

# Low FODMAP Recipe Book

Your go-to guide for recipes that  
taste amazing, whilst improving  
your gut health



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# Welcome to the OMED Health low FODMAP recipe book!

We've created an eBook jam-packed with low FODMAP recipes to help you find a variety of tasty meals to add to your repertoire. Split into four sections, this eBook contains recipes for every meal of the day as well as snacks in between. Each recipe is accompanied by its basic nutritional facts as well as essential information on servings and preparation times. There's also plenty of room for personalization, with many of these recipes accompanied by alternative ingredients to make them your own! You can also access all of these recipes on the OMED Health website.

## What is a low FODMAP diet?

FODMAP stands for fermentable oligosaccharides, disaccharides, monosaccharides, and polyols, which are non-digestible carbohydrate molecules found in many foods. These small carbohydrates are easily fermented by bacteria in the gut microbiome, which can cause the production of gas, leading to bloating and cramping. These are symptoms commonly associated with irritable bowel syndrome (IBS) and small bacteria intestinal overgrowth (SIBO). Reducing the amount of FODMAPs in the diet can therefore be beneficial for tackling unpleasant gut symptoms in these conditions.

Foods can be classed as high or low in FODMAPs, so our recipes focus on trying to minimize the use of high FODMAP foods. However, adding small amounts of high-FODMAP foods to a meal can still result in a meal being low FODMAP overall. It's all about balance. The table on the following page displays some examples of foods that are high and low in FODMAPs, but bear in mind that this is not an exhaustive list. You'll find helpful hints and tricks throughout this book to help you know which foods to avoid or take more care of.











## Who is it for?

A low FODMAP diet is recommended for those suffering from IBS and SIBO in order to try and reduce their gastrointestinal symptoms and identify trigger foods. Some low FODMAP diets for these gut conditions are short-term and involve the elimination of high FODMAP foods before their slow re-introduction to understand foods that trigger symptoms. This can be an effective management strategy for IBS and SIBO, with symptoms reduced in up to 86% of IBS and SIBO patients when following a low FODMAP diet (1). If you want to learn more about IBS and SIBO, check out our IBS and SIBO e-books at [omedhealth.com](http://omedhealth.com). However, while the recipes in this book are designed to tackle unpleasant gut health symptoms, they do not compromise on taste, meaning that everyone can enjoy them!

## Our aim

At OMED Health, our mission is to help you to take control of your gut health. Our portable breath analyzer detects levels of hydrogen and methane in breath, sending results straight to our easy-to-use companion app. Hydrogen and methane levels are important indicators of gut microbiome activity, and by recording your symptoms in the app alongside these results, you can gain a greater insight into your gut health, identifying triggers of symptoms as you go.

This book aims to help you on your journey to good gut health by collating all of our favorite low FODMAP recipes into one convenient location. Start at the beginning, middle, or end; it's up to you! There will be a delicious recipe waiting for you on every page.

Food group	Low-FODMAP examples	High-FODMAP examples
Vegetables	 <p>Lettuce, carrot, cucumber</p>	 <p>Garlic, beans, onion</p>
Fruits	 <p>Strawberries, pineapple, grapes</p>	 <p>Blackberries, watermelon, peaches</p>
Protein	 <p>Chicken, eggs, tofu</p>	 <p>Sausages, battered fish, breaded meats</p>
Fat	 <p>Oils, butter, peanuts</p>	 <p>Almonds, avocado, pistachios</p>
Starch, cereal, and grain	 <p>Potatoes, tortilla chips, popcorn</p>	 <p>Beans, gluten-based bread, muffins</p>

## References

1. Nanayakkara, Wathsala S et al. "Efficacy of the low FODMAP diet for treating irritable bowel syndrome: the evidence to date." *Clinical and experimental gastroenterology* vol. 9 131-42. 17 Jun. 2016, doi:10.2147/CEG.S86798

A close-up photograph of a breakfast bowl. The bowl is filled with a fried egg, melted cheese, and strips of bacon. The egg is sunny-side up with a slightly runny yolk. The cheese is melted and golden-brown. The bacon is cooked and slightly crispy. The bowl is white and sits on a light-colored surface. In the background, another similar bowl is visible but out of focus.

**BREAKFAST**

# Smoothie Breakfast Bowl

Voted by our team as one of the best breakfasts for SIBO sufferers, start your day the healthy way with this Smoothie Breakfast Bowl, we just love it! A quick and easy bowl of morning freshness that is perfect for those on the low fodmap diet.

Preparation time: 5 minutes

Serves: 1

## Ingredients

- 3 tbsp of lactofree yogurt
- 24g (2) small strawberries chopped
- 20g (10) blueberries
- 3 raspberries
- ½ tbsp chia seeds
- 2 tbsp ground flaxseeds
- 5 g (3) almonds chopped
- 5g (1) walnut chopped
- 1 tbsp maple syrup

## Instructions

1. Place yogurt with nuts and seeds in large bowl.
2. Stir well to mix together.
3. Place fruit on top and drizzle over honey to taste.
4. Experiment with what flavours you enjoy, feel free to use different fruit.



This recipe contains 9 grams of fiber!

## Nutrition facts

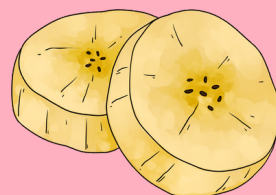
Amount per serving

Calories	268 kcal
Carbohydrates	29.8 g
Protein	7.9 g
Fat	19.9 g

**TOP TIP:** For added speed to make your mornings more efficient, you can even make the base the night before.

## Make it your own!

When experimenting with different fruits, make sure to check out what is low FODMAP; bananas, currents, melon and kiwi are all great options for a substitute!



# Low FODMAP Egg Brunch

Looking for a low fodmap healthy brunch option? Try this baked eggs dish, you'll love it!  
This recipe is adapted to use either your air fryer or normal oven.

Preparation time: 5 minutes

Cooking time: 15 minutes

Serves: 1

## Ingredients

- 2 eggs
- 1/2 red bell pepper
- 60g (6) cherry tomatoes
- 50g lactose free yogurt
- 2 slices of parma ham
- 40g (2 handfuls) of spinach
- 20g of parmesan
- 2 tsp of olive oil

If you're after a little bit more to eat, this recipe also goes really well with bread!

