



50 CERTIFIABLY DELICIOUS LOW FODMAP RECIPES

Elimination Phase Safe Basic and Essential Recipes



ORIGINAL KITCHEN TESTED RECIPES

brought to you by Dédé Wilson and Robin Jaffin



50 Certifiably Delicious Low FODMAP Recipes

Original Kitchen Tested Recipes

Brought to you by Dédé Wilson and Robin Jaffin

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Thrive on the Low FODMAP Diet!

Every low FODMAP cook should have these essential and basic recipes at their fingertips.

From morning to night we have you covered! Breakfast, snacks, lunch, dinner and dessert.

We teach you how to make the building blocks of all low FODMAP pantries - infused oils, lactose free ricotta, stocks, sauces and beyond.

We take low FODMAP recipes seriously at [FODMAP Everyday®](#). That's why [Dédé Wilson](#) oversees our Test Kitchen and makes sure that each and every recipe works – and is low FODMAP following the most up-to-date science.

If you haven't visited us at [FODMAP Everyday®](#) yet be sure to stop by!

We have over 1000+ low FODMAP recipes, 300+ science backed articles, downloadable resources and tools and a huge community of low FODMAP followers just like you!

NOTE: We have hyperlinked each individual recipe in the Table of Contents in each section to the recipe on our website as well! This way you may also get all of the low FODMAP tips and guidance provided in further detail there.







Condiments & Basics

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Basil Pesto

Makes about 1 2/3 cups (405 ml); 4 servings; servings size is a very generous 1/3 cup (75 ml)

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 4 cups (96g) lightly packed basil leaves, washed and dried
- 2/3 cup (165 ml) Low FODMAP Garlic-Infused Oil, made with olive oil plus extra, or FODY Garlic-Infused Olive Oil
- 1/3 cup (44 g) pine nuts
- 1 teaspoon kosher salt
- 2/3 cup (66g) finely grated Parmigiano Reggiano

PREPARATION:

1. Combine fresh basil, 2/3 cup (165 ml) of garlic oil, pine nuts and salt in a food processor fitted with a metal blade. Pulse on and off a few times, then process until a paste forms, scraping down the bowl once or twice.
2. Add cheese and process until combined and somewhat smooth. It will remain a bit textured, which is fine. Scrape into an airtight container and cover top with a thin layer of extra oil to prevent discoloration. Refrigerate for up to 1 week or divide into small freezer safe containers and freeze for up to 1 month. Defrost in refrigerator overnight.

TIPS:

- Monash University has approved of this with a double strength oil. Simply follow the instructions for our Garlic-Infused Oil, using olive oil and double the amount of garlic cloves. Do not infuse the garlic for longer than two hours and make sure to follow the straining instructions carefully, using both cheesecloth and a wire meshed strainer, to remove all of the garlic pieces.

MORE:

- [Low FODMAP Parsley Pesto](#)
- [Vegan Low FODMAP Kale Pesto](#)
- [Low FODMAP Sun-Dried Tomato Pesto](#)
- [Low FODMAP Salmon with Basil-Caper Pesto](#)





Fresh Salsa

Makes about 2 cups (480 ml); serving size 1/4 cup (60 ml); 8 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1 pound (455 g; about 6 medium) very ripe red tomatoes, plum or beefsteak
- 1/4 cup (16 g) chopped scallions, green parts only
- 1 tablespoon minced, seeded fresh green serrano chili (more or less to taste)
- 2 tablespoons chopped fresh cilantro leaves
- 2 teaspoons freshly squeezed lime juice (more or less to taste)
- Kosher salt

PREPARATION:

1. If using plum tomatoes, core them, quarter them lengthwise, then chop into roughly 1/2 inch (12 mm) dice. If using beefsteak tomatoes, core, cut in half crosswise then gently squeeze out excess juice and seeds, which you will discard. Proceed to chop as directed above. Place tomatoes in a non-reactive mixing bowl.
2. Stir in chopped scallion greens, chili, cilantro and lime juice. Add salt, taste and adjust seasoning adding more chili, lime juice and/or salt as needed.
3. Salsa is ready to serve but actually the flavor actually improves if you let it sit for an hour. You may also refrigerate in airtight container for up to 24 hours; bring to room temperature before serving.

TIPS:

- Handle the chili pepper with care. The membranes and seeds are especially spicy. Consider wearing rubber or food handling gloves or at the very least, do not touch your mouth, eyes or nose. Wash hands and tools well to remove the hot chili oils.

MORE:

- [Low FODMAP Papaya Salsa](#)
- [Low FODMAP Fresh Strawberry Salsa](#)
- [Low FODMAP Grilled Pineapple & Kiwi Salsa](#)
- [Low FODMAP Pineapple Salsa](#)
- [Low FODMAP Grilled Tomato Peach Salsa](#)
- [Low FODMAP Grilled Corn Salsa \(with or without Black Beans\)](#)
- [Low FODMAP Mint Salsa Verde](#)
- [Top 10 Ways to Use Salsa In A Low FODMAP Diet](#)



Everyday Quick Tomato Sauce

Makes 12 cups (2.8 L); serving size 1/2 cup (120 ml); 24 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1/3 cup (75 ml) Low FODMAP Garlic-Infused Oil, made with olive oil, or purchased equivalent such as FODY Garlic-Infused Olive Oil
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- 4, 28-ounce (794 g) cans crushed or diced tomatoes (with no garlic or onion)
- 2 teaspoons salt
- 1/2 teaspoon sugar (optional)
- Freshly ground black pepper

PREPARATION:

1. Heat the oil in a large sized saucepan over medium heat until shimmering and add the basil and oregano. Stir to combine for about 30 seconds. Add the tomatoes, salt, sugar, if using, and several grinds of pepper. Bring to a simmer over low-medium heat and cook for about 10 minutes, stirring occasionally. Taste and correct seasoning as needed. The sauce is ready to use or cool to room temperature and refrigerate in airtight container for up to one week or freeze for up to 3 months. We like to divvy it up into 1-cup (240 ml) portions for future flexibility.

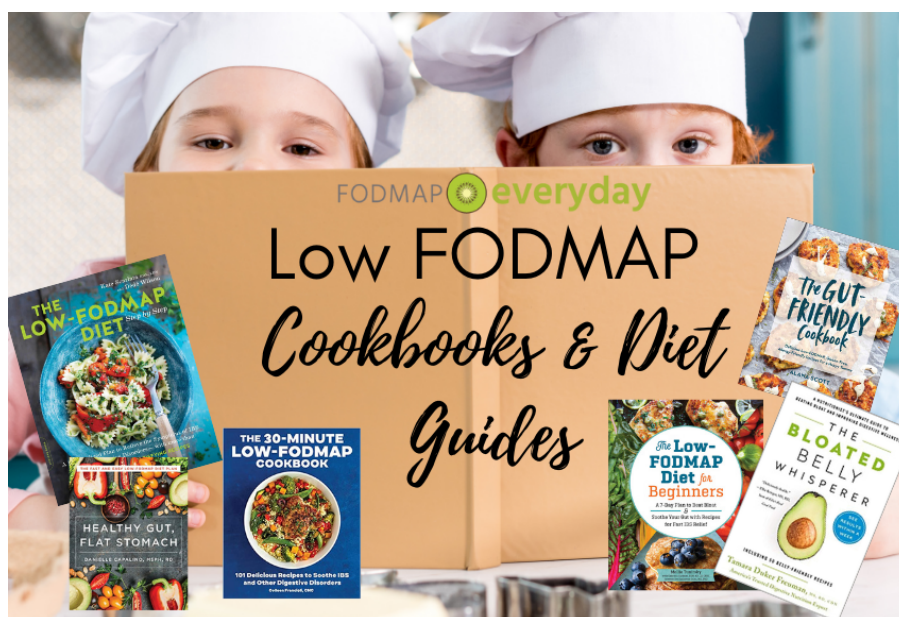
IF YOU CAN TOLERATE:

Fructans:

- If you have passed the garlic fructan Challenge you can add 2 to 4 minced garlic cloves to the sauce mixture.

MORE:

- [Super Simple Low FODMAP Chunky Tomato Sauce](#)
- [Quick & Easy Low FODMAP Eggplant Zucchini Tomato Pasta Sauce](#)
- [Low FODMAP Meatballs in Tomato Sauce](#)
- [Tomatoes & Tomato Products for the FODMAPer](#)





The World's First Low FODMAP Ricotta

Makes between 1 1/2 (372 g) and 2 cups (496 g) ricotta; 4 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- Fine-mesh strainer
- Cheesecloth
- 1/2 gallon (2 L) lactose-free whole milk
or 2%
- 1/3 cup (75 ml) distilled white vinegar or
lemon juice
- 1/4 to 1/2 teaspoon kosher salt, optional
- Thermometer

PREPARATION:

1. Set up the strainer over a bowl and line the strainer with a total of four layers of cheesecloth; set aside.
2. Heat milk in a large pot with thermometer attached. Heat over medium heat, whisking often and bring up to 180°F/83°C. Remove from the hot burner and whisk in vinegar or lemon juice and salt, if using (Dédé likes it without). Allow it to sit undisturbed for at least 10 minutes. You should be able to see curds forming and clear, yellowish whey separating out.
3. Use a large spoon to scoop out the curds and gently place in the strainer. Once you have picked up as many as you can, gently and slowly pour the rest of the curds and liquid into the strainer. (This technique preserves the larger curds).
4. Allow the curds to drain for 5 to 20 minutes, depending on the dryness and texture you like. Ricotta is ready to use or can be refrigerated in an airtight container for up to 2 days.

TIPS:

Here are our favorite ways to use this ricotta, depending on drainage time:

- After 5 minutes the ricotta will be moist and creamy and perfect for dolloping over berries with a drizzle of maple syrup.
- After about 10 minutes, when it is firmer but still spreadable, try seasoning it with herbs, spices, salt and pepper and using it as a spread for GF crostini or as a dip for vegetables. See our [Herbed & Spiced Ricotta](#).
- After about 20 minutes when it is very firm and dry, try it in [Ricotta Gnocchi with Browned Butter and Sage](#).

MORE:

- [Low FODMAP Flavored Ricotta Spreads](#)
- [Ricotta Gnocchi with Browned Butter & Sage](#)
- [Low FODMAP Cannoli Cream](#)
- [Low FODMAP Manicotti with Kale](#)
- [Hearty Low FODMAP Lasagna](#)
- [Is Cheese Low FODMAP?](#)



Vegetable Broth

Makes about 4 quarts (3.8 L); serving size up to 1 cup (240 ml); 8 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 2 tablespoons Low FODMAP Garlic-Infused Oil, made with olive oil or vegetable oil, or purchased equivalent such as FODY Garlic-Infused Olive Oil
- 1 cup (72 g) chopped leeks, green parts only, divided
- 1 cup (64 g) chopped scallions, green parts only, divided
- 1 large bunch fresh flat leaf parsley, roughly chopped
- 6 medium sprigs of fresh thyme
- 1 teaspoon black peppercorns
- 1 large bay leaf
- 3 medium carrots, scrubbed, peel intact, cut into 1-inch (24 mm) pieces
- 2 medium gold or white potatoes, scrubbed and quartered
- 2 medium parsnips (225 g), scrubbed, ends trimmed and sliced into 1/2-inch (12 mm) rounds
- 1 medium fennel bulb, root end trimmed away, bulb sliced and fronds (the top, feathery leaves) and stems chopped
- 1 medium celery stalk, cut into 1-inch (24 mm) pieces
- 1 tablespoon kosher salt
- Water

PREPARATION:

1. Add the oil to a 5 to 6 quart (4.7 L to 5.7 L) stockpot and heat over low-medium heat. Add half of the leek and scallion greens (just eyeball it) and sauté, stirring frequently, for a few minutes until softened. Add parsley, thyme, peppercorns, bay leaf, carrots, remaining leek and scallion greens, potatoes, parsnips, fennel, celery and salt to the pot.
2. Add enough cold water to cover the vegetables by about 2-inches (5 cm). Cover pot and bring to a simmer over medium heat; adjust heat and cook at a gentle simmer for 1 hour. Skim off any froth that rises to the top during the first half hour. Check occasionally and add water if necessary to keep all solid ingredients just submerged. Taste for flavor. If the broth seems weak, keep simmering for a while. You might also want to adjust salt level.
3. Strain into a clean pot or storage container(s) and discard solids. Allow broth to cool to room temperature, then refrigerate overnight. Skim all of the fat off of the surface, if desired. Divide the broth into airtight containers in small portions for ease of use. We like to make 1 cup (240 ml) and 2 cup (480 ml) amounts in particular and either refrigerate up to a 3 days or freeze for up to 6 months. You can also freeze the broth in ice cube trays, then pop out the cubes once frozen and freeze in heavy plastic zipper top bags.

TIPS:

- If you are not vegan and want to try an extra ingredient that adds tons of flavor, add a big hunk of parmesan cheese rind with the rest of the ingredients during simmering. It adds flavor as well as a little body.

IF YOU CAN TOLERATE:

Fructans:

- If you have passed the onion fructan Challenge, feel free to leave the onion pieces in the soup during simmering.
- If you have passed the garlic fructan Challenge, feel free to leave the garlic cloves in the soup during simmering.

Polyols:

- If you have passed the mannitol Challenge consider adding up to 3 stalks of celery. It adds such a wonderful flavor to soup bases.

MORE:

- [All of our Soups, Stocks and Broth Recipes](#)



Chicken Stock

Makes about 4 quarts (3.8 L); 8 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 6-pounds (2.7 kg) of chicken backs, or a 6-pound (2.7 kg) chicken, cut into pieces
- 1 cup chopped leeks, green parts only
- 2 medium carrots, scrubbed, peel intact, cut into 1-inch (2.5 cm) pieces
- 2 medium parsnips (225 g), peeled and cut into 1-inch (2.5 cm) pieces
- 1 large bunch fresh flat leaf parsley
- 10 medium sprigs of fresh thyme
- 6 black peppercorns
- 1 large bay leaf
- 2 teaspoons kosher salt
- Water

PREPARATION:

1. Trim the chicken of most of its fat, reserving about 1 cup (240 ml) of fat pieces. Place reserved fat in bottom of 10 to 12 quart (9.5 L to 11.4 L) stockpot and cook over low-medium heat to render (melt) the fat. This might take a few minutes; don't rush it; just melt the fat slowly. Add the leeks and sauté over medium heat, stirring often, for about 5 minutes or until leeks are beginning to soften but do not let them brown. Place carrots, parsnips, parsley, thyme, peppercorns, bay leaf and salt into pot, then add chicken pieces.
2. Add water to cover solids by about 1-inch (2.5 cm). Cover pot and bring to simmer over medium heat; turn heat down adjusting to a low simmer and cook for 3 hours. Skim off any fat or froth that rises to the top during the first half hour. Check occasionally and add water if necessary to keep all solid ingredients just submerged.
3. When stock is done, pour through a fine wire meshed strainer into a clean pot or container and set solids aside (see Tips). Allow stock to cool to room temperature, then refrigerate overnight. Skim all of the fat off of the surface, then divide stock into airtight storage containers. We find that 1-cup (240 ml) and 2-cup (480 ml) amounts are the most handy. We often also freeze some in ice cube trays, then pop the cubes out and store in the freezer in heavy zip-top bags. Stock can be refrigerated for up to 3 days or frozen for up to 6 months.

TIPS:

- This stock is low-sodium. You can eliminate the salt altogether or increase to taste.
- After you strain out the solids, the herbs and carrots should be discarded, but there might be some chicken meat, especially if you used a whole chicken to make the stock. Many folks believe all of the chicken flavor has leached out into the stock, but we just can't bear to throw this meat out. Try our Jam-Packed Veggie Chicken Nachos or give your dog a treat.

