

# Low FODMAP Supreme Pizza Quinoa Bites

Supreme Low FODMAP Pizza Quinoa Bites | IBS-Friendly Recipes



Prep Time: 30 Min Cook Time: 20 Min Makes 4-6 servings

## Fody's Low FODMAP Supreme Pizza Quinoa Bites Ingredients

- 2 large eggs
- $\frac{1}{2}$  cup + 2 tablespoons Fody's Low FODMAP Marinara Pasta Sauce
- $\frac{1}{2}$  teaspoon dried oregano

- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon black pepper
- 1 cup cooked quinoa
- 1 cup shredded mozzarella
- $\frac{1}{4}$  cup diced green bell pepper
- $\frac{1}{4}$  cup diced Canadian bacon or ham
- 2 tablespoons sliced black olives

## **Directions for Fody's Low FODMAP Supreme Pizza Quinoa Bites**

Preheat oven to 350°F. Coat a mini muffin tin with nonstick cooking spray.

In a small bowl, whisk together eggs, 2 tablespoons Fody's Low FODMAP Marinara Pasta Sauce, salt, and pepper until mixed.

Place cooked quinoa, mozzarella, green pepper, Canadian bacon (or ham), and black olives in a large bowl.

Add egg mixture and stir to combine.

Fill the mini muffin tin cups evenly with the quinoa mixture.

Bake for 15-20 minutes or until golden brown. Let the pizza quinoa bites cool for 5 minutes before carefully removing from the pan.

In a small saucepan, heat the remaining  $\frac{1}{2}$  cup Fody's Low FODMAP Marinara Pasta Sauce over medium heat until warm.

Serve and enjoy your low FODMAP pizza quinoa bites with the warm marinara sauce!

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## **About the Chef**



## Em Schwartz

Em Schwartz, MS, RDN, LD is a registered dietitian, recipe developer, and creator of the low FODMAP recipe website, [Fun Without FODMAPs](#). She has completed Monash University's FODMAP training for dietitians. Em enjoys combining her nutritional science background, personal experience with IBS, and love of food to create easy low FODMAP recipes and help you live well with IBS. Find more on [Fun Without FODMAPs](#).

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