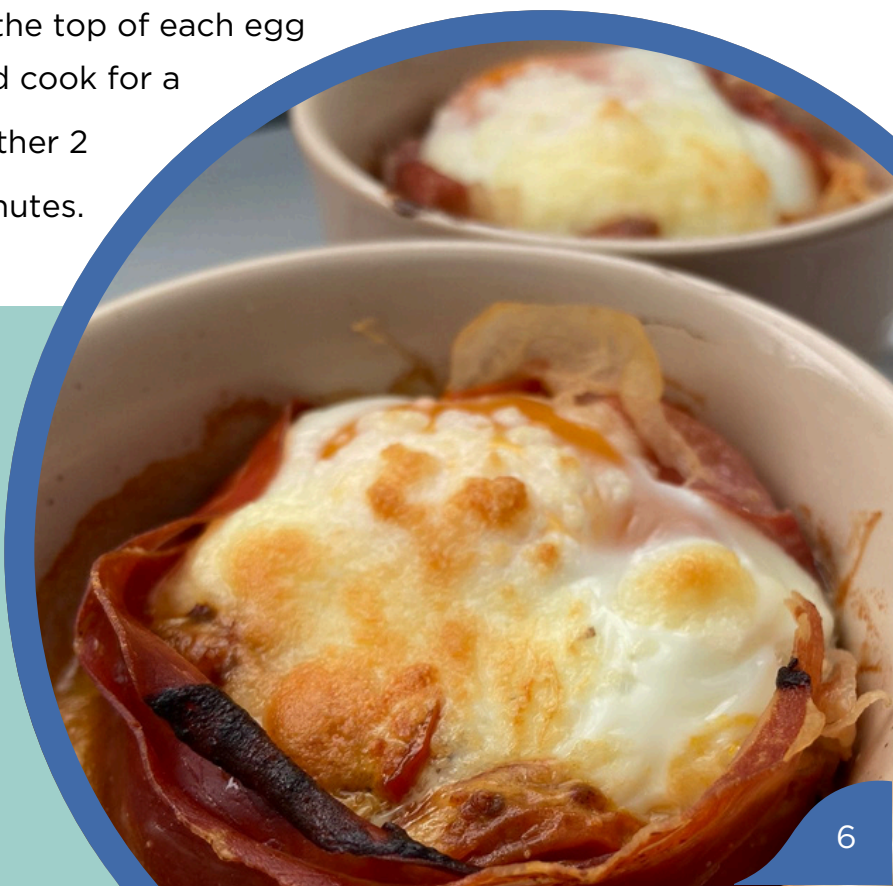
## Instructions

1. Pre-heat your oven. Slice the bell pepper into bite-sized pieces and halve the cherry tomatoes.
2. Add the vegetables to a frying pan, or air fryer, with a splash of olive oil and seasoning and cook on a low heat.
3. Whilst the vegetables are lightly sautéing, line two ramekins with a slice each of Parma ham. After 10 minutes, add the spinach with the other vegetables until wilted.
4. Add the vegetables to the lined ramekins and divide the yogurt between the two servings.
5. Crack an egg on top of each dish.
6. Cook in the oven for 8 minutes, then add the parmesan to the top of each egg and cook for a further 2 minutes.

## Nutrition facts

Amount per serving

Calories	512 kcal
Carbohydrates	18 g
Protein	35 g
Fat	36 g



# Ginger and Almond Granola

Making your own granola is very simple and you can add different flavours, seeds and nuts to suit your taste and what might be left in your pantry! In this low FODMAP breakfast recipe, we used almonds and ginger. Ginger does not contain any FODMAPs and is said to be good for digestion.

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves: 8

## Ingredients

- 360g Rolled oats (gluten free)
- 30g Sliced almonds
- 45g Sunflower seeds (hulled)
- 45g Unsalted butter
- 120 ml Maple syrup
- 2 tsp vanilla extract
- 1 tsp cinnamon
- 1 tsp ground ginger
- ½ tsp salt flakes

## Instructions

1. Preheat your oven to 160°C (320°F) or turn on your air fryer.
2. Prepare a baking sheet or air fryer pan with baking paper.
3. In a small saucepan or microwave, melt together the oil & syrup.
4. Place your oats, ginger, almonds and seeds into a large mixing bowl and combine.
5. Pour in the melted ingredients and mix well.
6. Place the ingredients on the baking paper and cook until golden brown, make sure you turn them throughout the cooking process.
7. Allow to cool for at least 45 minutes before serving to allow clumps to form.
8. Serve alongside your favourite toppings!



## Nutrition facts

Amount per serving

Calories	341 kcal
Carbohydrates	49.1 g
Protein	6.1 g
Fat	12.5 g

## Make it your own!

You can add whatever low fodmap ingredients you like alongside the granola, we enjoyed this with lactose-free vanilla yogurt and strawberries.



# Fodmap Friendly Bagels

Looking for a quick and easy bagel recipe to make at home? Try our recipe, it is low-FODMAP too! These bagels use the same ingredients as [this pizza dough](#), in fact, you could use this recipe to make rolls or a loaf of bread if you prefer. We made these gut-friendly low FODMAP bagels in the air fryer but you can use a conventional oven too.

Preparation time: 5 minutes

Cooking time: 15 minutes

Serves: 4

## Ingredients

- 125g gluten free self-rising flour
- 125g lactose free Greek yogurt
- 1tbs sesame seeds
- One egg or Olive oil for brushing

## Nutrition facts

Amount per serving

Calories	131 kcal
Carbohydrates	24 g
Protein	13 g
Fat	3.1 g

## Instructions

1. In a large mixing bowl, combine the flour and yogurt.
2. Once a dough has formed, divide into four and roll out four balls. Place a hole in the middle of each ball and squash.
3. We cooked our bagels in the air fryer and used an olive oil spray to coat the bagels before adding our seed mix. We then cooked them on 180 degrees for 14 minutes in the air fryer. If you are cooking in a conventional oven, we would suggest beating an egg and painting the bagels with an egg wash before cooking for 20 minutes on a medium heat.

## Make it your own!

As ever, you can adapt this recipe to suit your tastes, we added a seed mix to the top but you could experiment with cinnamon or grated cheese!

Whilst these bagels make a great breakfast, they're also perfect for a fodmap friendly lunch or snack!

# Chocolate Banana Bread

Do you have bananas in your fruit bowl that may be on their way to being over ripe? Don't let them go to waste and make this cake, it is a great breakfast idea for those with sibo or IBS.