MORE:

- [All of our Soups, Stocks and Broth Recipes](#)
- [Sick Day Soup – aka Japanese Penicillin](#)
- [Low FODMAP Instant Pot Chicken Noodle Soup](#)
- [Soupology: The Art of Soup From Six Simple Broths](#)



Homemade Beef Stock

Makes about 2 quarts (2 L); serving size 1 cup (240 ml)

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1/4 cup (60 ml) of EITHER Low FODMAP Garlic-Infused Oil or Onion-Infused Oil made with vegetable oil or purchased equivalent
- 4 pounds (1.8 kg) of beef bones such as a combination of meaty neck bones, knuckle bones, oxtail and marrow bones, cut into 2-inch (5 cm) thick pieces by the butcher
- 3 cups (45 g) roughly chopped leeks, green parts only
- 2 medium carrots, scrubbed and cut into 2-inch (5 cm) pieces
- 2 medium parsnips (225 g), scrubbed and cut into 2-inch (5 cm) pieces
- 1 medium celery stalk, cut into 2-inch (5 cm) pieces
- 2 tablespoons tomato paste
- 1 tablespoon black peppercorns
- 1 tablespoon low-sodium soy sauce (use gluten-free if following a gluten-free diet)
- 2 teaspoons kosher salt
- 1/2 bunch fresh flat leaf parsley, roughly torn
- 4 medium sprigs fresh thyme
- 2 bay leaves
- 14 cups water
- Cheesecloth

PREPARATION:

1. Position rack in center of oven. Preheat oven to 450°F/230°C. Have a heavy, rimmed sheet pan at hand.
2. Heat oil over medium heat in a large 8 to 10 quart (2 L to 2.4 L) heavy stockpot. Add the meaty bones and begin to brown them in the oil for about 3 minutes or until you get all the meaty bone surfaces infused with the flavorful oil.
3. Scatter the leeks all over the sheet pan. Don't wash the stockpot, as you will be returning to it shortly. Transfer the browned bones to the sheet pan on top of the leeks. Roast for 20 minutes, stir the leeks and bones around and roast for 20 to 25 more minutes or until the bones are well browned. Don't worry if the leeks look a little charred.
4. Scrape everything from the sheet pan, juices and all, into the waiting stockpot. Add carrots, parsnips, celery, tomato paste, peppercorns, soy sauce, salt, parsley, thyme and bay leaves to pot. Add the 14 cups of water; it should cover the solids. Add more water if it doesn't just to cover all of the ingredients by about an inch (2.5 cm).
5. Bring stock to a very low simmer. Cover but leave lid slightly ajar and adjust heat so that the stock can simmer for an extended period of time. You want the surface just rippling. Check from time to time and skim any froth that might rise to the surface and discard. Also check water levels; add water as needed to keep solids submerged. Gently simmer for at least 12 hours; we let ours simmer overnight for 24 hours, but use your judgment about whether you feel comfortable with this.
6. Line a fine meshed strainer or chinois with a quadruple layer of cheesecloth. Remove the bones and any large solid pieces of ingredients from the pot using a large slotted spoon. Pour the stock in batches through the cheesecloth to strain out any and all solid bits and pieces. You should have a nice clear dark brown stock. You can strain multiple times through clean cheesecloth if you like.
7. Cooling the stock quickly and efficiently is necessary to prevent bad bacteria from developing. We separate the hot stock into a few shallow bowls set over ice. Do not put hot stock in the refrigerator, as that will trap a lot of heat in the center, which is a perfect breeding ground for the kind of bacteria that you don't want. Once the stock is barely warm you can refrigerate it in one airtight container overnight. A layer of fat will congeal and can be easily skimmed away and discarded. Now you have beef Jell-O! The collagen rich bones will leave you with a stock that is solid when chilled. You can refrigerate the stock for up to 5 days or freeze for up to 6 months. Use as a base for soups and stews or simply sip as a rich, restorative stock.

MORE:

- [All of our Soups, Stocks and Broth Recipes](#)



Onion-Infused Oil

Makes 2 cups (480 ml); servings size 4 U.S. teaspoons (20 ml)

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 2 cups (480 ml) extra virgin olive oil, pure olive oil or vegetable oil such as canola, grapeseed, rice bran, safflower or sunflower
- 1 medium red, white or yellow onion, peeled and quartered

PREPARATION:

1. Rinse a glass storage bottle, container or jar with an airtight lid with boiling water and dry thoroughly; set aside.
2. Pour oil into a small sized non-reactive pot and heat over low heat just until just warm to the touch. Remove from heat. It is very important not to overheat the oil or its flavor and integrity will degrade. You don't need a thermometer - just go by touch and only heat the oil until it is warm but not hot.
3. For a more subtle onion flavor, leave the onions in large pieces; for more potent onion flavor roughly chop the onion. Add onion to oil, off the heat, and allow to sit for about 2 hours. Strain into the clean jar, making sure to remove all of the onion pieces; we like to line a fine wire-meshed strainer with cheesecloth and pour the oil through these layers to catch any and all onion pieces. Seal jars and store in refrigerator, using within 3 days for safety.

TIPS:

- You can also try sweet onions such as Maui or Walla Walla, for a slightly different onion flavor. We love onion oil made with sweet onions for vinaigrettes on spinach salad.

MORE:

- [Low FODMAP Triple "Onion" Green Beans](#)
- [Low FODMAP "Onion" Soup](#)
- [Low FODMAP Vegetarian Gravy](#)
- [Low FODMAP Grilled Pineapple & Kiwi Salsa](#)
- [Low FODMAP Pasta Primavera](#)
- [Low FODMAP Cheddar Waffles with Bacon & Chives](#)



Makes 2 cups (480 ml); servings size is 4 U.S. teaspoons (20 ml)

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 2 cups (480 ml) extra virgin olive oil, pure olive oil or vegetable oil such as canola, grapeseed, rice bran, safflower or sunflower
- 6 large cloves of fresh garlic, peeled, whole or halved

PREPARATION:

1. Have ready a glass storage bottle, container or jar with an airtight lid. Rinse with boiling water and dry thoroughly; set aside.
2. Pour oil in a small sized non-reactive pot and heat over low heat just until just warm to the touch, then remove from heat. It is important not to overheat the oil as its flavor and integrity will degrade. No need to use a thermometer, just go by touch and only heat the oil until it is warm, not hot.
3. For a more subtle garlic flavor, leave the cloves whole; for more potent garlic flavor halve the cloves. Add garlic to oil, off the heat, and allow to sit for about 2 hours. Strain into the clean jar, making sure to remove all of the garlic pieces; we like to line a fine wire-meshed strainer with cheesecloth to catch any garlic pieces. Seal jars and store in refrigerator, using within 3 days for safety.

TIPS:

- You may use whatever kind of oil that you like. Our recipes will specify whether we are calling for Garlic-Infused Oil made with olive oil or a more neutral carrier oil, such as sunflower, canola, rice bran or the like.
- Think about how you will be using the oil. If you are planning to make pesto or about to cook some Italian foods, then use olive oil as your base. If you want to cook Mexican or know that you do not want the flavor that olive brings to a dish, then choose a more subtle flavored oil, such as the ones listed above.

MORE:

- [Not All Low FODMAP Garlic-Infused Oil is Created Equal](#)
- [Know What's In Your Garlic Oil](#)
- [Oils](#)
- [Farfalle with Roasted Red Peppers & Parsley](#)
- [Grilled Halloumi & Melon Salad • Low FODMAP](#)





Snacks

<u>Soft, Chewy Granola Bars</u>	28
<u>Chocolate Peanut Butter Energy Balls</u>	30



Soft, Chewy Granola Bars

Makes 16 bars; 1 bar per serving

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1 2/3 cups (164 g) old-fashioned oats (use gluten-free if on a gluten-free diet)
- 1/2 cup (80 g) dried cranberries
- 1/2 cup (83 g) raisins
- 1/2 cup (54 g) toasted pecan or walnut halves, chopped
- 1/3 cup (32 g) almond flour made from blanched or natural almonds
- 1/4 cup (17 g) unsweetened shredded coconut
- 1/4 cup (35 g) sunflower seeds
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/3 cup (75 ml) creamy, smooth peanut butter (see Tips)
- 1/3 cup (66 g) sugar
- 1/3 cup (75 ml) vegetable oil, such as canola or safflower
- 1/4 cup (60 ml) maple syrup
- 2 tablespoons rice malt syrup
- 1 tablespoon water
- 1 teaspoon vanilla essence

PREPARATION:

1. Position rack in middle of oven. Preheat oven to 350°F/180°C. Line an 8-inch (20 cm) square pan with aluminum foil or parchment and coat foil or paper with nonstick spray.
2. Place oats, cranberries, raisins, nuts, almond flour, coconut, sunflower seeds, cinnamon and salt in the bowl of a stand mixer fitted with a flat paddle and blend until combined on low speed. Alternately you can toss together by hand in a large bowl.
3. Whisk together the peanut butter, sugar, oil, maple syrup, rice malt syrup, water and vanilla in a small bowl until combined and smooth. Add to dry mix and blend until everything is evenly mixed. A mixer makes this easy; if making by hand it will take a little elbow grease, but it can be done! Use a combination of a wooden spoon and silicone spatula if making by hand.
4. Scrape mixture into prepared pan leveling and smoothing the top with a small offset spatula.
5. Bake for about 30 minutes or until a toothpick inserted in the center tests clean. Cool pan on rack. Lift foil or parchment out of pan, peel away, and cut into a 4 x 4 grid to yield 16 bars. The bars can be stored in an airtight container at room temperature for up to 3 days. Or, do what we do and wrap bars individually with plastic wrap, place all of those in a zip top bag and store in freezer for up to a month. This makes it very easy to grab on one-the-go and they defrost very quickly.

TIPS:

- Serving size is everything with these bars. There are FODMAP limits for nuts, seeds and dried fruit so we suggest that you start with 1 bar per serving and see how you feel.
- We like these best if made with no-stir style peanut butter made with palm oil. You can use all-natural peanut butter (ingredients will be peanuts and salts) but the bar's texture will become drier. Try both and see which you like.

MORE:

- [Not All Low FODMAP Garlic-Infused Oil is Created Equal](#)
- [Know What's In Your Garlic Oil](#)
- [Oils](#)
- [Farfalle with Roasted Red Peppers & Parsley](#)
- [Grilled Halloumi & Melon Salad • Low FODMAP](#)



Chocolate Peanut Butter Energy Balls

Makes about 20 balls; serving size 2 balls

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1/2 cup (135 g) smooth natural peanut butter
- 1 cup (99 g) old-fashioned oats (use gluten-free if on a gluten-free diet)
- 1/3 cup (75 ml) rice malt syrup
- 1/4 cup (37 g) roasted peanuts, chopped
- 2 1/2 ounces (70 g) dark chocolate, finely chopped, preferably 55% to 65% cacao
- 1/4 teaspoon kosher salt

PREPARATION:

1. Combine all of the ingredients really well in a bowl with your hands, a sturdy wooden spoon, silicone spatula. It's going to take some elbow grease because the rice syrup is very sticky. Or do what we do and mix these up in a stand mixer fitted with a flat paddle.
2. Roll mixture into small 1-inch to 1 1/4-inch (2.5 to 3 cm) balls. The mixture needs to be compressed firmly using your fingers and palms. Chocolate Peanut Butter Energy Balls are ready to eat. Store in airtight containers at room temperature for up to 4 days or freeze up to 1 month.

TIPS:

- Using a scoop to form these will keep your portions in check! We highly recommend this technique. [Here is one we love.](#)

MORE:

- [Low FODMAP Birthday Cake Bliss Balls](#)
- [Low FODMAP Trail Mix Energy Balls](#)
- [Low FODMAP Mocha Espresso Power Balls](#)
- [Low FODMAP Cranberry White Chocolate Energy Balls](#)
- [Best Low FODMAP Snacks: For On The Run](#)







Breakfast

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Green Kiwi Smoothie

Makes about 3 cups (720 ml); serving size 1 1/2 cups (360 ml); 2 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1 cup (170 g) seedless green grapes
- 1 kiwi, peeled and cut into chunks
- 2 tablespoons water
- 8-inches (20 cm) of unpeeled English, hothouse style cucumber, cut into chunks
- 2 cups (40 g) baby spinach (for a milder taste) or chopped stemmed, washed and
- dried Lacinato kale leaves (for a bolder taste) or a combo
- 1 1/2 to 2 cups ice cubes

PREPARATION:

1. Place all the items in blender in order listed - except the ice. Pulse on an off to begin blending, then blend on high speed until puréed, blended and smooth. Add the smaller amount of ice cubes and blend until frosty, pulsing on and off. Add more ice cubes if desired. Serve immediately as it separates upon sitting. It will still be good, just not as pretty.

TIPS:

- We often make this without the ice cubes and take it in a mason jar for an on-the-go snack. When we are ready to drink it we add ice cubes and shake it up.

MORE:

- [Smooth Move Smoothie](#)
- [Beware the Lure of the Smoothie](#)
- [Low FODMAP Mocha Banana Smoothie](#)
- [10 Tips for Eliminating a Bloating Belly](#)
- [Kiwi](#)



The image is a promotional graphic for 'RealPlans Low FODMAP Meal Planner'. At the top, the 'RealPlans' logo is displayed in green. Below it, the text 'LOW FODMAP MEAL PLANNER!' is written in large, bold, teal letters. The central part of the image shows a top-down view of a dining table with several colorful plates of food, including a large green salad, a plate of sliced tomatoes, a bowl of green soup, and a plate of rice. A glass of pink smoothie is also visible. At the bottom of the image, there is a white banner with the 'FODMAP everyday' logo, which includes a green kiwi fruit icon. Below the logo, the text '850+ low FODMAP recipes plan-shop-cook' is written in teal.



Cornbread Muffins

Makes 12 muffins; 1 muffin per serving

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1 1/2 cups (360 ml) lactose-free whole milk, at room temperature
- 1 tablespoon plus 1 teaspoon lemon juice
- 1 3/4 cups (242 g) fine stoneground yellow cornmeal
- 1 cup (145 g) gluten-free all-purpose flour
- 1/3 cup (66 g) sugar
- 1 tablespoon plus 1 teaspoon baking powder (use gluten-free if following a gluten-free diet)
- 1 teaspoon salt
- 4 tablespoons (57 g) unsalted butter, melted
- 1/4 cup (60 ml) neutral flavored oil, such as canola or vegetable
- 2 large eggs, at room temperature

PREPARATION:

1. Position rack in center of oven. Preheat oven to 400°F/200°C. Coat 12 muffin wells with nonstick spray; set aside.
2. Stir the milk and lemon juice together in a medium-sized bowl and allow to sit for 5 minutes to thicken while oven preheats.
3. Whisk together the cornmeal, flour, sugar, baking powder and salt in a large mixing bowl to aerate and combine. Make a small well in the center and set aside.
4. Whisk the melted butter, vegetable oil and eggs into the thickened milk until combined. Pour this wet mixture into the well of the dry mix and whisk together just until combined. Divide evenly into prepared pan.
5. Bake for about 14 to 18 minutes or just until a toothpick inserted in the center comes out clean. Cool pan(s) on rack for 2 minutes, then unmold onto rack. Muffins are ready to eat while warm or cool to room temperature and store in airtight containers at room temperature for up to 2 days; they do dry out a bit. Muffins may also be frozen in heavy zip top bags for up to 1 month.

TIPS:

- While we love freshly squeezed lemon juice where its flavor will be pronounced, we often find a need for lemon juice in small amounts and buying fresh lemons just doesn't make economic or logistical sense. There is one prepared lemon juice product that we will use in the Test Kitchen and that's Minute Maid Premium 100% Pure Lemon Juice. It comes in an easy to use squeeze bottle that is packaged in a box so look for the box near the frozen juice concentrates. We always keep a couple in the freezer. There were a few years, just a few years ago, when it disappeared from the shelves and devotees went crazy. You can still find the chat threads online; it was like hunting for unicorns! So thankful that it is available again. This is a freezer "pantry" item to try and always have on hand.
- For a less sweet version you can reduce the sugar to 2 to 3 tablespoons.

IF YOU CAN TOLERATE:

Fructans:

- If you passed the fructan wheat Challenge, you could sub in unbleached all-purpose flour for the gluten free flour; use the weight amounts if you make this substitution for best results. Note that the cornbread muffins will no longer be gluten free.



Breakfast Sausage Patties

Makes 8 patties, serving size 1 patty

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1 tablespoon firmly packed light brown sugar
- 1 tablespoon (2 g) finely chopped fresh sage or 1 teaspoon rubbed (ground) sage
- 1 tablespoon finely chopped fresh thyme or 1 teaspoon dried thyme
- 1 1/4 teaspoons kosher salt
- 1 teaspoon crushed fennel seeds
- 1/2 teaspoon chilli powder (ground red serrano chilli)
- 1/4 teaspoon paprika
- Freshly ground black pepper
- 1 pound (455 g) ground pork

PREPARATION:

1. Place brown sugar, sage, thyme, salt, fennel seeds, chilli and paprika in a medium sized mixing bowl. Add a generous amount of black pepper. Use your fingers to rub the mixture together to make sure all the herbs and spices are well mixed. Add the pork and mix everything together well. (This mixture can be made the night ahead, if you are planning a big morning. Just cover the bowl with plastic wrap).
2. Use a 1/4-cup (60 ml) measuring cup or similar sized ice cream scoop to create patties, flattened to about 1/4-inch (6 mm) thick. They will expand in thickness upon cooking.
3. Heat a cast iron or heavy skillet over medium-high heat. Cook patties for about 2 to 3 minutes or until golden brown on bottom, flip and cook second side until golden. The patties should be cooked through.
4. Sausages are ready to serve. They may also be frozen: cool first, stack in single layers separated by parchment paper in an airtight container and freeze for up to 1 month. You can heat them stovetop in a pan or in the microwave.

TIPS:

- Want a lighter version? Use half ground turkey and half ground pork. You still need a good quantity of pork to get that sausage taste and texture.
- We like these made with either smoked paprika or sweet paprika.

