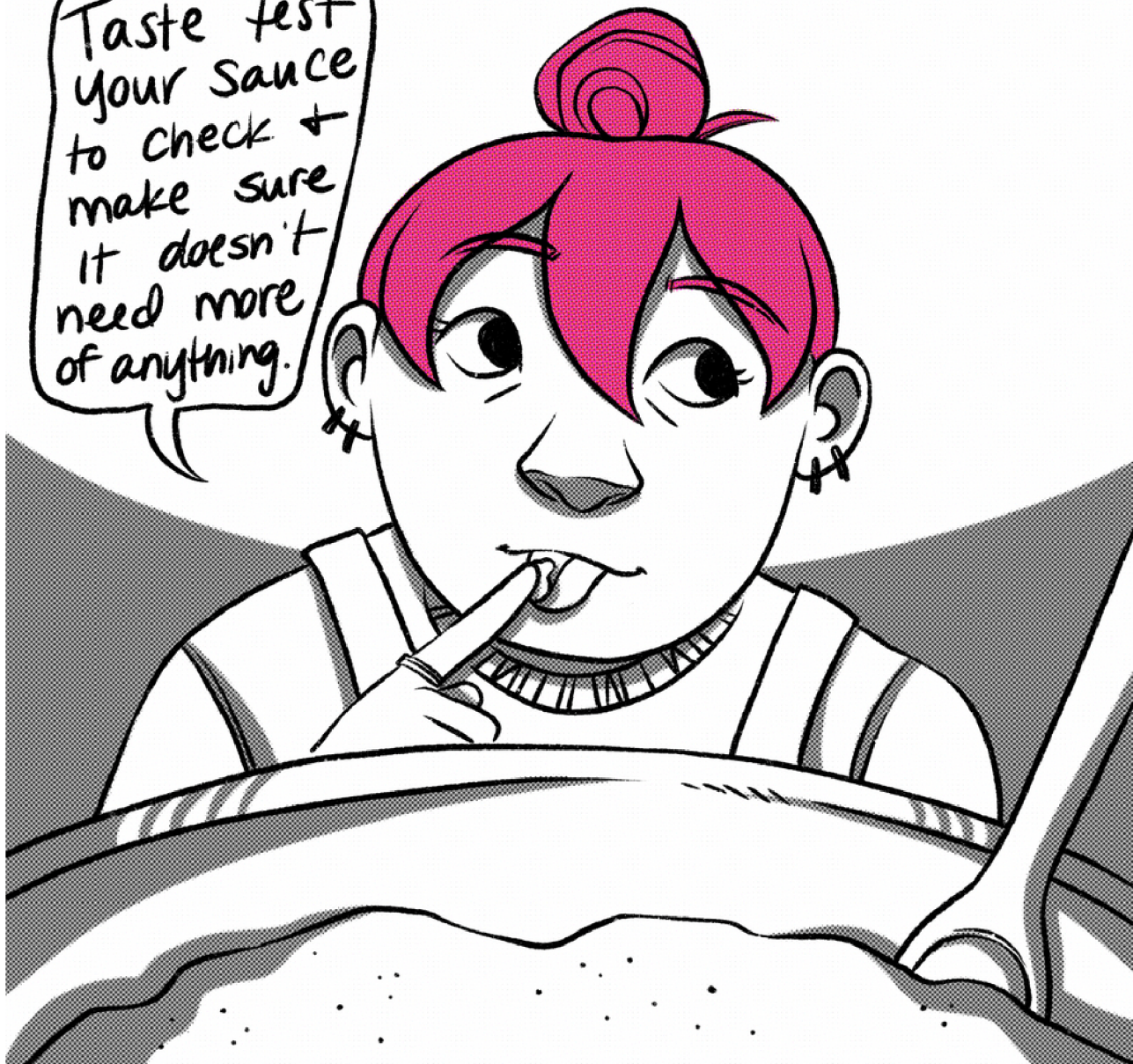




Once the pasta
is done, drain
the water but
(and this is
important!)
**KEEP SOME OF
THE WATER!**

Pour it
into your
sauce & mix
it all up!

Taste test
your sauce
to check &
make sure
it doesn't
need more
of anything.



Then, literally just mix it all together + boom, you've got some delicious cheap pasta. Now dig in!!