Preparation time: 10 minutes

Cooking time: 30 minutes

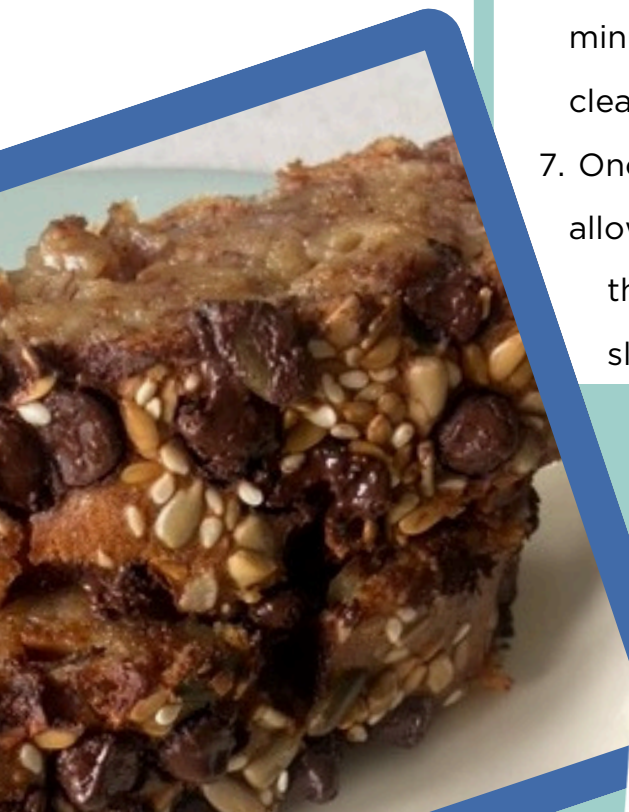
Serves: 8

## Ingredients

- 360g ripe bananas
- 2 eggs
- 250g gluten free flour
- 75g coconut oil (melted)
- Tablespoon of baking soda
- 75g maple syrup
- 60g chopped walnuts or almonds
- 30g dark chocolate chips
- 23g pumpkin seeds (hulled)

## Instructions

1. Preheat your oven to gas mark 5 or 190 degrees Celsius (375 degrees Fahrenheit). Prepare your loaf tin by lining it with baking parchment or lightly greasing it with butter.
2. In a large mixing bowl, mash the bananas until smooth. Add the eggs to the mashed bananas and whisk together until well combined.
3. Add the self-raising flour and baking soda to the bowl with the banana and egg mixture. Mix everything together until the flour is fully incorporated into the wet ingredients.
4. Stir in the chopped nuts (if using), coconut oil, and honey or syrup. Mix until all ingredients are evenly distributed.
5. Pour the batter into the prepared loaf tin, spreading it out evenly with a spatula. Sprinkle chocolate chips and seeds evenly over the top of the batter in the loaf tin.
6. Place the loaf tin in the preheated oven. Bake for about 25 minutes, or until a skewer inserted into the center comes out clean.
7. Once baked, remove the banana bread from the oven and allow it to cool in the tin for 10 minutes. Then, carefully transfer the banana bread to a wire rack to cool completely before slicing and serving.



## Nutrition facts

Amount per serving	
Calories	280 kcal
Carbohydrates	35 g
Protein	6 g
Fat	14 g

As well as breakfast, this banana bread is also great for a snack!

# Raspberry and Chia Seed Low FODMAP Smoothie

A smoothie is the perfect way to start your day, being simple to make and plenty of options for personalization while keeping it low FODMAP.

Preparation time: 5 minutes

Serves: 1

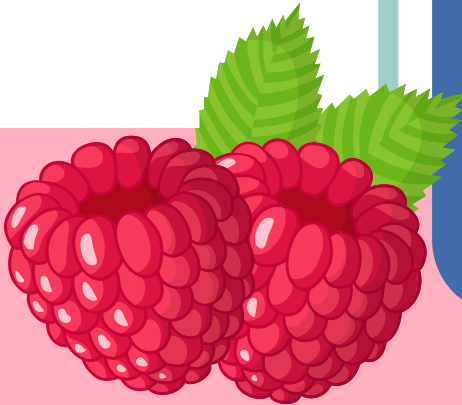
## Ingredients

- 90g banana
- 60g raspberries
- One teaspoon of chia seeds
- 100ml almond milk
- 60ml lactose free yogurt - we used vanilla
- 30g rolled oats

## Instructions

Place all of your ingredients into your blender or smoothie maker until well-mixed. Serve over ice and enjoy your delicious low-FODMAP smoothie!

In this smoothie recipe we have used raspberries, but do be careful about the quantity of berries you are using. We recommend using 60g to make this low in FODMAPs.



## Nutrition facts

Amount per serving

Calories	327 kcal
Carbohydrates	61.8 g
Protein	9.7 g
Fat	6.5 g

## Make it your own!

There are plenty of options for personalisation with this recipe! Try out using different flavours of berries as well as throwing in some different fruits to experiment with the flavour.



# LUNCH



# Tomato and Halloumi Bruschetta

A perfect lunch or supper for a summer's day, this low FODMAP bruschetta recipe can be adapted based on your diet and preferences, you can exclude the cheese if you are vegan for instance, and add a small amount of avocado. This is also a low FODMAP air fryer recipe, or you can of course use your normal kitchen oven.

Preparation time: 5 minutes

Cooking time: 10 minutes

Serves: 1

## Ingredients

- Two small slices of gluten free or sourdough bread
- 10 on the vine cherry tomatoes
- One tablespoon of garlic infused olive oil
- 1 spear broccoli (small stalk and head)
- 1/2 lemon
- 2 tbsp chopped fresh basil
- 3 slices of halloumi cheese
- Salt and pepper

## Instructions

1. Slice your tomatoes in half and remove the seeds with a teaspoon. Then thinly slice your tomatoes and place them in a large bowl.
2. Cover the tomatoes in two tablespoons of the olive oil and mix in the basil. Squeeze in the juice of ½ a lemon.
3. Steam the broccoli
4. In a frying pan or air fryer, cook the halloumi until lightly browned.
5. Lightly toast your bread.
6. On a plate, add your toast, layer on the tomato mixture and then your halloumi, broccoli and any additional olive oil if you feel it might need it. Enjoy!

## Nutrition facts

Amount per serving

Calories	650 kcal
Carbohydrates	38 g
Protein	32 g
Fat	29 g



# Asparagus and Potato Frittata

This is the perfect vegetarian low fodmap lunch or dinner. Full of protein, this recipe will help you keep you full for longer. This recipe is super quick and easy to make with items you are likely to have in your fridge and cupboard.