MORE:

- [Low FODMAP Breakfast Casserole](#)
- [What To Eat: Weekend Breakfast](#)
- [Favorite Low FODMAP Breakfast Recipes](#)
- [Is Bacon Low FODMAP?](#)



Banana Bread Muffins

Makes 12 muffins; serving size 1 muffin

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1 1/2 cups (218 g) gluten-free all-purpose flour
- 1 tablespoon flax seed meal (ground flax seeds)
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup (120 ml) vegetable oil such as canola, rice bran or sunflower
- 1/2 cup (99 g) sugar
- 1/2 cup (107 g) firmly packed light brown sugar
- 2 large eggs, at room temperature
- 1 1/2 cups (360 ml) fork-mashed banana (about 3 medium very ripe bananas.)
- 1 teaspoon vanilla essence
- 2/3 cup (75 g) toasted pecan or walnut halves, finely chopped
- 3 tablespoons pumpkin seeds
- 3 tablespoon sunflower seeds

PREPARATION:

1. Position rack in the center of your oven. Preheat to 350° F/180°C. Coat the insides of 24 muffin wells with nonstick spray.
2. Whisk the gluten-free flour, flax meal, baking soda and salt together in a large bowl and set aside.
3. Whisk the oil, sugar and brown sugar together in a medium-sized bowl until well blended. Whisk in eggs, one at a time, until incorporated, then whisk in banana and vanilla extract. Pour these wet ingredients over dry ingredients and whisk gently until a few floury streaks remain. Toss the nuts and seeds together in a small bowl and add about three-quarters of them to the batter. Fold in with a silicone spatula.
4. Scoop batter into muffin pans using an ice cream scoop or two large soup spoons. Bake for about 20 to 25 minutes. A toothpick should just test clean when inserted in center of muffin, the top will be golden and risen and the edges will just be pulling away from the sides of the pan.
6. Cool pan on rack for 5 minutes, then turn muffins out onto rack and cool until warm or completely cool if you want to store for later. Muffins will keep for about 3 days in an airtight container at room temperature or a few days longer if refrigerated. You can also freeze them in a heavy zip top bag for 1 month.

TIPS:

- The best banana based baked goods are made with really ripe bananas. Really ripe. There should be no green on the peel whatsoever. When they sport a few black speckles that is the beginning of the ultra ripe stage. I like to wait until the peel is all black just stopping short of the banana being overripe, which you would know because it will liquefy inside and might even smell somewhat alcoholic. As long as you haven't reached that stage, you're good.

IF YOU CAN TOLERATE:

Fructans:

- If you passed the fructan wheat Challenge, you can use unbleached all-purpose flour instead of the gluten free flour. The muffins bread will no longer be gluten free. Use weight equivalents for most accurate results with this substitution.



Buttermilk Oat Pancakes

Makes 12, 4-inch pancakes; serving size 3 pancakes

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1 cup (240 ml) lactose free milk, whole, 2%, 1% or low-fat
- 1 tablespoon lemon juice
- 1 large egg, at room temperature
- 2 tablespoons vegetable oil or melted unsalted butter
- 6 tablespoons (54 g) gluten-free all-purpose flour
- 1 cup (99 g) old-fashioned oats, (use gluten-free if following a gluten-free diet; see Tips)
- 1 tablespoon sugar
- 1/2 teaspoon baking powder (use gluten-free if following a gluten-free diet)
- 1/2 teaspoon baking soda
- Scant 1/2 teaspoon salt

PREPARATION:

1. Measure milk in a measuring cup and add lemon juice. Allow to sit for 5 minutes to thicken.
2. Meanwhile whisk egg and oil (or cooled melted butter) in a medium-large mixing bowl. Whisk in the milk once its time is up.
3. Place flour, oats (see Tips), sugar, baking powder, baking soda and salt in a blender or food processor and pulse on and off to break the oats down a bit, but not until powder fine. Pour dry mix over the wet and gently whisk together just until combined.
4. Heat electric griddle, heavy sauté pan or nonstick pan. Coat with nonstick spray and heat until a few drops of water dance. Dole out 1/4 cup (60 ml) amounts of batter at a time (we use an ice cream scoop) and cook over medium heat until bubbles begin to appear here and there, about 1 to 2 minutes. The bottoms should be golden brown. Flip over and cook for about 1 minute more or until that side is golden brown as well. Serve hot with Roasted Strawberries, fresh fruit and/or real maple syrup.

TIPS:

- If you have quick cooking oats in the pantry you can use them and forgo the blender step. Just whisk the dry ingredients together to aerate a bit and combine, then add to the wet mixture. We always have old-fashioned oats in the pantry, so we developed the recipe with them and added the processing step.

IF YOU CAN TOLERATE:

Fructans:

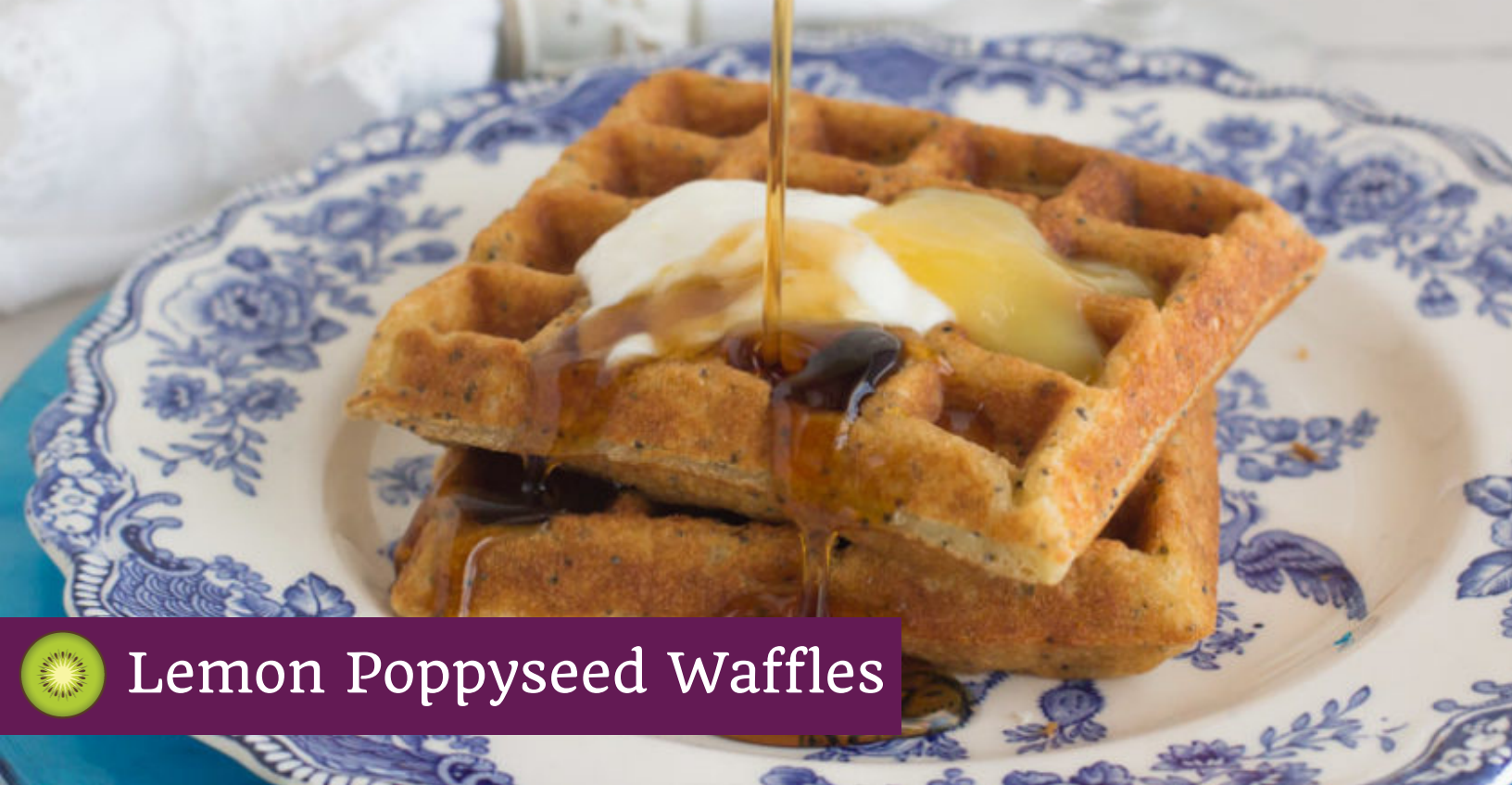
- If you have passed the fructan wheat Challenge, you may use 1/4 cup (30 g) regular all-purpose flour in lieu of the gluten-free.

Lactose:

- Feel free to use regular milk as opposed to lactose-free.

MORE:

- [FODMAP Everyday® All-Purpose Low FODMAP Gluten-Free Flour](#)
- [Low FODMAP Buttermilk Oat Pancakes](#)
- [Low FODMAP & Gluten-Free Gingerbread Pancakes](#)



Lemon Poppyseed Waffles

Makes about 3, 8-inch (20 cm) round or 8, 4-inch (10 cm) square waffles; serves 6
One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 2 cups (290 g) gluten-free all-purpose flour
- 2 tablespoons sugar
- 1 tablespoon plus 1 teaspoon baking powder (use gluten-free if following gluten-free diet)
- 1 tablespoon plus 1 teaspoon poppy seeds
- 1 tablespoon lemon zest, using a rasp-style zester
- 1 teaspoon salt
- 1 1/2 cups (360 ml) lactose-free whole milk, 2%, 1% or fat free, at room temperature
- 1/2 cup (1 stick; 113 g) unsalted, cut into pieces
- 2 large eggs, at room temperature

PREPARATION:

1. Preheat waffle iron according to manufacturer's instructions. Preheat oven to 200°F/95°C if you want to keep waffles warm between batches.
2. Whisk together the flour, sugar, baking powder, poppy seeds, lemon zest and salt in a large mixing bowl to aerate and combine. Make a well in the center then set aside.
3. Heat the milk and butter together in a small saucepan over low-medium heat until butter is melted. Whisk together then pour into a small mixing bowl and allow to cool until just slightly warm. Alternately, you may measure out the milk in a large 4 cup (960 ml) microwave safe Pyrex measuring cup. Add the butter and microwave until butter is melted and milk is warmed. Allow to cool slightly. Whisk eggs into milk/butter mixture until well combined, then pour into well in dry mixture and whisk gently until just combined.
4. Coat waffle maker lightly with nonstick spray (you will probably only need to do this once). Scoop waffle batter into preheated waffle iron, making sure batter covers the entire surface; do not overfill. Close the top and cook until waffles are crispy top and bottom and golden brown, probably about 4 minutes or so depending on waffle maker. Keep waffles warm in a 200°F/90°C oven directly on rack as you continue to make waffles. Serve waffles immediately with pure maple syrup and/or offer Lemon Yogurt Cream and/or Lemon Curd as options.

TIPS:

- If your milk and butter hasn't cooled and you add the eggs, they might scramble, so take care. Also if you add any cold ingredients to the melted butter, it will seize up and you will get little hard butter pieces suspended in the batter, which will then be too thick to work with.

IF YOU CAN TOLERATE:

Fructans:

- If you passed the fructan wheat Challenge you can use regular unbleached all-purpose flour in place of the gluten-free. Measure out this substitution by weight for best results.

Lactose:

- If you passed the lactose Challenge use regular whole, 2%, 1% or fat free milk.



Everybody's Favorite Muffin

Makes 12 muffins; serving size 1 muffin

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 2 cups (290 g) gluten-free all-purpose flour
- 1 tablespoon baking powder (use gluten-free if following a gluten-free diet)
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 6 tablespoons (3/4 stick; 85 g) unsalted butter, at room temperature, cut into pieces
- 2/3 cup (135 g) sugar
- 1 1/2 teaspoons vanilla essence
- 2 large eggs, at room temperature
- 1 cup (227 g) lactose-free sour cream

PREPARATION:

1. Position rack in middle of oven. Preheat oven to 400°F/200° Coat 12 standard sized muffin wells with nonstick spray, or line with fluted paper cups; set aside.
2. Whisk together the flour, baking powder, baking soda and salt in a small bowl; set aside.
3. Beat the butter in a mixing bowl with an electric mixer on high speed until soft and creamy, about 2 minutes. Gradually add sugar and continue beating until light and fluffy, scraping down bowl once or twice. Beat in vanilla, then eggs, one at a time, allowing the first one to be incorporated before adding the second. Batter should be smooth. Add the flour mixture and the sour cream alternately in 3 batches, ending with flour. Beat just until incorporated and smooth. Evenly divide the muffin batter in the prepared pan(s). The batter should come up about three-quarters of the way in the wells.
4. Bake for about 14 to 17 minutes or until nicely domed and light golden brown and just until a toothpick inserted in the center shows a few moist crumbs clinging. Cool pan(s) on rack for 5 minutes, then unmold muffins and cool a bit more. Muffins can be served warm or at room temperature and are best if eaten the same day or within 24 hours. They can, however, be placed in a heavy plastic zipper top freezer bag and frozen for up to a month. Defrost at room temperature, or individually wrap in plastic wrap, pop into a lunch bag and they will be defrosted for lunch or a snack.

TIPS:

Here are some of our favorite variations:

- **Lemon Poppy Seed:** Beat 1 tablespoon poppy seeds, 1 tablespoon freshly squeezed lemon juice and 1 tablespoon lemon zest into batter instead of the vanilla essence.
- **Snickerdoodle Muffins:** Stir together 1/4 cup (50 g) sugar, 1 1/4 teaspoons cinnamon and 1/8 teaspoon freshly ground nutmeg (optional) together in a small bowl. Generously sprinkle over muffin batter after you have filled the muffin cups.
- **Raspberry Almond Muffins:** Fold 1 cup (120 g) of fresh raspberries and 1/4 cup (22 g) sliced almonds into batter right before scooping into prepared pan(s).
- **Sour Cream Raisin:** Fold 2/3 cup (106 g) of raisins into batter right before scooping into pan(s). Sprinkle with 1 tablespoon sugar (regular or coarse), if desired (optional).
- **Chocolate Chip Muffins:** Fold 2/3 cup (113 g) miniature semisweet chocolate morsels into batter right before scooping into pan(s).

IF YOU CAN TOLERATE:

Fructans:

- If you passed the fructan wheat challenge you can sub in all-purpose unbleached flour for the gluten free flour. Also, use the weight measurement and not the volume if you make this substitution for best results.

Lactose:

- Feel free to use conventional sour cream in lieu of the lactose-free.





Soups, Sides & Salads

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Pho Bo (Vietnamese Beef Noodle Soup)

Makes 4 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

Soup:

- 1/3 pound (153 g) eye of round, London broil, filet mignon or rib eye
- 2 large leeks with a good amount of green parts attached (see directions in recipe)
- 2-inch (5 cm) piece fresh ginger, unpeeled
- 8 cups (2 L) Beef Stock, homemade or low FODMAP purchased equivalent
- 4 whole cloves
- 2 whole star anise
- 1, 3-inch (7.5 cm) cinnamon stick
- 1 teaspoon coriander seed
- 1 teaspoon fennel seed
- 2 tablespoons fish sauce, or to taste
- 1 teaspoon sugar, optional, or to taste
- 4 cups (about 3/4 pound; 320 g) mung bean sprouts
- 1 pound (455 g) banh pho rice noodles, we like 1/8-inch or 1/4-inch wide (3mm to 6 mm)
- 1/2 cup (36 g) sliced scallions, green parts only
- 1/4 cup (8 g) cilantro leaves
- Lime wedges

Toppings:

- Mint
- Thai basil
- Red Thai chiles, thinly sliced

PREPARATION:

1. Prepare toppings so that they are ready to serve. We like to arrange mint, Thai basil and sliced chiles on a platter, leaving room for bean sprouts. Set aside.
2. Place the meat in the freezer for about 20 minutes or just until ice crystals begin to form. This will allow you to cut it super thin.
3. You will note that the recipe calls for whole leeks, whereas you probably know by now that only the green parts are low FODMAP. We are going to char the leek greens and it is just easier to maneuver using the whole leek; please follow the directions carefully. Char the leek greens and the ginger by placing directly over a gas flame. If you do not have gas, place on a rack set on a baking sheet pan under the broiler. In either case, rotate the leeks and ginger several times with tongs so that they get a good black char all the way around. Cool. Use your fingers and a small paring knife to remove all of the black charred parts. Roughly chop the leek greens and the ginger and add to a large pot. It is imperative to only use the green parts of the leek; discard the rest of the leek stalks.
4. Add Beef Stock to the pot along with the star anise, cinnamon stick, coriander and fennel, cover and simmer over low heat for about 1 hour.
5. Place noodles in a large, deep bowl and cover with hot for about 15 minutes or until pliable.
6. While the noodles are soaking and stock is simmering, remove beef from freezer and cut against the grain as thinly as possible but definitely no thicker than 1/4-inch. The dimensions should be large bite-sized pieces. Set aside; beef should be room temperature when you assemble the Pho.
7. Taste the stock; it should be well flavored. Strain the stock, discarding solids. Return stock to pot. Taste and season to taste with fish sauce and optional sugar, if using. Keep stock hot over low heat.
8. Bring a large pot of water to a boil. Blanch bean sprouts for about 10 to 15 seconds and remove them with a strainer. Shake them dry and place a mound on the Toppings platter; set the majority of them aside to be used in assembly. Add noodles to boiling water and cook just until al dente, which will only take a few minutes. Drain and set aside.
9. Warm deep soup bowls with very hot water and dry. Place noodles in each bowl, then top with several slices of raw beef, fanned out to expose maximum surface area. Add a small mound of reserved bean sprouts to the side. Bring stock to a boil and ladle over the meat and sprouts; the heat will cook the meat. Quickly garnish with sliced scallions, cilantro and lime wedges and serve immediately. Encourage diners to add toppings of their choice and dig in!