Preparation time: 5 minutes

Cooking time: 20 minutes

Serves: 2

## Ingredients

- 4 eggs
- 2 asparagus spears
- 8 boiled new potatoes
- 3 spring onions (green part only)
- 50g spinach
- 30g parmesan cheese
- 50ml of almond milk or other lactose free milk alternative
- 1 tablespoon of coconut oil

## Instructions

1. Boil the potatoes and leave to cool
2. Preheat your grill.
3. Slice the boiled potatoes.
4. Wash and chop the asparagus spears and spinach into bite-sized chunks.
5. Thinly slice the spring onions green tops only.
6. Warm the coconut oil in a large frying pan over medium heat.
7. Add the asparagus spears to the pan and cook until they begin to brown.
8. Add the sliced spring onions and potatoes to the pan.
9. In a bowl, whisk together the eggs and milk. Add any seasoning you like.
10. Pour the egg mixture over the vegetables in the pan.
11. When the bottom of the mixture begins to set, sprinkle the parmesan cheese over the top.
12. Place the pan under the preheated grill and cook until the top browns.
13. Flip the finished dish onto a plate and cut it into chunks to serve.



## Make it your own!

There's lots of room for experimentation with the add ins for frittatas with low FODMAP options including bell pepper, spinach, feta and cherry tomatoes!

## Nutrition facts

Amount per serving

Calories	423 kcal
Carbohydrates	26 g
Protein	23 g
Fat	28 g

# Warm Quinoa Salad with Feta and Pancetta

Looking for a summer lunch packed with flavour that is also low fodmap? Try our Warm Quinoa Salad with Feta and Pancetta. To have a super tasty yoghurt dressing, we would suggest making it a little while before you plan on eating, so that the yoghurt can absorb all the flavours.

Preparation time: 15 minutes

Cooking time: 20 minutes

Serves: 1

## Ingredients

- 75g quinoa
- 25g feta cheese
- 50g pancetta
- 1/2 bell pepper
- 1 medium-sized courgette
- A quarter of a small avocado

For the yogurt dressing:

- Two tablespoons of plant based yogurt (we used coconut)
- One tablespoon of olive oil
- Half a squeezed lemon
- Pinch of salt and pepper
- A handful of fresh herbs (we used mint)

## Instructions

1. Boil a pan of water on the stove and cook the quinoa according to the packet instructions. While the quinoa is cooking, slice the vegetables and lightly fry them or put them into an air fryer for 18 minutes at 180 degrees. Add the pancetta for 3-4 minutes before the vegetables are cooked.
2. In a small bowl, whisk together the dressing ingredients and set aside. Drain the quinoa when cooked.
3. Slice the avocado and crumble the feta into a serving bowl. Pile on the quinoa and roasted vegetable mixture and top with the yogurt dressing.

## Nutrition facts

Amount per serving

Calories	730 kcal
Carbohydrates	52 g
Protein	29 g
Fat	46 g
of which saturated	13 g



# Butternut Squash and Carrot Soup

Looking for a low fodmap vegetable soup, that still tastes delicious? Try our butternut squash and carrot soup. Using coconut milk brings great flavour to this soup. You can even change around the vegetables used to customize the gut friendly lunch to your taste!

Preparation time: 10 minutes

Cooking time: 30 minutes

Serves: 4

## Ingredients

- 800g butternut squash
- 200g carrots
- 400ml coconut milk
- 500ml of vegetable stock Homemade Bays kitchen
- Handful of peanuts

*This recipe contains 6g of fiber in each serving!*

## Instructions

1. Peel and trim the squash and carrots, removing the seeds from the squash.
2. Place the vegetables in a large saucepan with the vegetable stock and coconut milk.
3. Bring everything to the boil and cook for 25 minutes.
4. With a knife, check that the vegetables have softened, if they are still a little hard, simmer everything for another 5 minutes.
5. Once the vegetables are cooked, add in the peanuts and cook for a further 2 minutes.
6. Remove the saucepan from the heat source and use a stick blender to smooth to your chosen consistency.
7. Sprinkle with a few extra crushed peanuts and serve with a gluten free bread or crackers.
8. Your low FODMAP vegetable soup is ready to go!



## Nutrition facts

Amount per serving

Calories	261 kcal
Carbohydrates	35 g
Protein	3.6 g
Fat	16 g
of which saturated	13 g



# Smokey Sweet Potato Soup

You may be thinking, is sweet potato low FODMAP? Yes it is! If you are in need of a tasty low FODMAP soup, try this smokey sweet potato one. It is simple and easy to make in one pot, and even better it stores in the fridge for around four days, so your SIBO and IBS-friendly lunches are sorted for the week!

Preparation time: 10 minutes

Cooking time: 30 minutes

Serves: 4

## Ingredients

- 2 tbsps extra virgin olive oil
- 1 tsp Finely chopped chives.
- 2 tsp (5) sprigs fresh coriander
- 1 tsp cumin
- Pinch (1/8 tsp) Sea salt
- 1 ½ teaspoons smoked paprika.
- 400g large, sweet potatoes - peeled and diced.
- 5 cups of vegetable stock homemade (see recipe) or Bays kitchen

## Instructions

1. Heat the olive oil in a large pot on medium heat.
2. Add the chives cumin and coriander and a large pinch of salt and cook until fragrant.
3. Add the smoked paprika
4. Add the sweet potato and combine it with the other ingredients cooking.
5. Add the vegetable stock and turn up the heat. Bring the soup to a boil, lower the heat and simmer for about 30 minutes until the potato is very soft (a knife should go through with no force).
6. Remove the sprigs of coriander.
7. Using a handheld blender, blend the mixture. Continue this until you have reached the consistency you prefer. Add more stock/water if it is too thick. Once it is how you like it, you are ready to serve up your sweet potato low fodmap soup.



## Nutrition facts

Amount per serving

Calories	168 kcal
Carbohydrates	28 g
Protein	2 g
Fat	6.8 g
of which saturated	0.9 g

# Potato and Egg Fodmap Friendly Salad

This is a great low FODMAP salad for lunch or a hot day. If you would like to make this recipe vegetarian you can of course remove the pancetta and for those who are vegan, you can also exclude the egg and replace the mayonnaise with a vegan alternative.

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves: 1

## Ingredients

- 5 new potatoes
- One egg
- 75g green beans
- 50g pancetta
- One tablespoon lemon
- 75g cucumber
- Two tablespoons of lactose free yogurt
- One tablespoon of mayonnaise
- One handful of herbs – chives, mint, parsley all work well

## Instructions

1. Fill a saucepan with water and boil. Add the potatoes for 10-12 minutes until cooked through. Add the beans to the water for around 8 minutes until then are also cooked. Your egg will need to be added for around 6 minutes – this will depend on whether you prefer hard or soft boiled eggs!
2. Meanwhile chop your herbs and cucumber.
3. In a bowl mix together the herbs, lemon juice and zest, yogurt, mayonnaise and salt and pepper to taste.
4. Either in the air fryer or frying pan, fry off the pancetta for 3-4 minutes.
5. Mix together all of the ingredients in the bowl and serve.



## Did you know?

This recipe originally contains peas, however these are high in fodmaps. Luckily, green

beans are a great low fodmap alternative!

### Nutrition facts

Amount per serving

Calories	544 kcal
Carbohydrates	36.2 g
Protein	25.3 g
Fat	33.1 g



DINNER



# Squash and Potato Tapas

Spanish tapas can be a great addition to the low FODMAP diet and is another recipe that can be adapted to suit your preferences and dietary requirements. Within this recipe, you could leave out the chorizo or replace it with halloumi or feta cheese. The small amount of chorizo in this recipe is seen as low FODMAP even if it contains small amounts of onion or garlic.

Preparation time: 10 minutes

Cooking time: 15 minutes

Serves: 2

## Ingredients

- Eight new potatoes
- One butternut squash
- 100g of chorizo
- Two eggs
- Half a teaspoon of paprika
- Half a tin of chopped tomatoes
- Teaspoon of olive oil
- Handful of sage leaves

## Instructions

1. Quarter the new potatoes and cut the butternut squash into small chunks of around 2cm squared.
2. Heat the olive oil in a frying pan.
3. Add the potatoes and squash - toss in the paprika whilst cooking.
4. After five minutes, add 100ml of water to the pan. Cook for a further ten minutes or until the vegetables are softening.
5. Then add sage and chorizo. Make a space in the pan to fry the eggs.
6. Warm through the chopped tomatoes on the hob or in the microwave.
7. Plate up your tapas, layering the tomatoes first, followed by the vegetables and chorizo and then finally the fried egg on top. Enjoy!



## Nutrition facts

Amount per serving

Calories	437 kcal
Carbohydrates	68 g
Protein	16 g
Fat	13 g

# Thai Style Chicken Burger

Thai-style chicken burgers, that are low fodmap? Yes that is right, this recipe can also be served with any low FODMAP option such as a side salad, fried bok choy, chips or in a gluten-free bun.

This recipe makes a delicious sibo-friendly lunch or dinner.

Preparation time: 5 minutes

Cooking time: 15 minutes

Serves: 4

## Ingredients

- 500g chicken mince (or turkey if you'd prefer)
- 4 spring onions chopped (light green and dark green part only)
- 1 medium finely chopped red chili (less or more is down to preference)
- Handful of fresh chopped coriander
- 2 tsps fish sauce
- Pinch of sea salt
- ½ tsp ground black pepper
- 2 tbsp of extra virgin olive oil or rapeseed oil
- 4 gluten-free bread buns

## Instructions

1. Combine minced chicken with coriander, spring onion, chili, fish sauce, salt, and pepper.
2. Divide the mixture into four portions and shape each into a burger.
3. Preheat a grill pan over medium heat, then lightly oil each burger to prevent sticking.
4. Grill for 8 minutes on the first side, then 5-8 minutes on the other side until fully cooked.
5. Serve alongside a side salad, grilled or fried bok choy, or even in a gluten-free bun for a satisfying meal.

Experiment with other herbs and spices to make this recipe your own!

## Nutrition facts

Amount per serving

Calories	310 kcal
Carbohydrates	11 g
Protein	26 g
Fat	13 g



# Teriyaki Chicken

Teriyaki chicken is a fan favorite. And, guess what, even those on a low FODMAP diet do not have to miss out! If you don't fancy chicken you can swap it to a meat of your choice or tofu to make this low fodmap recipe vegetarian.

Preparation time: 15 minutes

Cooking time: 10 minutes

Serves: 4

## Ingredients

For the teryaki sauce:

- 1/3 cup balsamic vinegar
- 1 tsp of freshly grated ginger
- ¼ tsp ground black pepper
- 1 tsp miso paste
- 1 tsp of mirin
- 1 tbsp water

For the chicken:

- Teriyaki sauce from ingredients above
- 4 chicken breasts (or 8 thighs)
- 3 spring onions (light and dark green part only)

## Instructions

1. Combine the balsamic vinegar, syrup, ginger, and pepper in saucepan. Bring it to a light boil/simmer and cook for around 10 minutes until the sauce begins to thicken. Do not have it on too high a heat as you do not want the sauce to burn.
2. Once simmered and the miso mirin and water, mix and then let it cool off the heat.
3. Once completely cool pour the sauce out of the pan and into a small bowl and a larger bowl.
4. Once you have halved the sauce, place the chicken in the larger bowl of sauce. Let this marinade for at least an hour, but overnight is even better.
5. Heat a grill pan on a medium heat and place the chicken on the pan to grill for 3-5 minutes and then turn over. Cook until the chicken is fully cooked.
6. Serve with the rest of the sauce alongside rice or salad.

## Nutrition facts

Amount per serving

Calories	420 kcal
Carbohydrates	27 g
Protein	36 g
Fat	15 g

## Make it your own!

Aside from broccoli, other vegetables that make a good low FODMAP side include green beans, bok choy, and courgette.



# Lamb Koftas with Sumac Yoghurt Sauce

Low FODMAP diets do not have to be boring! This Lamb Koftas recipe is absolutely delicious, you would not even think it is low FODMAP.

Preparation time: 15 minutes

Cooking time: 10 minutes

Serves: 2

## Ingredients

For the lamb koftas:

- 250g lamb mince
- Rocket salad – 30g
- Handful of fresh chives (you could also use the green ends of a spring onion)
- 1 ½ tbsp of olive oil (you could also use garlic-infused oil for more flavour but ensure it is infused only to keep it low-FODMAP)
- Salt and pepper to season
- 50g parmesan

For the sumac yoghurt sauce:

- 125g Greek yogurt (Not greek style as this does not class as low-FODMAP)
- 1 tsp sumac
- ½ tbsp olive oil
- ½ tbsp fresh lemon or lime juice

## Instructions

1. Prepare the sumac yogurt sauce by mixing all ingredients and refrigerating until ready to use, allowing the flavors to meld.
2. For the koftas, combine lamb, olive oil, finely chopped chives, salt, and pepper in a bowl, shaping the mixture into ten koftas.
3. Heat 1 tablespoon of oil in a non-stick frying pan over medium heat, then carefully add the koftas, ensuring they're not too close together.
4. Cook for 7-10 minutes, turning halfway until golden brown and cooked through. Handle them gently to prevent them from falling apart.
5. Once cooked, serve on a bed of rocket with parmesan shavings for an extra burst of flavor.