Summer Garden Vegetable Soup

Makes 4 quarts (3.8 L); serving size 2 cups (480 ml); 8 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1/4 cup (60 ml) olive oil
- 2 peeled, whole garlic cloves
- 1 cup (48 g) finely sliced leeks, green parts only
- 1/4 cup (16 g) finely chopped scallions, green parts only
- 8 cups (2 L) Low FODMAP Vegetable Broth, homemade or purchased
- 1 pound (455 g) red potatoes, scrubbed and cut into large bite-sized pieces
- 2 medium carrots, peeled and cut into bite-sized pieces on the diagonal
- 12-ounces (340 g) plum tomatoes, cored and chopped
- 6 ounces (170 g) green beans, ends trimmed, cut into thirds
- 1 medium zucchini, ends trimmed away, cut into quarters lengthwise, then cut into bit-sized chunks
- 1 cup (164 g) yellow corn kernels, fresh off the cob
- 1/2 large fennel bulb, stalks and fronds discarded, cut into 1/2-inch (12 mm) wide slices
- 2 ounces (55 g) kale, tough stems removed, torn into large bite-sized pieces
- 3 ounce (85 g) piece of rind of Parmesan cheese (omit if vegan)
- Kosher salt
- Freshly ground black pepper
- Low FODMAP Basil Pesto, optional

PREPARATION:

1. Heat oil in a 5-quart (4.7 L) Dutch oven or similar size stockpot over low-medium heat. Add garlic cloves and sauté for a minute or two until garlic is softened, but not browned. Remove all of the pieces of garlic; this is very important to keep the recipe low FODMAP. Once all of the garlic pieces are removed add leek and scallion greens and sauté for about 3 minutes or until softened but do not let them brown.
2. Add broth, potatoes and carrots and bring to a simmer. Cover and simmer for about 10 to 15 minutes or until potatoes and carrots are just tender when pierced with a knife. Add tomatoes, beans, zucchini, corn, fennel, kale and cheese rind and simmer for about 20 to 25 minutes or until vegetables are cooked but still retain some vibrancy of color. Season to taste with salt and pepper, going light on the salt if you plan on using the pesto. Soup is ready to serve. Ladle into bowls and stir about 2 teaspoons of Basil Pesto into each serving, if desired. Soup can be refrigerated in airtight containers for up to 4 days or frozen for 1 month.

TIPS:

- You can also use 1/4 cup of [FODY Garlic-Infused Olive Oil](#) in lieu of the oil and garlic cloves.

MORE:

- [Vegan Low FODMAP Summer Squash Soup](#)
- [Enjoying Summer While On The Low FODMAP Diet](#)
- [Low FODMAP Summer Vegetable White Lasagne](#)
- [Low FODMAP Vegetable Broth](#)
- [Low FODMAP Basil Pesto](#)



Kale Quinoa Salad

Makes about 8 cups (2 L) of salad; serving size up to 1 cup (240 ml); 8 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

Salad:

- 1 1/2 cups (230 g) cooked quinoa, any color
- 5 ounces (140 g) fresh Lacinato kale
- 6 ounces (170 g) green beans, stem ends trimmed, cut into large bite sized pieces
- 1 cup (170 g) fresh blueberries
- 2/3 cup (65 g) toasted pecan halves, chopped
- 8 ounces (225 g) feta, preferably firm that can be cubed

Vinaigrette:

- 3 tablespoons extra virgin olive oil
- 1 1/2 tablespoons red wine vinegar
- 1 tablespoon mustard
- 1 1/2 teaspoons maple syrup
- Kosher salt
- Freshly ground black pepper

PREPARATION:

1. **For the Dressing:** Whisk together oil, vinegar, both mustards and maple syrup in a small bowl or shake together in a covered jar. Taste and season with salt and pepper; set aside.
2. **For the Salad:** Have the quinoa cooked, or start with 1/2 cup of raw quinoa and follow our instructions for cooking quinoa. Cool completely and set aside.
3. Wash the kale leaves well and remove any thick, tough ribs; pat dry. Chop very finely, preferably in a food processor fitted with a metal blade. Pulse the processor on and off until it reaches a fine texture, using the image for guidance. Measure out and pour 4 cups into a large mixing bowl; any extra can be used for another salad or smoothies. Add the cooled cooked quinoa to the kale.
4. Bring a medium pot of lightly salted water to a boil and plunge in the green beans. Cook for only a few minutes, just until crisp tender and still bright green. Drain and run under very cold water to cease cooking. Drain again and pat dry. Toss into bowl of kale.
5. Add blueberries, pecans and cubed feta to bowl and gently toss all together. Dress lightly with vinaigrette; you might have extra leftover. Salad is ready to serve and also keeps pretty well, even with vinaigrette, for 2 days although it loses a bit of its freshness. Any extra can be refrigerated in an airtight container. If you know you will not be serving it all, leave it undressed and dress right before serving.

TIPS:

- Trust me when I tell you that this salad DOES keep in the fridge - which is a boon for weekday lunch needs!

MORE:

- [Cooking Quinoa](#)
- [Quinoa Pancakes](#)
- [Stuffed Red Peppers with Quinoa](#)
- [FODMAP IT!™ Roasted Kabocha with Crispy Quinoa Crumbs](#)
- [Low FODMAP Quinoa, Greens & Bell Pepper Puff](#)



Salad Nachos

Makes 8 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

Dressing:

- 1/4 cup lactose-free whole milk
- 2 tablespoons lime juice, fresh squeezed or bottled
- 1/2 cup (120 ml) lactose-free sour cream
- 1/2 teaspoon ground cumin
- Kosher salt

Salad:

- 4 cups (960 ml) shredded romaine lettuce
- 2 cups (1.25 ounces) lightly packed baby arugula
- 1/2 dry pint cherry or grape tomatoes, quartered
- 3/4 cup (48 g) chopped scallions, green parts only
- 1/4 cup (4 g) finely chopped fresh cilantro
- 1 medium firm ripe Hass avocado, peeled, cut into very thin slices

Nachos:

- 8 ounces (225 g) sharp or extra sharp cheddar (we like orange colored here), shredded
- 8 ounces (225 g) Havarti, shredded
- 1, 16-ounce (455 g) bag sturdy white or yellow corn tortilla chips
- 3 cups (12 ounces/340 g) shredded or cubed cooked chicken or turkey
- 1/3 cup (63 g) pitted, sliced black olives
- 1/2 red bell pepper, cored and very thinly sliced

PREPARATION:

1. Position rack about 4-inches (10 cm) from broiler. Preheat broiler to high. Coat a large rimmed baking sheet pan with nonstick spray or line with aluminum foil.
2. **For the Dressing:** Measure out milk in measuring cup, add lime juice and allow to sit and thicken for 5 minutes. Whisk together lactose-free sour cream, thickened milk and cumin in a small mixing bowl. Season to taste with salt; set aside.
3. **For the Salad:** Toss all of the salad ingredients together, except for the avocado, in a medium sized mixing bowl. Drizzle with some of the dressing, tossing well, just enough to barely coat; you will be adding more dressing later. Set salad aside. You will use the avocado at the end, right before serving.
4. **For the Nachos:** Toss the cheese together in a small bowl; set aside. Spread tortilla chips out on pan. Sprinkle chicken or turkey evenly over all, then cover evenly with about half of the cheese. Use hands to toss the ingredients in the pan, distributing the cheese evenly throughout; you are trying to create layers of cheese. Scatter the olives and sliced red pepper evenly over all, then finish with sprinkling the remaining cheeses on top.
5. Broil for about 3 to 5 minutes or until all of the cheese is melted and beginning to bubble. Gather everyone around the table; this dish waits for no one! Arrange dressed salad over the hot nachos. Quickly scatter the avocado over the top and drizzle with additional dressing (you might not use all of it). Serve immediately. Eat with your fingers and have a lot of paper napkins on hand.

TIPS:

- For this recipe you do need sturdy chips. We like Garden of Eatin' Corn Tortilla Chips (we used the yellow version here, but they also have blue and white). We love the thin, delicate Xochitl (pronounced so-cheel) brand for plain eating, but for this dish a bit of thickness is needed to stand up to all of the add-ons.
- For a vegetarian version, simply omit the chicken or turkey.
- They aren't Monash tested but we like adding a scattering of pickled jalapeños on top. Try 1/2 cup (68 g) pickled jalapeños (check ingredients for FODMAPs such as high fructose syrup)
- We always have tortilla chips around because they are naturally low-FODMAP and make a great snack. Read more about Buying Corn Based Products (coming soon).
- If you do not have a broiler, simply place oven rack in the hottest rack position and preheat oven to 500° Bake until cheese is melted as described above.



Bacon Deviled Eggs

Makes 12 deviled egg halves; serving size 2 halves; 6 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 6 large hard-boiled eggs
- 3 slices meaty bacon, freshly and crisply cooked (1/2 teaspoon bacon fat reserved; optional); use gluten free if desired
- 3 tablespoons mayonnaise
- 1 1/2 teaspoons (1.125 g) chopped chives, divided
- 1 1/4 teaspoons (5.5 g) mustard
- 1/4 teaspoon (1.5 g) lemon juice
- 1/8 teaspoon paprika, and extra if desired
- Pinch kosher salt
- Freshly ground black pepper

PREPARATION:

1. Slice the hard boiled eggs in half lengthwise. Pop the egg yolks out into a bowl and place the egg whites on a serving platter, concave side up; set aside.
2. Chop the bacon into tiny pieces and set aside. Add bacon fat to egg yolks, if using. Add mayonnaise, half the chives, mustard, lemon juice, 1/8 teaspoon paprika salt and a few grinds of pepper to the egg yolks. Mash with a fork or silicone spatula until smooth and all of the ingredients are well combined.
3. Use two spoons to scoop the egg yolk filling into the egg whites, mounding slightly. Top with chopped bacon and reserved chives. Bacon Deviled Eggs are ready to serve. You can refrigerate the eggs in an airtight container for up to 4 hours although the texture of the bacon will not be as good as it can be. If you want to make them ahead, prepare as above but do not top with bacon. Cook the bacon right before serving and then garnish the eggs and serve.
4. My Nana always dusted her deviled eggs with paprika and if you want to add an extra sprinkle of paprika, be our guest.

TIPS:

- We like to make these with smoked paprika.







Light Meals

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Miso Glazed Salmon

Makes 4 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1/3 cup (75 ml) white miso
- 1/3 cup (75 ml) dry white wine
- 2 tablespoons firmly packed light brown sugar
- 1 teaspoon finely minced fresh ginger
- 1 teaspoon finely grated lime zest, made with a rasp-style zester
- 4, 6-ounce (170 g) salmon filets
- 1 lime, quartered

PREPARATION:

1. Whisk together the miso, wine, brown sugar, ginger and lime zest in a large bowl. Add the filets, turning them evenly to coat with the marinade, taking care not to break the filets. Allow to marinate for 15 minutes while you make your side dishes or set the table.
2. Position rack 4-inches (10 cm) from broiler. Preheat broiler to high.
3. Line a roasting pan with aluminum foil and place the filets on the foil evenly spaced, skin side up. Broil for about 3 to 4 minutes or just until skin is beginning to brown. Carefully flip filets over and cook for another 3 to 4 minutes or until salmon is done to your liking; we like the filets medium rare. Serve with lime wedges.

TIPS:

- We like to make these with smoked paprika.

MORE:

- [Low FODMAP Miso Cod Ramen](#)
- [Low FODMAP Two-Mushroom Miso Soup](#)
- [Low FODMAP Soba Miso Soup with Bok Choy and Jammy Eggs](#)
- [Quinoa Pancake FODMAP IT! Salmon Brown Rice Nourish Bowl with Quick Pickles](#)



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Pad Thai

Makes 4 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

Sauce:

- 1/3 cup (75 ml) fish sauce
- 1/4 cup (60 ml) ketchup with no HFCS (high fructose corn syrup)
- 3 tablespoons water
- 1 1/2 tablespoons sugar
- 1 tablespoon lime juice, reserved from above
- 1/4 teaspoon to 1/2 teaspoon chilli powder (ground red serrano chiles)
- 1/4 cup (60 ml) Low FODMAP Garlic-Infused Oil, made with vegetable oil, or purchased equivalent, divided
- 1 pound (455 g) large shrimp (26 to 30 count), defrosted and peeled
- 4 large eggs, lightly beaten
- 3 cups (312 g) mung bean sprouts, divided

Noodles:

- 10 ounces (280 g) medium sized rice stick noodles, 1/4-inch (6 mm) thickness

Garnishes:

- 1/4 cup (4 g) roughly chopped cilantro
- 1/4 cup (37 g) chopped dry-roasted peanuts
- 1/4 cup (16 g) chopped scallions, green parts only
- 2 limes, cut into wedges and 1 tablespoon lime juice squeezed, ready to use and set aside

PREPARATION:

1. For the Noodles: Place the rice stick noodles in a large, deep bowl and cover with the hottest tap water and allow to sit and soften. They need about a 6 to 8 minute soak.
2. For the Garnishes: Have all of the garnishes ready to use. One of the limes should be squeezed, as you will need 1 tablespoon of lime juice for the next step.
3. For the Sauce: Whisk together the fish sauce, ketchup, water, sugar, lime juice and red pepper flake around in the oils (amount as desired) in a small bowl; set aside.
4. Heat 1 tablespoon oil in a wok or other large, deep-sided skillet until shimmering over medium-high heat. Add shrimp, stir-fry quickly just until pink, about 1 to 2 minutes, then remove and set aside.
5. Test the noodles; they should be pliable. Drain in a colander and shake off excess water.
6. Add remaining oil to wok and heat until shimmering over medium-high heat. Add eggs and leave them undisturbed for about 15 to 30 seconds to begin to set, then stir fry them around until about three-quarters of the way cooked through; they should still be moist. Add the sauce and the noodles and stir fry to coat with sauce and until the noodles are tender, about 2 to 3 minutes.
7. Add the shrimp and half of the bean sprouts and stir fry to incorporate into the noodles and sauce and to reheat shrimp.
8. Divide onto plates quickly and immediately top with remaining bean sprouts, cilantro, peanuts and scallions and serve with lime wedges.

IF YOU CAN TOLERATE:

Fructans:

- If you have passed the garlic fructan Challenge, add 2 minced garlic cloves to the hot oil right before the eggs. Simply stir the garlic around in the oil for about 10 seconds before adding the eggs.
- If you have passed the onion fructan Challenge, feel free to use the white parts of the scallions as well.

MORE:

- [Low FODMAP Pad See Ew](#)



Asian Pork Lettuce Wraps

Makes 4 servings; 2 wraps per serving

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 2 teaspoons Garlic-Infused Oil made with vegetable oil or purchased equivalent
- 2 teaspoons finely grated fresh ginger root
- 1 pound (455 g) ground pork
- 1 medium carrot, peeled and shredded
- 1/2 cup (60 g) broccoli florets, chopped into small pieces (see image)
- 1/2 medium red bell pepper, cored and finely chopped
- 1/2 cup (115 g) canned water chestnuts, drained and finely chopped
- 1/3 cup (24 g) chopped scallions, green parts only, divided
- 2 tablespoons oyster sauce (use gluten-free if following a gluten-free diet)
- 1 tablespoon low sodium soy sauce (use gluten-free if following a gluten free diet)
- 1 teaspoon toasted sesame oil
- Two heads butter, Bibb or Boston lettuce, washed, dried, cored, 8 largest leaves removed
- 1/3 cup (48 g) chopped roasted peanuts
- 2 tablespoons chopped cilantro

PREPARATION:

1. Heat the oil in a large skillet or wok over medium heat until shimmering. Stir in ginger and cook, stirring constantly, for about 1 minute or until fragrant. Crumble in the pork (or chicken or turkey) and stir-fry until the meat or poultry is just beginning to lose its pink color, about 2 minutes. Add carrot, broccoli, red bell pepper, water chestnuts and half the scallions (just divide by eye) and stir fry for 1 minute more to combine, then add oyster sauce, soy sauce and sesame oil and continue to stir fry for several more minutes until meat is cooked through.

2. Meanwhile, place lettuce leaves on plates, ready to be used as wraps for the finished stir-fry. Once meat or poultry is cooked through and vegetables are slightly softened, divide among lettuce leaves, sprinkle with peanuts and garnish with remaining scallions and cilantro. Serve immediately. Wrap stir-fry up in the lettuce leaves and eat with your fingers - have plenty of napkins handy!

TIPS:

- This recipe also works with ground chicken or turkey.
- If you want to make this more substantial offer a side dish of rice, or even incorporate cooked rice into the stir-fry.

IF YOU CAN TOLERATE:

Fructans:

- If you passed the fructan garlic Challenge you can add 1 finely chopped garlic clove to the oil and sauté with the ginger in lieu of or in addition to the garlic oil.
- If you passed the fructan wheat Challenge feel free to use regular soy sauce and oyster sauce.