## Nutrition facts

Amount per serving	
Calories	637 kcal
Carbohydrates	5 g
Protein	27 g
Fat	52 g

## Did you know?

Although most lamb dishes contain onion, you can use chives to get the same flavor!

# Greek Yoghurt Pizza Base

You may have thought, how do I make a pizza low FODMAP? Well, we have created one for you! This easy-to-make low fodmap pizza base recipe can be customized to suit your preferences. You can make it vegetarian, or loaded with meat, it's up to you.

Preparation time: 20 minutes

Cooking time: 15 minutes

Serves: 1

## Ingredients

- 200g gluten-free self-rising flour (rice tapioca, corn)
- 200g lactose-free Greek yogurt
- 1 tbsp olive oil
- A pinch of salt
- 1 tbsp tomato paste
- 30g mozzarella
- 4 cherry tomatoes
- 4 green olives
- 30g of fresh spinach
- Basil to taste
- 1 hen's egg

## Nutrition facts

Amount per serving	
Calories	1170 kcal
Carbohydrates	169 g
Protein	37.9 g
Fat	42 g

## Instructions

1. Preheat your oven.
2. In a large mixing bowl, sieve the flour and create a well in the centre.
3. Pour the Greek yogurt into the well and mix well with the salt until a dough forms.
4. Flour a work surface and knead the dough on it.
5. Roll out the dough and place it on a baking tray.
6. Spread the tomato paste sauce
7. Top with tomatoes, green olives, spinach and mozzarella
8. Add the egg in a well in centre
9. Bake for 15 minutes.

Want to try something different from tomato base? Why not give pesto a go!



## Low FODMAP Pizza Toppings:

- Chicken
- Ground beef
- Chorizo
- Mushrooms
- Spinach
- Cherry tomatoes
- Bell pepper
- Eggplant
- Red chilli
- Garlic oil
- Feta
- Parmesan
- Mozzarella
- Rocket
- Basil leaves



# Risotto Primavera

Looking for a low FODMAP risotto recipe? Look no further, this risotto primavera will be a favorite! Don't fancy using the same toppings? This recipe allows you to customize your own low FODMAP risotto. This recipe typically serves four people so it is the perfect family meal.

Preparation time: 10 minutes

Cooking time: 40 minutes

Serves: 4

## Ingredients

- 250g risotto rice
- 6 spring onions (green part only)
- 4 slices of prosciutto
- Homemade stock with 900ml of water, Or buy Bays Kitchen Low-FODMAP stock
- 2 courgettes
- 40g parmesan
- 3 tbsp lactose-free yogurt
- 1 lemon, juiced

## Instructions

1. Preheat your oven to gas mark 6 or 200 degrees.
2. Thinly slice the spring onions and place with the rice and 800ml of water into an oven-proof baking dish.
3. Stir together and cover with tin foil. Place in the oven for 15 minutes.
4. Remove from the oven, add in the thinly sliced courgettes and bake for another 20 minutes until everything is tender.
5. Once cooked, stir in the yogurt, lemon juice, any seasoning (to taste) and stock if it is looking dry and bake for a further five minutes.
6. Sprinkle with the parmesan and sliced prosciutto to serve.

Perfect for  
a family  
meal!

## Nutrition facts

Amount per serving

Calories	345 kcal
Carbohydrates	55 g
Protein	15.6 g
Fat	6.5 g



# Chicken and spinach coconut curry

Needing a basic low fodmap chicken curry recipe? Try out this delicious chicken and spinach coconut curry! Using only a handful of basic chicken curry ingredients, you can whip up this hearty meal in no time at all!

Preparation time: 5 minutes

Cooking time: 30 minutes

Serves: 2

## Ingredients

- 150 g basmati rice  
(cook in 300 ml of water)
- 260 g diced chicken breast
- 2 tbsps curry powder  
(add more if you like it a little more spicy and fragrant)
- 200 ml coconut milk
- Bays Kitchen Low-FODMAP chicken stock
- Juice of 1/2 lime
- 40 g or a handful of spinach

## Instructions

1. Add the rice to the water and add 1/4 tsp of salt and bring to the boil. Once boiling turn the heat down to medium and cover it with the lid. Leave to cook for 10 minutes and then remove from the heat (lid still on) and let cook in its own steam for a further 10 minutes or until ready to serve.
2. Fry the chicken or cook the chicken in the air fryer, making sure to lightly season. Cook the chicken until it has browned all over.
3. Add the curry powder to the chicken and let the spices cook for a minute or two until fragrant. Add in the coconut milk and the chicken stock pot and bring to the boil on low heat.
4. Lower the heat and simmer until chicken is cooked through and sauce has thickened. If you feel the sauce has thickened too much, add a dash of water and stir. Finally add the lime juice and spinach and simmer until the spinach has wilted down.
5. Serve and enjoy!



## Nutrition facts

Amount per serving

Calories	659 kcal
Carbohydrates	70 g
Protein	47 g
Fat	20 g
of which saturated	14 g

# Spicy Vodka Pasta

Want to try the viral spicy vodka pasta recipe, but need it to be low FODMAP? We have got you covered! This low FODMAP pasta dish is perfect, whether you want a cozy night of food or a dinner party favorite, with just a few simple swaps, you can still enjoy viral meals, and keep your gut happy.

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves: 1

## Ingredients

- 80g gluten-free pasta (corn and rice flour)
- 2 tablespoons of vodka
- 2 tablespoons of parmesan cheese
- 1 tablespoon of butter
- 28g of tomato paste
- Green tops of spring onion, finely chopped
- 75g lactose free cream
- 1 teaspoon of chilli flakes
- 1 tablespoon of garlic infused olive oil
- Basil leaves to serve

## Instructions

1. To cook the pasta, bring a large saucepan of salted water to a boil. Add the pasta and cook according to the packaging instructions until al dente. Drain and set aside.
2. In a frying pan or skillet, heat the olive oil over medium heat. Add the spring onions and tomato paste to the pan. Sauté for about 90 seconds, stirring occasionally.
3. Pour in the cream, add the chili (to taste), and vodka (if using). Cook for an additional two minutes, allowing the flavors to meld together.
4. Add the butter to the pan and stir until it melts completely. Sprinkle in the grated Parmesan cheese, stirring continuously until the cheese is melted and the sauce is smooth.
5. Add the cooked and drained pasta to the sauce in the frying pan. Toss the pasta gently in the sauce until it is well coated.
6. Season the pasta with salt and pepper to taste. Serve the pasta immediately, garnished with fresh basil leaves if desired.