MORE:

- [Low FODMAP Asian Chicken Salad](#)
- [Low FODMAP Pork Shumai with Vinegar-Soy Sauce](#)
- [Low FODMAP Spicy Sichuan Noodles and Shrimp Salad](#)
- [Low FODMAP Asian Tofu Noodle Papaya Salad](#)
- [Low FODMAP Asian Steak & Noodle Salad with Mint & Peanuts](#)



Parmesan Crusted Flounder

Makes 2 to 3 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 2 slices (52 g) low FODMAP gluten-free white bread
- 1 pound (455 g) of flounder filets or other white fish filets
- Kosher salt
- Freshly ground black pepper
- 1/2 cup (32 g) shredded Parmigiano Reggiano
- 2 tablespoons unsalted butter, melted
- 1 tablespoon Low FODMAP Garlic-Infused Oil, made with olive oil or purchased equivalent such as FODY Garlic-Infused Olive Oil
- Lemon wedges

PREPARATION:

1. Position rack in middle of oven. Preheat oven to 300°F/150°
2. Grate the two slices of bread on the largest holes of a box grater (watch your knuckles!) or use the shredding disc of a food processor. Your aim is to make large-ish, somewhat textured pieces. Scatter these fresh breadcrumbs out in a single layer on a rimmed baking sheet pan and bake for about 5 to 9 minutes or until very lightly toasted; stir them once during baking for even toasting. Cool completely.
3. Increase oven to 400°F/200° Lay the fish filets flat in an ovenproof casserole dish. Season well with salt and pepper; we go light on the salt and generous with the pepper.
4. Stir together the cooled breadcrumbs, Parmigiano, melted butter and oil in a small bowl until well combined. Season with salt and pepper. Pat breadcrumb mixture evenly over the fish.
5. Bake for 20 to 25 minutes or until breadcrumbs are golden and the fish is no longer opaque. Serve immediately with lemon wedges.

TIPS:

- You can brown the butter for a nutty, rich flavor before incorporating with the remaining ingredients.

IF YOU CAN TOLERATE:

Fructans:

- If you have passed the fructan garlic Challenge, feel free to use regular olive oil and add 1 minced garlic clove to the breadcrumb mixture.
- If you have passed the fructan wheat Challenge, feel free to use regular breadcrumbs, in which case the dish will no longer be gluten-free.

MORE:

- [Low FODMAP Whole Roast Fish](#)
- [Swordfish & Bell Pepper Kebobs with Lemon Dill Marinade](#)
- [Air-Fryer Low FODMAP Gluten-Free Fish Sticks](#)
- [Ching's Fish Ball Noodle Soup](#)
- [Low FODMAP Fish Chowder](#)[Low FODMAP Grilled Swordfish with Grilled Oranges & Fennel](#)



Tofu with Baby Bok Choy & Oyster Sauce

Makes 4 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1, 14 to 16 ounce (400 g to 455 g) container of firm tofu
- 12.25 ounces (350 g) baby bok choy
- 2 tablespoons Low FODMAP Garlic-Infused Oil, made with vegetable oil or purchased equivalent
- 2 tablespoons oyster sauce (use gluten-free if following a gluten-free diet)
- 1 teaspoon sesame oil
- Chilli powder (ground red serrano chilli), optional
- 2 cups (360 g) cooked rice, white or brown or cooked quinoa

PREPARATION:

1. Lay several layers of paper towels on a cutting board. Slice the block of tofu into 3/4 inch (2 cm) rectangular slabs and place side by side on the paper towels. Place more layers of paper towels on top of tofu and weigh down with another cutting board or baking sheet pan. Weigh down the board with something heavy like canned goods or a cast iron pan. Allow tofu to sit for 10 minutes; this process will rid the tofu of excess water and it will fry up more crisp.
2. Meanwhile, prep the bok choy. Trim and discard the root ends. Separate the leaves, swish them around in a bowl of cool water, drain and dry thoroughly. (A salad spinner works well or just pat them really dry with a clean kitchen towel). If any of the leaves are especially large, cut them into small pieces; we usually leave the baby bok choy leaves as is.
3. Once the tofu is drained, cut it into 1-inch (2.5 cm) cubes.
4. Heat a wok or other large, wide, heavy pan over high heat. Add oil and heat until shimmering. Add cubes of tofu and allow to cook for several minutes, probably at least 5, or until the bottoms are browned and crisped. Use a sharp edged spatula to flip all the cubes over and continue cooking until the tofu is well browned or at least 2 sides.
5. Add the bok choy, the oyster sauce and the sesame oil and toss them into the tofu well to combine. Keep cooking over high heat, tossing occasionally, for a couple of minutes or until bok choy is tender yet still crisp. The veggie cooks quickly, so don't walk away. Season to taste with the chilli powder, if desired.
6. Tofu with Baby Bok Choy and Oyster Sauce is ready to serve with your choice of grain. There are usually no leftovers, but if there are we like them topped with a poached or fried egg after the stir-fry has been quickly heated in the microwave.

IF YOU CAN TOLERATE:

Fructans:

- If you and garlic get along, feel free to use regular vegetable oil and add 1 to 2 finely minced garlic cloves along with the bok choy.

MORE:

- [Low FODMAP Coconut Tofu Curry](#)
- [Low FODMAP Thai Curry Tofu & Green Beans](#)
- [Low FODMAP Banh Mi Tofu Bowl](#)
- [Low FODMAP Asian Tofu Noodle Papaya Salad](#)
- [Low FODMAP Soba Miso Soup with Bok Choy and Jammy Eggs](#)



Sesame Crusted Ahi Tuna with Pickled Cucumbers

Makes 4 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

Pickled Cucumbers:

- 3 tablespoons rice wine vinegar
- 3 tablespoons sugar
- 1 1/2 tablespoons water
- Heaping 1/2 teaspoon kosher salt
- Scant 1/2 teaspoon chilli powder (ground red serrano chile)
- 2 medium sized Persian cucumbers or 1 English hothouse cucumber

Dipping Sauce:

- 1/4 cup (60 ml) low sodium soy sauce (use gluten-free if following a gluten-free diet)
- 2 tablespoons freshly squeezed lime juice
- 1 tablespoon plus 1 teaspoon sugar
- 2 teaspoons finely chopped fresh ginger root
- 2 tablespoons finely sliced scallions, green parts only

Ahi Tuna:

- 4, 4 ounce (115 g) fresh ahi tuna steaks, about 1 inch (2.5 cm) thick, skin removed
- 3 tablespoons black sesame seeds
- 3 tablespoons hulled sesame seeds
- Kosher salt
- Freshly ground black pepper
- 1 tablespoon plus 1 teaspoon Low FODMAP Garlic-Infused Oil, made with vegetable oil or purchased equivalent

PREPARATION:

- 1. For the Cucumbers:** Whisk together the vinegar, sugar, water, chilli and salt in a small saucepan. Bring to a boil over medium-high heat and stir until sugar dissolves, just a minute or two. Remove from heat and pour into a non-reactive airtight storage container. Wash and dry cucumbers then slice very thinly crosswise. If using the long English cucumber, you will need about 9 inches (23 cm) of it. (Save the rest for salad or snacking). Add cucumbers to the warm pickling mixture. Allow to cool, then cover and refrigerate at least 1 hour or up to overnight.
- 2. For the Sauce:** Whisk together the soy sauce, lime juice, sugar and ginger in a small bowl. Sprinkle scallions on top and let sit while you prep and cook the tuna.
- 3. For the Tuna:** Remove fish from refrigerator and set aside. Place both kinds of sesame seeds in a wide bowl and season with salt and pepper, tossing all ingredients together. Place the tuna steaks, once at a time, in the bowl and use fingers to press sesame mixture onto both broad sides of the fish filets.
4. Heat oil in a large nonstick saucepan over medium-high heat until shimmering. Add tuna steaks and sear for a minute or two or just until the sesame seeds begin to smell fragrant and take on a bit of color. Flip filets over and cook second side as for the first. You can use tongs to help sear the tuna steak's sides, if you like. The fish will remain rare and pink in the center. Remove to a cutting board and allow to sit for a minute. Slice tuna against the grain about 1/4 inch (6 mm) thick into slabs. Fan slabs of fish out on plates, arrange a mound of pickled cucumbers alongside and drizzle with sauce. Offer extra dipping sauce in small bowls. Serve immediately.

TIPS:

- It must be stated again that you have to buy tuna that is meant for raw eating. The FDA does not have any guidelines that cover "sushi grade" fish, which means that you are at the mercy of your fish monger. Know them well and buy accordingly. The vast majority of tuna that is "sushi grade" in the U.S. has been frozen - and that is not only OK, it is best for health reasons. If it has been properly frozen and handled, the texture and flavor will be great.

MORE:

- [Low FODMAP Tuna Salad](#)
- [Low FODMAP Tuna Poke](#)
- [Low FODMAP Mediterranean Tuna Salad with Chickpeas](#)
- [Low FODMAP Pickled Shrimp](#)
- [Vegetarian Maki Rolls](#)





Entrees

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Capellini & Shrimp Fra Diavolo

Makes 4 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 12 ounces (340 g) gluten-free capellini (cooked pasta weight is 680 g)
- Kosher salt
- 3 tablespoons Low FODMAP Garlic-Infused Oil, made with olive oil or purchased equivalent such as FODY Garlic-Infused Olive Oil
- 1/2 cup (32 g) finely chopped scallions, green parts only
- 1 pound (455 g) large shrimp (26 to 30 count), defrosted and peeled
- 1 teaspoon chilli powder (ground red serrano chilli), plus extra
- 1/4 teaspoon oregano
- Freshly ground black pepper
- 1, 14.5 ounce (411 g) can diced tomatoes
- 3/4 cup (180 ml) dry white wine
- 1 teaspoon unsalted butter, optional
- 1/4 cup (8 g) finely chopped fresh flat leaf parsley
- 2 tablespoons finely chopped fresh basil

PREPARATION:

1. Bring 5 quarts (4.7 L) of salted water to a boil in a large pot. While pasta water is heating add the oil to a large sauté pan (we use a nonstick) over medium heat until shimmering. Add the scallions and sauté for a couple of minutes or until soft, but not browned. Add the shrimp, 1 teaspoon of chilli and oregano and season with salt and pepper. Toss shrimp around until they are about halfway done (pink); you do want to stop short of them being cooked thoroughly. This step will only take a minute or 2. Remove partially cooked shrimp to a bowl; set aside.
2. By now the water should be at a rolling boil. Add the capellini and cook, stirring frequently, and cook until very al dente. Drain, reserving 1/2 cup (120 ml) of pasta cooking water.
3. While the pasta is cooking, add tomatoes and wine to the pan and bring to a vigorous simmer. Cook for about 5 minutes or until slightly reduced and thickened. Add the butter if using, stirring it in until it melts; it is optional but enriches the sauce. Add the shrimp back to the pan and toss around in the sauce to coat thoroughly and to almost finish cooking the shrimp. Taste and adjust salt and pepper, if needed.
4. Add the drained pasta to the pan and toss it around with the sauce; tongs work well here. This step will imbue the pasta with the sauce and finish cooking it and the shrimp. Add additional starchy pasta water a tablespoon at a time if needed to loosen up the sauce. Toss in the fresh parsley and basil and plate immediately. Garnish with extra chilli, if desired and serve.

TIPS:

- You can make this spicier if you like by adding more hot pepper - but know your tolerances and triggers as spicy food can be a problem for some.

MORE:

- [Low FODMAP Buffalo Shrimp Pasta](#)
- [Low FODMAP Shrimp Tacos](#)
- [Low FODMAP Spicy Sichuan Noodles and Shrimp Salad](#)
- [Roasted Shrimp](#)
- [Roasted Shrimp with Chile and Almonds](#)
- [No FODMAP Sautéed Shrimp](#)



Makes 5 servings; 2 enchiladas per servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

Enchiladas:

- 1 1/2 pounds (680 g) boneless, skinless chicken breasts, pounded to 1/2 inch (12 mm) thick, then diced
- 1/4 teaspoon chilli powder (ground red serrano chillis) or more to taste
- 1/4 teaspoon cumin or more to taste
- 1/4 teaspoon oregano or more to taste
- 1/4 teaspoon kosher salt
- Freshly ground black pepper
- 2 teaspoons EITHER Low FODMAP Garlic-Infused Oil or Onion-Infused Oil, made with vegetable oil, or purchased equivalent
- 4 ounces (115 g) minced fresh green chilles, such as serrano
- 4 ounces (115 g) sharp or extra sharp cheddar, grated (about 1 cup)
- 4 ounces (115 g) Havarti, grated (about 1 cup)
- 10 corn tortillas
- 7 ounces (200 g) feta (about 1 1/4 cup)

- 1/4 cup (4 g) chopped cilantro
- 1/4 cup (16 g) chopped scallions, green parts only

Red Enchilada Sauce:

- 1/4 cup (60 ml) EITHER Low FODMAP Garlic-Infused Oil or Onion-Infused Oil made with vegetable oil or purchased versions, such as FODY Garlic-Infused Olive Oil
- 1/4 cup (1.25 g) gluten-free all-purpose flour
- 1/2 to 2 teaspoons chilli powder (ground red serrano chillis)
- 2 cups (480 ml) Low FODMAP Chicken Stock, either homemade or purchased
- 1, 14.5 ounce (415 g) can diced tomatoes
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 1/2 teaspoon salt

PREPARATION:

- 1. For the Sauce:** Heat the oil in a medium sized pot over medium heat until hot, then whisk in flour and cook, stirring often, for a minute or two to lightly cook the roux, which is the basis for our sauce (you are just removing the raw flour taste). Whisk in chilli powder and cook for 15 to 30 seconds then slowly whisk in stock, then tomatoes, cumin, oregano and salt until combined. Bring to a simmer over medium heat and cook, stirring often, for about 10 minutes. Set aside. This makes about 3 cups of sauce; you might not use all of it for this recipe but it will keep, refrigerated, in a covered container for up to a week. For the Enchiladas: Meanwhile, place diced chicken in a mixing bowl and add the chilli powder, cumin, oregano, salt and several grinds of black pepper and toss to coat.
- 2.** Heat oil in a medium sized nonstick skillet over medium heat until hot, add chicken and cook, stirring often, until about halfway cooked through (just losing its pink color), about 3 to 5 minutes. Stir in green chillis and a splash of the enchilada sauce and stir to coat. Continue cooking the chicken until cooked through, about 3 to 5 minutes more.
- 3.** Position rack in middle of oven. Preheat oven to 350°F/180° Spread a little Enchilada Sauce in the bottom of an oven-proof glass 13 x 9-inch (33 cm x 23 cm) pan (or you can use two 9-inch/23 cm pie plates). Toss the cheddar and Havarti together in a bowl and set aside.
- 4.** Take one corn tortilla, spread a little Enchilada sauce all over its surface using the back of a spoon and then place about 1/4 cup (55 g) of the chicken (do this by eye) in a line down the center. Sprinkle with a bit of cheese (you will use about one third of the shredded cheese for this part of the recipe for all 10 tortillas). Roll up and place tortilla seam side down in prepared pan. Repeat with remaining tortillas, chicken and up to one third of the cheese, nestling each rolled tortilla next to one another.
- 5.** Pour Enchilada Sauce over the rolled tortillas and sprinkle with the remaining shredded cheese and feta evenly over all. Bake for about 20 to 30 minutes or until filling is hot and cheese is bubbly. Sprinkle cilantro and scallions over the top and serve immediately.

TIPS:

- You can prepare the enchiladas ahead. After sprinkling with the cheeses they can be covered with plastic wrap and refrigerated overnight. Bring to room temperature while oven preheats. You can also heat these in the microwave, but it will depend on your familiarity with your unit. Start by trying high power for 10 minutes, check, and proceed from there.



5-Spice Ginger Chicken Wings

Makes 6 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1/2 teaspoon cinnamon
- 1/2 teaspoon five spice powder
- 1/2 teaspoon chilli powder (ground red serrano chile)
- 1 1/2 pounds (680 g) medium size whole chicken wings, wing tips removed and wings cut into 2 pieces
- 1 tablespoon grated fresh ginger
- 1/3 cup (75 ml) dry white wine
- 3 tablespoon low-sodium soy sauce (use gluten free if following a gluten free diet)
- 2 tablespoons water
- 1 1/2 tablespoons oyster sauce (use gluten free if following a gluten free diet)
- 1 1/2 tablespoons sugar
- 1/4 cup (16 g) thinly sliced scallions, green parts only
- Lime wedges

PREPARATION:

1. Stir together the cinnamon, five spice powder and chilli powder in a small bowl to combine; set aside.
2. Cook the wings in two batches over medium-high heat in a nonstick skillet until lightly tinged with golden brown, flipping over once so each side gets a little crispy, about 6 to 8 minutes total. Place all the wings in the skillet.
3. Add ginger to the skillet and then sprinkle the dry spice mix over the wings. Cook for about 30 seconds over medium heat, tossing the wings well to coat with the spices. Tongs make this super easy!
4. Add the wine, soy sauce, water, oyster sauce, and sugar and bring to a simmer over medium heat, turning wings in sauce to coat well. Cover and simmer for about 10 minutes, then uncover, turn heat up, and cook for about 4 to 5 more minutes, tossing wings once or twice during cooking, or until the wings are cooked through and the sauce is reduced, glossy and a bit sticky. Transfer the chicken wings to a platter, sprinkle the scallions on top and serve with lime wedges. Wings can be refrigerated in an airtight container for up to 3 days and reheated if you like.

TIPS:

- It is super easy to make this gluten free. Just make sure that you use gluten-free soy sauce or tamari and gluten-free oyster sauce.

MORE:

- [All About Chicken Wings](#)
- [Low FODMAP Pesto Chicken Wings](#)
- [Maple Dijon Chicken Wings with Fresh Herbs](#)
- [Low FODMAP Ayara Pad Thai Sauce – Asian Stir Fry Sauce](#)
- [Low FODMAP Asian Steak & Noodle Salad with Mint & Peanuts](#)



Summer Vegetable White Lasagne

Makes 12 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

Roasted Vegetables:

- 1 medium (340 g) eggplant, ends removed, sliced into 1/2-inch (12 mm) round crosswise
- 1 medium (200 to 300 g) yellow squash, ends removed, sliced into 1/2-inch (12 mm) rounds crosswise
- 1 medium (200 to 300 g) zucchini, ends removed, sliced into 1/2-inch (12 mm) rounds crosswise
- 1 pound (455 g) plum tomatoes, cored and cut into 1/2-inch (12 mm) slices lengthwise
- 3 tablespoons Low FODMAP Garlic-Infused Oil, made with olive oil or purchased equivalent such as FODY Garlic-Infused Olive Oil
- Kosher salt
- Freshly ground black pepper

Pasta:

- 1, 9-ounce (255 g) box of gluten-free lasagne noodles (cooked pasta weight is 510 g; see Tips)

Sauce:

- 4 tablespoons (57 g) unsalted butter, cut into pieces
- 1 cup (72 g) finely chopped leeks, green parts only
- 1/4 cup (36 g) all-purpose gluten-free flour
- 3 cups (720 ml) lactose-free whole milk, at room temperature
- 1/2 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper

Cheese and Assembly:

- 1, 16-ounce (455 g) container lactose-free cottage cheese
- 1/2 cup (18 g) finely torn fresh basil leaves
- 1 pound (455 g) mozzarella, either low-fat or full fat, shredded or thinly sliced
- 1/2 cup (50 g) grated Parmigiano Reggiano
- 1/4 cup (25 g) grated Pecorino Romano
- 2 cups (40 g) lightly packed fresh baby spinach leaves

PREPARATION:

- 1. For the Roasted Vegetables:** Position 3 racks in the oven, evenly spaced apart. Preheat the oven to 425°F/220°C. Have 3 rimmed baking sheet pans ready to use.
- 2.** Lay the rounds of yellow squash and zucchini in a single layer on one sheet pan, the eggplant rounds on a second pan and the tomatoes on the third. Brush all of the vegetables with the Garlic-Infused Oil and season very lightly with salt and pepper. Roast the eggplant, yellow squash and zucchini for about 20 to 25 minutes or until tender and beginning to tinge with brown. The tomatoes will exude juice and will need about an additional 5 minutes in the oven; you want the tomatoes to dry out a little bit. Cool all the veggies until warm enough to handle or place in single layers separated by parchment in an airtight container and refrigerate overnight, bringing to room temperature before proceeding.
- 3. For the Pasta:** Place the raw lasagne noodles in a large, deep pot or bowl and cover with very hot water to soak while you make the sauce.
- 4. For the Sauce:** Melt the butter in a medium sized saucepan over low-medium heat. Add the leeks and sauté until soft, stirring often, about 3 minutes. Whisk in flour and cook for about 1 minute, whisking often, to remove raw flour taste. Add milk slowly, whisking often, and simmer until thickened, about 3 more minutes. There should be visible whisk marks and the sauce should look thick and satiny. Whisk in salt and pepper; set aside
- 5. For Assembly:** Position rack in center of oven and either turn heat down or preheat the oven to 350°F/180°C. Check pasta; the noodles should be a tad pliable before you proceed to assembly.
- 6.** Spread a little bit of the sauce on the bottom of a 13 by 9-inch (33 cm by 23 cm) casserole dish to coat. Lay one even layer of noodles in the pan, piecing broken pieces together if necessary (you will be making 3 layers of noodles). Spread about one third of the cottage cheese on the noodles then arrange a layer of the yellow squash and zucchini. Scatter basil leaves evenly on top. Dollop a scant third of the sauce on top, then spread gently to cover, then top with a third of the mozzarella then Parmesan and Romano. Add another layer of noodles, half remaining cottage cheese, eggplant, spinach, then half the remaining sauce, mozzarella then Parmesan and Romano. Arrange final layer of noodles, cottage cheese, tomatoes, sauce, mozzarella then Parmesan and Romano. Cover casserole tightly with aluminum foil and bake for 50 minutes, then remove foil and continue to bake for about 15 to 25 minutes or until cheeses on top are melted and bubbly and tinged with golden brown.

TIPS:

- We like to use a mandolin to slice the eggplant and squashes; you can also use a very sharp chef's knife. We like a serrated knife for the tomatoes to get them nice and thin.
- We love Jovial pastas and their lasagne noodles are fabulous. You can use the noodles raw, layering them with your lasagne fixings straight out of the package. We have used them this way and they work well as long as part of the baking time is with a foil covering to keep moisture inside, which helps cook the noodles. The reason we soak the noodles for this dish is because the slightly more extended baking time that would be required for the raw noodles cooks the veggies longer than we like. We found that soaking the veggies in hot water while we do some of the other prep was a happy medium so no need to boil them.



One-Pan Chicken, Carrots & Potatoes with Maple Mustard Sauce

Makes 8 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

Chicken and Veggies:

- 8 pieces of chicken, skin on and bone in; we recommend thighs and legs
- 4 medium carrots, scrubbed or peeled, stem end discarded, cut into bite sized pieces
- 3/4 pound (340 g) new potatoes, scrubbed and cut into bite-sized pieces
- Kosher salt
- Freshly ground black pepper

Maple Mustard Sauce:

- 1/2 cup (120 ml) pure maple syrup, we like darker grades for bolder maple flavor
- 1/2 cup (120 ml) mustard

PREPARATION:

1. Position rack in hottest area of oven. Preheat oven to 375°F/190°C.
2. **For the Sauce:** Simple whisk together the sauce ingredients until smooth; set aside.
3. **For the Chicken and Veggies:** Arrange chicken pieces in large roasting pan so there is room around each piece. Scatter the carrots and potatoes here and there around the chicken. Season with salt and pepper. Pour sauce evenly over all.
4. Roast for about 30 to 40 minutes or until a thermometer inserted into the thickest part (not touching bone) registers 165°F/74°C. Allow to sit for 5 minutes for juices to redistribute within the chicken. Serve immediately. Leftovers can be refrigerated in an airtight container and are good at room temperature or warmed.

TIPS:

- You can use either red, yellow or white new or "baby" potatoes.

MORE:

- [One-Pan Berbere Spiced Chicken & Vegetables](#)
- [Low FODMAP Chicken Pot Pie](#)
- [Spatchcocked Chicken with Sourdough Croutons & Schmaltz](#)
- [One-Pan Low FODMAP Pasta & Vegetables](#)





Bacon Wrapped Pork Loin with Brown Sugar & Marmalade

Makes 4 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 3 tablespoons firmly packed light brown sugar
- 1/4 teaspoon thyme
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon paprika
- 1 pork loin, about 1 1/2 pounds (680 g), patted dry
- 4 slices meaty bacon (use gluten-free if on a gluten-free diet)
- 1 tablespoons Garlic-Infused Oil, made with vegetable oil or purchased equivalent
- 1/4 cup (60 ml) orange marmalade
- 2 tablespoons mustard

PREPARATION:

1. Position rack in hottest area of oven. Preheat oven to 350°F/180°C. Have a large cast-iron skillet ready or other ovenproof skillet that can hold the tenderloin; you can gently curve it to fit.
2. Combine the brown sugar, thyme, salt, pepper and paprika and rub all over the pork loin. Wrap bacon all the way around pork loin, covering the meat. Tuck the bacon ends underneath the loin; use toothpicks if necessary to keep the bacon in place.
3. Heat oil in cast-iron pan until shimmering over medium heat. Add bacon wrapped tenderloin and cook to sear, brown and begin to crisp bacon, about 5 to 6 minutes; flip over and sear other side, about 5 to 6 minutes more.
4. Meanwhile whisk the marmalade and mustard together in a small bowl. Brush all over the tenderloin once the bacon is crisped. Place in oven and continue to cook until instant read thermometer reads 145°F/63°C inserted in the middle of the loin, about 12 to 20 minutes. Transfer to cutting board, drape loosely with foil and allow to rest for 5 minutes before slicing for juices to redistribute. Pork is ready to serve; simply slice into 1/2-inch (12 mm) pieces. Leftovers may be refrigerated wrapped well with plastic wrap for up to 3 days.

TIPS:

- This dish looks - and tastes - so special, but it is truly quick and easy to prepare. As Robin said, make two! You will appreciate the leftovers for days to come, and so will anyone lucky enough to share this with you.

MORE:

- [Low FODMAP Chicken & Bacon Ranch Mac and Cheese](#)
- [Warm Bacon & Avocado Salad](#)
- [BLT Pasta – Low FODMAP](#)
- [Is Bacon Low FODMAP?](#)



Everyday Meatloaf

Makes 8 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

Meatloaf:

- 2 1/2 pieces (93 g) low FODMAP gluten-free white bread
- 1/2 cup (120 ml) lactose free whole milk, 2%, 1% or fat free
- 1 1/2 pounds (680 g) ground beef, preferably 80%
- 1/2 pound (225 g) ground pork
- 2 large eggs, at room temperature, whisked well
- 1/2 medium carrot, scrubbed and grated
- 1/2 medium red bell pepper, finely chopped
- 1/4 cup (8 g) finely chopped fresh flat leaf parsley
- 1/4 cup (16 g) finely chopped scallions, green parts only

- 1 tablespoon Worcestershire sauce
- 2 teaspoons Low FODMAP Garlic-Infused Oil made with olive oil or purchased equivalent, such as FODY Garlic-Infused Oil
- 1 teaspoon kosher salt
- 1/2 teaspoon dried thyme
- Freshly ground black pepper
- 4 slices meaty bacon (choose gluten-free if on a gluten-free diet)

Sauce:

- 2/3 cup (165 ml) ketchup
- 1/3 cup (71 g) firmly packed light brown sugar
- 1 tablespoon plus 2 teaspoons balsamic vinegar
- 1 tablespoon mustard

PREPARATION:

1. **For the Sauce:** Whisk all of the sauce ingredients together; set aside.
2. **For the Meatloaf:** Position rack in center of oven. Preheat oven to 350°F/180°C. Have a roasting pan ready.
3. Grind the bread slices in a food processor fitted with a metal blade until finely ground. Measure out 3/4 cup (84 g) of soft breadcrumbs and combine the measured breadcrumbs with milk in a large mixing bowl; allow the breadcrumbs to absorb the milk for 5 minutes. (Any extra breadcrumbs can be frozen in a zip top bag and saved for another use). Add eggs, carrot, red bell pepper, parsley, scallions, Worcestershire sauce, olive oil, salt, thyme and a generous amount of black pepper to the same bowl and use your hands to mix well. Scrape meatloaf mixture into center of roasting pan and use your hands to form an oval loaf shape about 9-inches long, 6-inches wide and 2-inches thick (23 cm by 15 cm by 5 cm). Spread about half of the sauce on top of the loaf, coating the top and sides. Reserve any remaining sauce to serve alongside cooked meatloaf. Use your fingers to lay bacon over the meatloaf on a slight diagonal, tucking the ends underneath the loaf. The sauce will help the pieces stick and stay in place.
4. Cook for about 55 minutes to 1 hour or until meat is cooked through and the bacon is crisp. An instant read thermometer inserted in the center of the loaf should read 160°F/72°C. You can crisp up the bacon further, if you like, by placing meatloaf under the broiler for 30 seconds to 1 minute, taking care not to burn. Meatloaf is ready to cut into slices and serve with the reserved sauce alongside. We like it hot, room temperature or the next day in a sandwich. Any leftovers can be wrapped well with plastic wrap and refrigerated for up to 3 days.

TIPS:

- You can also use gluten-free oats, either old-fashioned (75 g) or quick cooking (68 g), in lieu of the bread. Just use a 3/4 cup amount and soak in the milk as directed.

IF YOU CAN TOLERATE:

Fructans:

- If you have passed the garlic fructan Challenge you can add 1 minced garlic clove to the meatloaf mixture.
- If you have passed the onion fructan Challenge you can add 1/3 cup (48 g) chopped yellow or white onion to the meatloaf mixture instead of the scallion greens.
- If you have passed the wheat fructan Challenge, feel free to use conventional bread for the breadcrumbs, checking of course for other potential FODMAPs such as inulin.



Orange Rosemary Roast Chicken

Makes 6 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1, 4-pound (1.8 kg) whole chicken
- 1 tablespoon unsalted butter, softened
- 1 tablespoon Low FODMAP Garlic-Infused Oil, made with olive oil or purchased equivalent such FODY Garlic-Infused Olive Oil
- 2 teaspoons rosemary
- 2 teaspoons kosher salt
- 2 teaspoons freshly cracked black pepper
- 1 orange or tangerine, zested with a rasp-style zester
- Butcher's twine

PREPARATION:

1. Remove any giblets or chicken neck from chicken's cavities. Liver should be discarded; reserve the rest for Chicken Stock. Pat chicken dry inside and out with paper towels. Carefully loosen the skin over the breast by working your fingers between skin and flesh by loosening any connective tissue; set aside and allow to come to room temperature while oven preheats.
2. Position rack in middle of oven. Preheat oven to 450°F/230 ° Have a roasting pan ready that is large enough to hold the chicken with space all around.
3. Combine softened butter, oil, rosemary, salt, pepper and citrus zest in a small bowl. Use this mixture to rub all over the bird's skin and also under the skin, slathering the breast meat.
4. Prick the orange or tangerine several times with a fork and stuff into cavity of chicken. Place chicken, breast side up, in roasting pan. Place in oven, close door and lower temperature to 425°F/220°
5. Roast chicken for about 50 minutes undisturbed. Do not open oven door. The chicken is done when it registers 165°F/74°C in the thickest part of the thigh (make sure thermometer is not touching bone). You can also jiggle the wings and legs and they should feel loose in their sockets, or prick in one spot with the tip of a knife and juices should run clear. Depending on exact size of chicken and how cold it was when it went in the oven the cooking time might vary by about 10 minutes.
6. Rest the chicken for about 10 or 15 minutes, which will allow the juices to distribute. Chicken is ready to serve. Leftovers will keep for about 4 days refrigerated in an airtight container or wrapped well with plastic wrap.

MORE:

- [Low FODMAP Whole Roast Chicken & Vegetables](#)
- [Low FODMAP Whole Roasted Curry Chicken with Carrots & Potatoes](#)
- [Roasted & Glazed Carrots](#)
- [Low FODMAP Honey Roasted Chili Lime Chicken Wings](#)
- [Low FODMAP Maple Balsamic Chicken With Roasted Blueberries](#)



Moroccan Lamb Shanks with Pomegranate & Mint

Makes 4 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1 teaspoon coriander seeds
- ½ teaspoon cumin seeds
- ½ teaspoon fennel seeds
- ¼ teaspoon chilli powder (ground red serrano chillis)
- Kosher salt
- Freshly ground black pepper
- 4 lamb shanks, about 2½ pounds (1.2 kg); use New Zealand lamb for the smaller size
- 1 1/2 tablespoons cornstarch
- 2 tablespoons olive oil, virgin or extra virgin, divided
- 2 medium carrots, peeled and cut into 2-inch pieces
- 1 cup (60 g) roughly chopped leeks, green parts only
- 8 single sprigs thyme, each about 3 to 4-inches (7.5 cm to 10 cm) long
- 1 cinnamon stick
- 1½ cups (360 ml) cranberry juice
- 1½ cups (360 ml) water
- ¼ cup (38 g) pomegranate seeds
- ¼ cup (10 g) mint leaves

PREPARATION:

1. Position rack in middle of oven. Preheat oven to 350°/180°
2. Place coriander seeds, cumin seeds, fennel seeds, chilli powder and 1 teaspoon salt in a heavy zipper top plastic bag. Expel air and leave bag open just a tad. Use a mallet to smash the spices right through the bag or use a rolling pin. Aim for a coarsely ground texture.
3. Place shanks in a wide bowl and sprinkle with spice mixture and coat with several grinds of black pepper. Use your hands to run it in as evenly as possible. Let sit for 30 minutes or cover and refrigerate overnight. Bring back to room temperature, if chilled. Sprinkle cornstarch over lamb and again use fingers to pat it onto the meat in an even layer.
4. Heat 1 tablespoon oil in a large straight sided skillet or Dutch oven over medium heat until shimmering. Add shanks and cook until browned on all sides, about 10 minutes total. Use tongs to flip them around.
5. Once they are browned, transfer them to a platter. Add remaining 1 tablespoon oil to pan still over medium heat and add carrots and leeks. Use a wooden spatula to scrape up any browned bits from the bottom of the pan and cook, stirring once or twice, for about 2 minutes or until leeks begin to soften.
6. Add thyme, cinnamon stick, cranberry juice and water, stir to combine, and bring to a simmer. Add shanks with any of the spice mixture that might have fallen off and season with salt and pepper.
7. Cover pot and transfer to oven. Braise for 1 hour, then check liquid level, making sure there is at least 1-inch (2.5 cm) of liquid in pot adding more water if needed.
8. Continue braising for about 30 minutes more, then assess doneness. The meat should be very tender and falling off the bone. The meat will also have receded and the bones will be exposed as seen in image.
9. Remove the thyme stalks and cinnamon stick. The dish is ready to serve or cool, refrigerate in an airtight container and store for up to 3 days. Reheat on stovetop. Adjust seasoning if needed and scatter pomegranate seeds and mint leaves over dish right before serving. We love this served with rice and a green salad.