## Nutrition facts

Amount per serving

Calories	718 kcal
Carbohydrates	68 g
Protein	15.9 g
Fat	42.9 g

# Oven-Baked Paprika Chicken Drumsticks

For us, paprika chicken drumsticks are a simple and easy staple recipe. You can even change up the seasoning or cooking method; throw on the barbeque, put in the airfryer or oven-bake just like we have.

Preparation time: 10 minutes

Cooking time: 60 minutes

Serves: 2

## Ingredients

- 500g chicken drumsticks
- 450g potatoes or 150g rice (whichever you may prefer)
- 5 large carrots
- 2-3 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 teaspoons paprika
- 1 teaspoon oregano or mixed Italian herbs

For something different, why not try switching out potato for sweet potato?

## Instructions

1. Preheat your oven to 180°C (350°F).
2. If you'd like to include potatoes, chop them into quarters, adding them to the dish with the drumsticks.
3. In a small bowl, mix together your salt, herbs, and spices. Drizzle olive oil over the drumsticks and potatoes, then mix everything with your hands to ensure an even coating.
4. Sprinkle the spice mixture over the contents of the dish, making sure everything is well-seasoned.
5. Bake in the oven for 45-60 minutes, flipping the drumsticks after 30 minutes to prevent burning, until the potatoes are soft and the chicken is cooked through.
6. While the dish bakes, prepare rice if you prefer it over potatoes, cooking according to the package instructions.
7. The dish is ready when the drumsticks are golden brown on the outside and the potatoes are tender.

## Nutrition facts

Amount per serving

Calories	602 kcal
Carbohydrates	17 g
Protein	48 g
Fat	57 g



# Spaghetti Carbonara

This recipe uses just four ingredients, and is low in lactose, with the only dairy product being Parmigiano Reggiano, a hard cheese which is generally well tolerated for those with food intolerances. This recipe uses chorizo instead of the traditional pancetta, but you can always swap it back in, or even add some roasted courgettes on top for a vegetarian twist.

Preparation time: 20 minutes

Cooking time: 5 minutes

Serves: 2

## Ingredients

- 3 large egg yolks
- 80g chorizo
- 150g (dry weight) gluten-free spaghetti
- 50g parmesan or pecorino cheese



## Nutrition facts

Amount per serving

Calories	637 kcal
Carbohydrates	61.95 g
Protein	25.13 g
Fat	30.35 g

## Instructions

1. Boil the water for your pasta and add a good pinch of salt
2. Crack the eggs and put the yolks in a bowl
3. Grate your cheese of choice from those suggested and add it to the egg yolks. Mix it in well
4. Add the chorizo to a pan and fry off for around three minutes (no need to add oil, the natural oils will come from the meat). Once cooked remove the chorizo from the pan but leave the oils in there
5. Add the spaghetti to the boiling water and cook for around 12 minutes, or time suggested on the packaging
6. After the cooking time for the pasta is over, fill a mug with some of the pasta water (this is what makes it creamy)
7. Remove the pan from the heat (super important to stop your low-FODMAP carbonara from scrambling)
8. Add the egg and cheese mixture to the pan and stir quickly till all combined, the leftover heat of the pan will cook the egg
9. If it is too thick, add a little more pasta water
10. Add the chorizo and give it a stir till combined
11. Season with salt and pepper

**TOP TIP:** Heat your plate or bowl before serving, carbonara cools quickly, so a warm plate will help keep the heat.

# Prawn Pad Thai

This is a great weekday low FODMAP recipe that everyone can enjoy. To make this recipe vegetarian, you can switch the prawns for tofu and use an extra tablespoon of soy sauce instead of the fish sauce. If you would like to make this vegan, you can also remove the egg.

Preparation time: 10 minutes

Cooking time: 40 minutes

Serves: 2

## Ingredients

- Rice Noodles – 1 pack
- Granulated sugar – ¼ cup
- Plain rice vinegar – 2 tablespoons
- Soy Sauce (or tamari for gluten-free) – 2 tablespoons
- Fish sauce – 1 tablespoon
- Paprika – 2 teaspoons
- Garlic-infused olive oil – 2 tablespoons
- Green pepper
- 400g (or 1 pack) uncooked prawns
- 1 egg

Optional:

- Coriander and sesame seeds to garnish
- Green cabbage

## Instructions

1. Start by checking the cooking instructions on the rice noodle packet; you'll likely need to get the water boiling.
2. In a separate dish, whisk together the sugar, rice vinegar, soy sauce, fish sauce, and paprika.
3. Heat the garlic-infused oil in a pan or wok over medium heat. Once hot, add the chopped bell pepper and cabbage, and cook for about five minutes until the veggies soften.
4. While they're cooking, start cooking the noodles. Once cooked, drain them.
5. Once the veggies are soft, add the prawns and cook for 2 to 4 minutes, until they turn opaque pink and are almost cooked through. Add the whisked sauce and cook for around a minute, until fully cooked and the sugar is dissolved then reduce the heat to low.
6. Stir in the noodles and the chopped green ends of the spring onions, then remove from the heat. Optionally, heat the remaining teaspoon of garlic-infused oil over medium-high heat in a small nonstick skillet. Once hot, add the egg and cook, scrambling with a silicone spatula, until done. Stir this into the noodle mixture.
7. Serve with optional cilantro and sesame seeds and enjoy!



### Nutrition facts

Amount per serving	
Calories	845 kcal
Carbohydrates	114 g
Protein	51 g
Fat	22 g

This recipe moves **TOP TIP:** quickly, so it's best to have all your ingredients ready beforehand!

# Korean Style Pork Belly and Roasted Kale

Try our delicious Korean style pork belly which we served up alongside some air-fried sweet potatoes and oven-baked crispy kale. You may be thinking, is kale low FODMAP? Yes, it is! A 1 cup serving of chopped kale (137g) is low in FODMAPs and makes a great side for this meal!