Baked Shells Stuffed with Meatballs

Makes 8 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

Pasta and Meatballs:

- 1 1/4 cups (300 ml) lactose-free cottage cheese, divided
- 12-ounces (340 g) of gluten-free large pasta shells, such as rice pasta, (cooked pasta weight is 680 g)
- 1 1/4 pounds (570 g) ground beef, preferably 80%, or equal amount of “meatloaf blend or mix”, which is a combo of beef, pork and veal
- 2 slices low-FODMAP gluten-free white sandwich bread
- 1 large egg, whisked
- 1/2 cup (50 g) grated Parmigiano Reggiano cheese
- 1/2 cup (16 g) finely chopped flat leaf parsley, divided
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 pound (225 g) mozzarella, low-fat or full fat, shredded

Quick Tomato Sauce:

- 2 tablespoons Low FODMAP Garlic-Infused Oil, made with olive oil or purchased equivalent such as FODY Garlic-Infused Olive Oil
- 1 teaspoon basil
- 1 teaspoon oregano
- 1, 26.46 ounce (750 g) container of strained tomatoes
- 1, 14.5 ounce (411 g) can diced tomatoes
- 1 teaspoon kosher salt

PREPARATION:

- 1. For the Sauce:** Heat the oil in a large pot over medium heat until shimmering. Add the basil and oregano and stir around for 30 seconds to release flavors. Add the strained tomatoes, diced tomatoes and salt and stir mixture together well. Bring to a simmer, cover, adjust heat and cook at a low simmer for about 10 minutes. Taste and adjust seasoning if necessary; set aside.
- 2. For the Pasta and Meatballs:** Scrape the cottage cheese into a fine-meshed strainer set over a bowl to partially drain while you par-boil the pasta.
3. Line a sheet pan with a triple layer of paper towels; set aside. Bring 5-quarts (4.7 L) of salted water to a boil in a large pot and cook shells until a little firmer than al dente. They should be a tad chewy. Drain very well in colander, then go a step further and dump them out onto paper-lined pan. Toss around gently to get all the water that might be trapped inside the shells to drain.
4. Position rack in middle of oven. Preheat oven to 375°F/190°C. Lightly coat a 13 by 9-inch (33 cm by 23 cm) casserole pan with nonstick spray; set aside.
5. To make the meatballs place the meat in a large bowl. Finely shred the bread into small soft crumbs and add to the meat. (We sometimes actually grate it on the large holes of a box grater). Add the egg, cheese, 1/4 cup (8 g) parsley, salt and pepper, then add 1 cup (120 ml) of the drained cottage cheese, reserving the rest of it to the side. Use your hands to combine meatball mixture very well. Use a small scoop or a tablespoon to make small meatballs that will fit inside the shells. You should have the same number of meatballs as shells, but if there are a few extra meatballs, that's fine too.
6. Stir the reserved drained cottage cheese into the tomato sauce.
7. Stuff each and every shell with a meatball. Pour about half of the sauce in the prepared pan. Nestle the shells in the sauce and tuck any extra meatballs here and there. Cover with remaining sauce then cover evenly with shredded mozzarella. Cover with aluminum foil.
8. Bake for 45 minutes then uncover and bake for about 15 minutes more until casserole is bubbling and cheese is melted and tinged golden brown. Sprinkle reserved parsley on top and serve. Leftovers should be packed in airtight containers and can be refrigerated for up to 3 days.

TIPS:

- The casserole may be prepared up to one day ahead and refrigerated after being wrapped in foil. Bring to room temperature while pre-heating oven and it might need a few more minutes oven time.
- You can even freeze this ahead in which case double wrap in plastic wrap and then foil. Freeze for up to 1 month. Defrost in refrigerator over night, then proceed as above.

IF YOU CAN TOLERATE:

Fructans:

- If you have passed the garlic fructan Challenge you can add 1 to 2 minced garlic cloves to the tomato sauce and use regular olive oil. If you have passed the wheat fructan Challenge you can use conventional soft breadcrumbs and pasta, of course checking for other FODMAP ingredients.

Lactose:

- You can use conventional cottage cheese or even purchased ricotta if you can tolerate lactose. Commercial ricotta doesn't need to be drained.



Ridiculously Easy Roast Beef

Makes 10 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 4 to 5 pound (1.8 kg to 2.3 kg) “spoon roast”, also called boned top sirloin, at room temperature
- Low FODMAP Garlic-Infused Oil, made with olive oil, or purchased equivalent such as FODY Garlic-Infused Olive Oil
- Dried rosemary
- Dried thyme
- Kosher salt
- Freshly ground black pepper

PREPARATION:

1. Position rack in center of oven. Preheat oven to 300°F/150°C.
2. Place meat on a cutting board. Pour some oil on top of the meat and massage it in. Flip the meat around and coat with oil on all sides. A chef I worked with used to say, “slather that baby up like she’s going to the beach”! Sprinkle liberally with rosemary, thyme, salt and pepper on all sides, massaging it all in as you go.
3. Place a deep sided, ovenproof skillet on the stovetop and add enough oil to just cover the bottom and heat on medium-high heat until hot. Add meat and sear for about 3 minutes on one broad side until it gets a little crusty and well browned. Use tongs to flip to the other broad side and sear for 3 minutes more. Sear each short side for about 1 minute, each side.
4. Slide pan into oven and roast for about 25 minutes. Check temperature. You will be roasting it for about 12 to 15 minutes per pound. Use an instant read thermometer and remove from oven at 125°F for rare, 130°F to 135°F for medium rare, 135° to 140°F for medium. (If you roast it any more than that, you are on your own as the meat will dry out). Remove pan from oven, use tongs to move meat to cutting board. Loosely cover with foil and allow to sit for 15 minutes for juices to re-distribute. Carve against the grain and serve with any juices. Thin slices are great for sandwiches and for a buffet. Slightly thicker slices work well for a sit down formal dinner, where you can provide steak knives for all.

TIPS:

- Follow our directions for oven temperature, searing times on top of the stove and approximate oven roasting time for a great result. How quickly your roast cooks depends on many things: the size of your meat, the temperature of the meat as you begin to cook, how long you sear it, how hot the pan is, how good a conductor of heat the pan is and whether your oven has hot spots or not. Sound confusing? Don’t worry. With an instant read thermometer and our times as a guideline you will succeed!

MORE:

- [Low FODMAP Roast Beef Hash](#)
- [Low FODMAP Horseradish Crusted Roast Beef](#)
- [Low FODMAP Oyster Mushroom Gravy](#)



Four Cheese Baked Penne with Greens & Tomatoes

Makes 8 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1/4 cup (58 g) plus 1 tablespoon (1/2 stick plus 1 tablespoon) unsalted butter, softened, divided
- 2 cups (200 g) grated Parmigiano Reggiano cheese, divided
- 1/4 cup (36 g) gluten-free all-purpose flour
- 4 cups (960 ml) lactose free whole milk, 2%, 1% or fat free at room temperature
- 3 ounces (85 g); about 1 cup lightly packed coarsely shredded Havarti
- 1 large egg, at room temperature
- Kosher salt
- Freshly ground black pepper
- 1 pound (455 g) gluten free penne (cooked pasta weight is 910 g)
- 1 cup (20 g) fresh baby arugula or baby spinach leaves
- 1/2 cup (16 g) finely chopped fresh flat leaf parsley, divided
- 1 cup (210 g) lactose-free cottage cheese
- 5 3/4 ounces (160 g; about 2/3 cup) crumbled feta
- 3/4 dry pint (213 g) red or orange cherry or grape tomatoes, halved

PREPARATION:

1. Use the 1 tablespoon of butter to thoroughly coat the bottom and insides of a 9-inch (23 cm) springform pan. Dust pan with 1/2 cup (50 g) of Parmigiano cheese all over.
2. Melt the remaining 1/4 cup (58 g) of butter in a medium sized pot over medium heat. Whisk in flour to make a roux and cook for about 2 minutes to remove raw taste, then slowly whisk in milk. Bring to a simmer, whisking often, and cook for about 10 minutes or until white sauce has thickened and shows whisk marks. Still over heat add grated Havarti and 1 cup (100 g) Parmigiano and whisk until melted and smooth. Whisk in egg and season with salt and pepper. Remove from heat and keep warm.
3. Position rack in center of oven. Preheat oven to 375°F/190°
4. Bring a large pot with 5 quarts (4.7 L) of salted water to a boil and cook pasta until al dente; drain and transfer to a large mixing bowl. Add warm cheese sauce, baby spinach or arugula and 1/4 cup (8 g) parsley to pasta and stir to combine. Stir in cottage cheese, feta and tomatoes. Pack mixture into prepared pan. Sprinkle reserved 1/2 cup (50 g) Parmigiano evenly on top.
5. Bake pasta for about 30 to 35 minutes or until top is golden brown and a bit crispy. Let rest at least 20 minutes before unmolding. Sprinkle with reserved 1/4 cup (8 g) parsley, cut into wedges and serve. Pasta may be served warm or at room temperature. Refrigerate leftovers well wrapped in plastic wrap and reheat in microwave, if desired.

IF YOU CAN TOLERATE:

Fructans:

- If you have passed the fructan wheat Challenge, feel free to use traditional penne pasta and regular all-purpose flour.

Lactose:

- If you can tolerate lactose you may use regular whole milk and cottage cheese.

MORE:

- [FODMAP IT!™ Penne Rigate with Gorgonzola](#)
- [Baked Ziti with Sausage & Swiss Chard](#)
- [Low FODMAP Pasta Primavera](#)
- [Super Deluxe Low FODMAP Baked Ziti](#)



Shrimp & Grits

Makes 4 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

Shrimp:

- 2 tablespoons Low FODMAP Garlic-Infused Oil, made with vegetable oil or purchased equivalent
- 1/2 cup (32 g) chopped scallions, green parts only
- 1 medium yellow or orange bell pepper, cored and diced
- 1 medium red bell pepper, cored and diced
- 2 pounds (910 g) large shrimp (26/30), peeled and deveined
- 1, 14.5 ounce (415 g) can diced tomatoes
- Freshly ground black pepper
- 1/2 teaspoon to 1 teaspoon chilli powder (ground red serrano chilli)
- 2 tablespoons chopped fresh flat leaf parsley

Grits:

- 2 cups (480 ml) lactose-free whole milk, 2%, 1% or fat free
- 2 cups (480 ml) water
- 1 teaspoon kosher salt
- 2 cups (276 g) coarse ground yellow cornmeal (we prefer stone-ground)
- 1/4 cup (1/2 stick; 55 g) unsalted butter, cut into pieces
- 4 ounces (115 g) finely shredded extra sharp cheddar (about 1 1/2 cups)
- Freshly ground black pepper

PREPARATION:

1. **For the Grits:** Place milk, water and salt in a large heavy bottom pot over medium-high heat and bring to a boil.
2. Very slowly sprinkle in cornmeal, whisking all the while until all is added and cornmeal is combined with liquid.
3. Turn heat down to low until the mixture barely simmers and whisk frequently - almost constantly - until mixture is thickened and smooth. The liquid will absorb and you will be able to see whisk marks in the grits but the mixture should be fluid as well as thick. They firm up tremendously as they cool. Total cooking time will be about 20 to 25 minutes.
4. Take off heat and whisk in butter and cheese until incorporated. Taste and season generously with pepper. Place back on burner for a few moments, whisking constantly, to heat through and make sure all the cheese is melted. Keep warm.
5. **For the Shrimp:** Meanwhile, heat oil in a large sauté pan over medium heat. Add scallions and all the peppers and sauté, stirring frequently, until soft but not browned, about 5 to 7 minutes.
6. Stir in the shrimp and tomatoes to incorporate with the scallion/pepper mixture. Cook until shrimp turn opaque and pink all the way through, about 3 to 5 minutes. Taste and season with black pepper and chili powder. Serve immediately over hot Cheesy Grits.

IF YOU CAN TOLERATE:

Fructans:

- If you passed the fructan, garlic Challenge consider adding 1 to 2 finely chopped garlic cloves along with the scallions and peppers and use plain vegetable oil.
- If you passed the fructan onion Challenge consider using 1/2 cup (71 g) of finely chopped white or yellow onion instead of the scallion greens in the recipe.

TIPS:

- Yellow and orange bell peppers have not been lab tested as of spring 2019. If you want, you can use 2 red bell peppers, or if you have tried yellow and orange peppers and do well with them, then you can use them as listed.

MORE:

- [Low FODMAP Shrimp Tacos](#)
- [Low FODMAP Shrimp and Broccoli with Noodles](#)





Desserts

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Chocolate Cupcakes with Vanilla Frosting

Makes 12 cupcakes; serving size 1 cupcake

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

Cupcakes:

- 2 ounces (55 g) dark chocolate (55% to 60%), very finely chopped (use vegan if following vegan diet)
- 1/3 cup (29 g) sifted Dutch processed cocoa
- 3/4 cup (180 ml) boiling water
- 3/4 cup (109 g) gluten-free all-purpose flour
- 3/4 cup (149 g) sugar
- 1/2 teaspoon baking soda

- 1/2 teaspoon salt
- 1/3 cup (75 ml) vegetable oil
- 2 large eggs, at room temperature
- 2 teaspoons distilled white vinegar
- 2 teaspoons vanilla essence

Frosting:

- Make 1 batch of [Vanilla Frosting](#) while cupcakes cool

PREPARATION:

1. **For the Cupcakes:** Position rack in center of oven. Preheat oven to 350°F/180° Line 12 cupcake wells with fluted paper cups; set aside.
2. Place very finely chopped chocolate and cocoa in a heatproof bowl. Pour the boiling water over the chocolate/cocoa mixture and allow to sit for 5 minutes. Whisk gently until chocolate is melted and mixture is combined. Cool until just tepid.
3. Meanwhile, place the flour, sugar, baking soda and salt in a large bowl and whisk to aerate and combine; make a well in the center. In another bowl whisk together the oil, eggs, vinegar and vanilla. Whisk the barely warm chocolate mixture into the oil mixture. Pour the wet mixture over the dry and whisk until well combined and smooth. The batter will be very liquidy. Divide batter in prepared cupcake wells (an ice cream scoop makes quick and clean work of this). Bake cupcakes for about 15 to 20 minutes, rotating the pans front to back once during baking. When done the tops should spring back when lightly pressed and a toothpick inserted in the center should show a few moist crumbs clinging. Place pan(s) on a cooling rack for 5 minutes, then unmold cupcakes and cool upright. (If you want to freeze cupcakes for future use, place in zip top bags with air removed and freeze for up to 1 month. Defrost in refrigerator).
4. **For the Frosting:** While cupcakes are cooling, make the frosting.
5. Frost cupcakes once they are completely cooled. You can use a small offset spatula to create a casual look to apply frosting or use a pastry bag and star tip to create beautiful swirls. Frosted cupcakes are ready to serve or store in a single layer in an airtight container at room temperature and are best served within 24 hours.

TIPS:

- For a mocha version dissolve 2 teaspoons of instant espresso powder in the hot water for a subtle coffee flavor. The coffee addition makes the chocolate and cocoa taste even richer.
- Makes sure the chocolate is very finely chopped so that the boiling water can melt it with residual heat.

MORE:

- [Gluten-Free White Cupcakes](#)
- [Low FODMAP Mini Chocolate Ganache Cupcakes](#)
- [Teeny Tiny Low FODMAP Coconut Cupcakes](#)
- [Low FODMAP S'Mores Cupcakes](#)



Simple Vanilla Frosting

Makes enough for 12 cupcakes or 1, 8-inch (20 cm) or 9-inch (23 cm) layer cake; 12 servings

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 6 tablespoons (3/4 stick; 85 g) unsalted butter, at room temperature, cut into small pieces
- 3 cups (270 g) icing sugar, whisked before measuring (plus extra as needed)
- 3 tablespoons lactose free whole milk, 2%, 1% or fat free (plus extra as needed)
- 3/4 teaspoon vanilla essence

PREPARATION:

1. In a large bowl with an electric mixer on medium-high speed, beat butter until creamy, about 2 minutes. Add half of the icing sugar gradually, beating until light and fluffy, about 3 minutes, scraping down the bowl once or twice. Add remaining sugar, milk and vanilla and beat on high speed until silky smooth. If it is too thin, add a little more icing sugar. If it is too thick add a little but more milk. Frosting is now ready to use and best if used immediately.

2. Frost cupcakes or fill and frost cake once they are completely cooled. You can use a small offset spatula to create a casual look to apply frosting or use a pastry bag and star tip to create beautiful swirls.

TIPS:

- The secret to super-smooth frosting is to beat it A LOT. It might need many more minutes than you expect, especially if any of the ingredients were cold. Just keep beating and you will be rewarded with creamy smooth frosting.

MORE:

- [Low FODMAP Blackout Cake](#)
- [Low FODMAP Yellow Cake](#)
- [Orgran Vanilla Cake Mix](#)



Makes about 2 dozen cookies; serving size 1 cookie

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 2 1/3 (338 g) cups gluten-free all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks; 226 g) unsalted butter, at room temperature, cut into pieces
- 1 cup (213 g) firmly packed light brown sugar
- 1/2 cup (99 g) sugar
- 2 teaspoons vanilla essence
- 2 large eggs, at room temperature
- 12 ounces (340 g) dark chocolate, cut into approximately 1/2 inch (12 mm) pieces (about 2 cups); we like 60% to 70% cacao
- 1 1/3 cups (132 g) toasted walnut or pecan halves, chopped (optional)

PREPARATION:

1. Whisk together flour blend, baking soda and salt to aerate and combine; set aside.
2. Beat butter with electric mixer on medium-high speed in a large bowl until creamy. Add brown sugar and sugar and beat until lightened, about 3 minutes, scraping down bowl as needed. Beat in vanilla, then beat in eggs one at a time allowing each one to be incorporated before adding the next. Beat in the dry mixture until a few streaks of flour remain. Add chocolate (and nuts, if using) and beat just until combined. Cover the bowl and chill for at least 4 hours but preferably overnight.
3. Position racks in upper and lower thirds of oven. Preheat oven to 375°F/190° Line two baking sheets with parchment paper.
4. Form golf ball sized balls and place the cookies 8 per pan, spaced evenly apart. No need to press them down.
5. Bake for about 9 to 12 minutes or until lightly browned with the edges firmer than the centers, which should be soft. The cookies firm up tremendously upon cooling. Cool cookies completely on pans set on racks. (Make subsequent batches with cooled pans). Cookies are best served the same day but may be stored at room temperature in an airtight container for up to 3 days.

TIPS:

- You can vary the chocolate as you like, but we think the darker cacao mass percentage suggested complements the sweet cookie dough the best.

MORE:

- [One-Bowl Oatmeal Chocolate Chip Cookies](#)
- [Crunchy Hazelnut Cookies](#)
- [FODMAP IT!™ Chocolate Chip Cookie Brittle](#)
- [Fresh Mint Chocolate Chunk Cookies](#)
- [Low FODMAP Chocolate Crinkle Cookies](#)
- [A Baker's Field Guide To Chocolate Chip Cookies](#)



Red Velvet Cake with Cooked Vanilla Icing

Makes 1, 8-inch (20 cm) cake; serves 12

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

Cake:

- 1 cup (240 ml) whole lactose-free milk, at room temperature
- 1 tablespoon plus 1 teaspoon apple cider or distilled white vinegar
- 2 cups (290 g) gluten-free all-purpose flour
- 1 tablespoon natural cocoa
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup (1 stick; 115 g) unsalted butter, at room temperature, cut into pieces
- 1 1/2 cups (297 g) sugar
- 1 teaspoon vanilla essence
- 2 tablespoons red liquid food coloring
- 2 large eggs, at room temperature

Icing:

- 1 1/2 cups (360 ml) whole lactose-free milk
- 4 1/2 tablespoons (40 g) gluten-free all-purpose flour
- 1 1/2 cups (3 sticks; 345 g) unsalted butter, at room temperature, cut into pieces
- 1 1/2 cups (297 g) sugar
- 1 1/2 teaspoons vanilla essence

PREPARATION:

- 1. For the Cake:** Position rack in center of oven. Preheat oven to 350°F/180° Coat the insides of two 8-inch by 2-inch (20 cm x 5 cm) round cake pans with nonstick spray, line bottoms with parchment rounds, then spray parchment.
2. Combine milk and vinegar and let sit for at least 5 minutes to thicken.
3. Meanwhile, whisk together flour, cocoa, baking soda and salt in a medium bowl to combine and aerate; set aside.
4. In a large bowl with an electric mixer on medium-high speed, beat butter until creamy, about 2 minutes. Add the sugar gradually and beat until very light and fluffy, about 3 minutes, scraping down the bowl once or twice. Beat in vanilla and red food coloring.
5. Beat in the eggs one at a time, scraping down after each addition, allowing each egg to be absorbed before continuing. Add the flour mixture in four additions, alternately with the soured, thickened milk. Begin and end with the flour mixture and beat briefly until smooth. Divide batter evenly in pans.
6. Bake for about 30 to 35 minutes or until a toothpick shows a few moist crumbs clinging. The cake will have begun to come away from the sides of the pan. Cool pans on racks for 5 minutes. Unmold, peel off parchment, and place directly on racks to cool completely. Layers are ready to fill and frost. Alternatively, place layers on cardboard rounds and double wrap in plastic wrap; store at room temperature if assembling within 24 hours.
- 7. For the Icing:** Whisk together milk and flour in a small saucepan. Bring to a simmer over medium heat, whisking constantly. Once it simmers, continue whisking and cook 1 to 2 minutes or until thickened, smooth and glossy. It should be thick enough for you to be able to see whisk marks. Remove from heat and set aside.
8. Stir occasionally until cool. In a medium bowl with an electric mixer on medium-high speed, beat butter until creamy, about 2 minutes. Add sugar and beat on high speed until light and fluffy, scraping down the bowl once or twice.
9. Beat in vanilla, then add cooled, cooked flour mixture and beat until smooth. Frosting is ready to use. If the frosting is not silky smooth, it is because it is too cool. Either keep beating or remove about 1 cup (240 ml), zap in microwave for 10 seconds to soften, then add it back to the main batch and beat vigorously. Repeat as needed. Trust me. This can make the difference between the frosting being just okay and truly ultra silky.
10. Fill and frost the cake layers with prepared frosting and decorate as desired. This frosting is stiff enough to pipe, even though I chose to just use an icing spatula in the image. Cake may be served immediately or stored at room temperature for up to 3 days in a covered container.



Decadent Chocolate Brownies

Makes 40 brownies; serving size 1 brownie

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1/2 cup plus 1 tablespoon all-purpose gluten free flour
- 1 1/2 teaspoons baking powder (choose gluten-free if following a gluten-free diet)
- 1/2 teaspoon salt
- 1 cup (2 sticks; 226 g) unsalted butter, at room temperature, cut into pieces
- 8 ounces (225 g) dark chocolate, finely chopped, preferably 50% to 60% cacao mass
- 3 ounces (85 g) unsweetened chocolate, finely chopped
- 1 cup (198 g) plus 2 tablespoons sugar
- 4 large eggs, at room temperature
- 1 tablespoons vanilla essence
- 2 teaspoons instant coffee or espresso powder
- 6 ounces (170 g) dark chocolate morsels, standard sized or mini, divided
- 2/3 cup (75 g) lightly toasted pecan or walnut halves, finely chopped, optional

PREPARATION:

1. Position rack in center of oven. Preheat oven to 350°F/180°C. Line a 13 by 9-inch (33 cm by 23 cm) baking pan with parchment paper or aluminum foil then coat with nonstick spray; set aside.
2. Whisk flour, baking powder and salt together in a large bowl to aerate and combine; set aside.
3. Melt butter, 8 ounces of chopped dark chocolate and unsweetened chocolate in a medium bowl over simmering water or in a microwavable bowl. Stir until smooth and combined; cool to lukewarm.
4. In a large bowl, gently whisk together the sugar, eggs, and vanilla. Gently whisk the lukewarm chocolate mixture into the egg mixture then fold in the dry mixture just until a few floury streaks remain. Fold in about three-quarters of the chocolate chips.
5. Scrape batter into prepared pan. If you want to make half of your brownies with nuts, scatter the nuts over half of the batter as shown. Use a small offset spatula to press them down into the batter a little bit. Sprinkle the reserved chips over the other half of the brownies, or over the entire top if not using nuts.
6. Bake for about 30 to 35 minutes, rotating pan front to back once during baking, until a toothpick inserted in the middle comes out with moist crumbs clinging. Do not over bake. Cool on rack. Cut into an 8 by 5 grid (40 bars). These brownies are best eaten within 3 days. Store in airtight container at room temperature in single layers separated by parchment paper or foil. May be frozen up to 1 month, double wrapped in plastic and then foil.

TIPS:

- When you are cutting the brownies, try to make sure the border between the chips and nuts is clearly defined so that the brownies with no nuts truly have no nuts. That said, if someone is allergic we suggest explaining how the brownies were baked and let them decide whether to indulge.
- We like to freeze these brownies in large pieces, which we then cut into small squares after defrosting. Segment the brownies in the pan into 2 to 4 large pieces, place them on pieces of cardboard for support, double wrap in plastic wrap, then slip into a heavy zip-top bag. Freeze up to 1 month. Defrost in refrigerator overnight.
- As with most brownie recipes, do not over-bake. If you test with a toothpick and it comes out clean, you have baked them too long. The residual heat of the pan after it is removed from the oven continues to “bake” them somewhat. If you over-baked them by mistake, try to cool them as quickly as possible by plunging the bottom of the pan into a shallow bowl of ice water. If you still haven’t saved them, use them as the base of an ice cream sundae with lactose-free vanilla ice cream and either our Hot Fudge Sauce or Salted Caramel Sauce.



Chocolate Chunk Nut Blondies

Makes 25 bars; serving size 1 bar

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

- 1 1/4 cups (182 g) gluten-free all-purpose flour
- Heaping 1/2 teaspoon baking powder (use gluten-free if following a gluten-free diet)
- Heaping 1/4 teaspoon salt
- 1/2 cup (1 stick; 113 g) unsalted butter, cut into pieces
- 1 cup (213 g) firmly packed light brown sugar
- 2 teaspoons vanilla essence
- 1 large egg, at room temperature
- 5 ounces (140 g) dark chocolate cut into 1/4-inch to 1/2-inch (6 mm to 12 mm) chunks, preferably 60% to 70%
- 1/4 cup (25 g) pecan halves, lightly toasted and chopped
- 1/4 cup (25 g) walnut halves, lightly toasted and chopped

PREPARATION:

1. Position a rack in the middle of the oven. Preheat the oven to 350°F/180°C. Line an 8-inch (23 cm) square pan with aluminum foil or parchment, then coat with nonstick spray.
2. Whisk the flour, baking powder, and salt together in a small bowl to aerate and combine; set aside.
3. Melt butter over medium heat in a medium saucepan or in a large microwave safe bowl. If you use a saucepan, pour melted butter into a large mixing bowl or if you used the microwave you can proceed using the same bowl. Cool slightly until warm. Whisk in the brown sugar and vanilla until combined, then whisk in the egg. Fold in the flour mixture until a few floury streaks remain, then fold in chocolate chunks and nuts just until combined. Scrape into prepared pan and smooth top with a small offset spatula.
4. Bake for 20 to 25 minutes or until a toothpick inserted in the center shows a few moist crumbs clinging when removed. The bars should be light golden brown, slightly puffed, and the edges will have just begun to come away from the sides of the pan. Cool in the pan on a rack for 10 minutes, pull up on foil or parchment to remove bars from pan, then cool bars on rack completely. Peel away foil or parchment and cut into a 5 by 5 grid (25 bars). Store at room temperature for up to 3 days in an airtight container in single layers separated by aluminum foil parchment paper. Individually wrapping the bars will keep them as fresh as they can be. Bars can also be individually wrapped and frozen for up to a month, which makes them very easy to grab on the go. They defrost very quickly.

TIPS:

- You can substitute 1 cup plus 2 tablespoons (192 g) of chocolate morsels or chips for the chunks; the result won't be as elegant but will be more convenient. If you go this route I recommend Ghirardelli 60% Cacao Bittersweet Chocolate Chips.

IF YOU CAN TOLERATE:

Fructans:

- If you have passed the fructan wheat challenge you could substitute unbleached all-purpose flour for the gluten free flour. Note that the recipe will no longer be gluten-free. Use weight equivalents for most accurate results if making this substitution.



Blueberry Pie

Makes 1, 9 inch (23 cm) pie; serves 20

One serve of a meal made in accordance with this recipe is low in FODMAPs and can assist with following the Monash University Low FODMAP diet™.

INGREDIENTS:

Gluten Free Butter Pie Crust:

- 2 large eggs, cold
- 1/3 cup (75 ml) ice cold water
- 1/2 teaspoon apple cider or distilled white vinegar
- 2 1/2 cups (363 g) gluten-free all-purpose flour, plus extra for rolling
- 1 tablespoon sugar
- 1/2 teaspoon xanthan gum
- 1/2 teaspoon salt
- 1 cup (2 sticks; 226 g) very cold unsalted butter, cut into tablespoon sized pieces

Blueberry Filling:

- 3 dry pints (1653 ml) fresh blueberries, washed, picked over and patted dry
- 1/4 cup (28 g) cornstarch
- 1 cup (198 g) sugar plus extra
- 1 teaspoon fresh squeezed lemon juice
- 1 tablespoon unsalted butter, cut into large pieces
- 1 tablespoon lactose free whole milk, 2%, 1% or fat free, optional

PREPARATION:

- 1. For the Crust:** Position one oven rack at highest position or wherever your oven is hottest and another rack lower down. Preheat oven to 400°F/200°C. Line the bottom of your oven with a sheet of aluminum foil to catch drips.
2. Whisk the eggs, water and vinegar together in a 2 cup (480 ml) measuring cup with spout and refrigerate until needed.
- 3. To Make by Hand:** Whisk together the flour, sugar, if using, xanthan gum and salt in a medium bowl to blend. Add the butter and cut in, using a pastry blender or two knives, until the butter is cut into assorted sized pieces ranging from approximately 1/8 inch to 1/2 inch (3mm to12 mm). Sprinkle wet mixture over the dry and toss with fingers or a fork until evenly moistened and the dough just holds together if squeezed.
- 4. To Make in a Stand Mixer:** Put the flour, sugar, if using, xanthan gum and salt in the stand mixer bowl. Using flat paddle attachment, turn on low speed to blend dry ingredients. Add the butter and pulse on and off until the butter is cut into assorted sized pieces ranging from approximately 1/8 inch to 1/2 inch (3mm to12 mm). Sprinkle wet mixture over the dry and pulse on and off until dough is evenly moistened and the just holds together if squeezed.
- 5. To Make with a Food Processor:** Put the flour, sugar, if using, xanthan gum and salt in the bowl of a food processor fitted with the metal blade attachment and pulse to combine. Add the butter and pulse on and off until the butter is cut into assorted sized pieces ranging from approximately 1/8 inch to 1/2 inch (3mm to12 mm). Sprinkle wet mixture over the dry and pulse on and off until dough is evenly moistened and the just holds together if squeezed.
- 6. To Finish for All Techniques:** Empty dough onto work surface and use hands to bring together gently. Divide in half, form each portion into a ball and flatten. This dough may be rolled out right away either on a lightly floured surface or between two pieces of parchment paper. You can also make ahead and refrigerate for up to 2 days or freeze for up to 1 month, in which case protect it further by placing in a plastic zipper-top bag; defrost in the refrigerator overnight. Let the dough soften slightly at room temperature before rolling out.
- 7. For the Filling:** Place about one-quarter of the blueberries (just eyeball it) in a mixing bowl with cornstarch. Use a potato masher to mash the berries to encourage some moisture to combine with the cornstarch. Add remaining berries, 1 cup (198 g) of sugar and the lemon juice. Fold together very well to mix. Allow to sit for 15 minutes, folding well once or twice.
8. Coat a 9 inch (23 cm) pie plate with nonstick spray. Roll out bottom crust on work surface lightly dusted with extra flour to a 13 inch (33 cm) diameter circle and about 1/8 inch (3 mm) thick; gently fit into pie plate.
9. Pile fruit mixture into pie crust. Dot with butter. Refrigerate while rolling out top crust.

10. Roll out top crust on lightly flour dusted surface to about a 12 inch (30.5 cm) diameter and 1/8 inch (3 mm) thick and place on top of berries. Seal edges of both crusts together and trim away any excess, leaving about a 1 inch (2.5 cm) overhang. Fold both edges under and crimp. Use a sharp paring knife to make steam vents and a center hole in the top crust. Brush top of pie with milk and sprinkle with extra sugar if you like. Place pie in oven on hottest rack and bake for 30 minutes. Check to see how pie is browning, rotating pie from front to back for even baking. Cover loosely with aluminum foil at any point to prevent over-browning. Continue to bake for approximately 20 to 30 minutes more or until crust is golden brown and filling is bubbling. Cool pie on wire rack for at least 30 minutes before serving to allow juices to thicken.

11. Serve warm or at room temperature, with or without lactose-free vanilla ice cream or a dollop of lactose-free yogurt (for breakfast!). Pie may be stored at room temperature overnight lightly covered with foil.

TIPS:

- If you want to use frozen berries, simply measure out 6 cups (1.4 L) directly from the freezer and proceed with recipe but allowing the berry/sugar mixture to sit for 25 minutes. The baking time might be a tad longer.
- If you do not have any cornstarch in the house and want to use more of the GF flour, use a total of 1/3 cup (54 g). This approach does have a tendency to clump up in the filling, so make sure to fold the berries and flour together very well before, during and after their sitting time.

MORE:

- [Pie Crust 101: Making The Perfect Pie](#)
- [Blind Baking Pie Crusts](#)
- [Low FODMAP Banana Cream Pie](#)
- [Low FODMAP Classic Pumpkin Pie](#)
- [Low FODMAP All Butter Pie Crust](#)

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