Preparation time: 10 minutes

Cooking time: 40 minutes

Serves: 2

## Ingredients

- 4 slices of pork belly (around 300g)
- 2 tablespoons maple syrup
- 2 teaspoons of grated ginger
- 1 teaspoon sesame oil
- two teaspoons tamarind sauce
- 180g (1) large sweet potato
- 100g Cavolo Nero kale

## Instructions

1. Put your tamarind sauce, honey and ginger into a small bowl and mix together
2. Pour your sauce over the pork belly (if you are in a rush, leave this for about 10 minutes whilst you prepare the other elements, or leave to marinate for at least an hour)
3. Chop up your sweet potato into wedges, drizzle over a small amount of olive oil and season with salt and pepper
4. In this recipe we are going to air fry the potatoes and pork, both can be cooked at a temperature of 180 degrees.
5. Put the sweet potatoes in to cook first for 10 minutes
6. After 10 minutes, add the pork belly and cook for a further 20 minutes.
7. For the crispy kale, remove the main part of the kale from the stalk. Break the leaves into smaller pieces.
8. Place these on a baking tray and cook at 200 degrees in the oven for around 5 minutes.
9. Once all is ready, you can serve up your low fodmap pork belly meal!

## Nutrition facts

Amount per serving

Calories	697.35 kcal
Carbohydrates	40.1 g
Protein	17.35 g
Fat	57 g

If you don't fancy sweet potatoes or kale, you could try this pork alongside some egg fried rice, which you can make with tamarind sauce instead of soy sauce. All low in FODMAPs of course.



# Baked Feta and Courgette Pasta

Baked feta has had its time in the social media spotlight and so we just had to do an OMED Health twist on this viral recipe. We have used small amounts of tomato and courgette here to make sure it remains low in FODMAPs, make sure you stir the baked feta in your pasta to create a creamy and delicious sauce.

Preparation time: 10 minutes

Cooking time: 30 minutes

Serves: 2

## Ingredients

- 150g of gluten-free pasta
- 100g feta
- Six cherry tomatoes
- 134 g (1 small/medium) courgette
- Tablespoon of rosemary
- 1 tablespoon maple syrup or 2 tablespoons of honey
- Tablespoon of olive oil
- Seasoning

## Instructions

1. Preheat your oven to a medium heat.
2. Chop your tomatoes in half and your courgette into batons.
3. Place the block of feta into the centre of an ovenproof dish. Surround with the vegetables and place the rosemary on the top.
4. Drizzle over the honey and oil. Season.
5. Place the dish in the middle shelf of your oven for 25 minutes.
6. Meanwhile, cook the pasta according the instructions on the packet.
7. Add the drained pasta to the feta dish and stir well to combine all of your ingredients and serve.



## Nutrition facts

Amount per serving

Calories	354kcal
Carbohydrates	41.8 g
Protein	11.3 g
Fat	17.1g







**SWEETS, SNACKS  
AND OTHERS**

# Home-made Kombucha Brew

If you're looking for food and drink that can help to improve your gut health, you may be interested in learning how to make your own home-made kombucha. Kombucha is not only tasty but also beneficial for your digestive system. Just be sure to prepare properly before you start!

Preparation time: 2 hours (includes waiting time)

Cooking time: 5-14 days

When in the low FODMAP phase it is recommended to have no more than 180ml

## Ingredients

- One kombucha culture - also known as a scoby
- 3-4 teabags (green or black tea or a combination of both)
- 80-100g sugar
- 1 litre of boiled water
- 1 large jar or container
- 1 clean cotton or muslin cloth
- Elastic band to secure the cloth

## Instructions

1. Make sure your jar and cloth have been washed in hot water. There is no need to sterilise them but they should be clean.
2. Add the tea bags and sugar to your container and pour the boiled water on top. Give it a big stir.
3. When the water has cooled to the touch, add your scoby to the container. Place your cloth on top and secure with a rubber band. Add on your lid.
4. Store your container away from direct sunlight and from areas of high traffic, it brews best in a room with a constant temperature of around 20-23 degrees celsius.
5. Your kombucha will become slightly cloudy, on around day 3 do a taste test to see if it is fruity rather than like tea. Taste it each day until it becomes a flavour you enjoy, it should be sour/tarte.
6. When it is ready, pour the kombucha into a jug and store in the fridge. You may wish to filter it using a muslin cloth, sieve or coffee filter paper. The longer it is in the fridge, the fizzier it will get. Leave the scoby sitting in a small amount of liquid in the jar and repeat the steps above for your next brew!

## Nutrition facts

Amount per serving	
Calories	294 kcal
Carbohydrates	31 g
Protein	1.41 g
Fat	19 g

## Did you know?

Kombucha can be an important source of probiotics, antioxidants, vitamins and minerals, which is why it can be great for gut health!



# Peanut Butter Flapjacks

Peanuts are classified as low fodmap and so natural style peanut butter is perfect for a sibo friendly breakfast, some varieties can be full of sweeteners therefore do check food labels to make sure your peanut butter contains as few ingredients as possible. These peanut butter flapjacks do make a perfect low fodmap breakfast or you can have one as a treat throughout the day!

Preparation time: 5 minutes

Cooking time: 40 minutes

Serves: 8

## Ingredients

- 100g chocolate chips
- 75g peanut butter - the smooth style melts better but you can use the chunky if you prefer
- 150g oats
- 20g coconut oil
- 100ml maple syrup
- 50g Almonds
- 50g Pumpkin Seeds
- 1 teaspoon of cinnamon
- A pinch of salt

## Instructions

1. Start by lining a rectangular tray or baking sheet with baking parchment.
2. In a large bowl, mix together the oats, seeds, nuts (chopped), salt and cinnamon.
3. In a saucepan over low heat, melt together the oil, syrup, and peanut butter. Once melted, allow the mixture to cool for a few minutes.
4. Pour the melted mixture into the bowl with the dry ingredients. Mix everything together thoroughly with a wooden spoon until well combined.
5. Pour the mixture onto the lined tray or baking sheet. Press down firmly and evenly with the back of a spoon or spatula to compact the mixture. Sprinkle chocolate chips evenly over the top and press them into the mixture gently with the back of a spoon.
6. Place the tray in the refrigerator for 3-4 hours, or ideally overnight, to allow the mixture to set.
7. Once chilled and set, remove the tray from the fridge. Use a sharp knife to cut the mixture into rectangular pieces or bars. Serve and enjoy!



### Nutrition facts

Amount per serving	
Calories	354 kcal
Carbohydrates	38 g
Protein	9 g
Fat	20 g

## Make it your own!

Try out these switches for a bit of personalization:

- Almonds - walnuts, hazelnuts
- Pumpkin seeds - sunflower seeds, chia seeds
- Maple syrup - honey

# Chia Seed Pudding

Chia seed pudding is a great make-ahead breakfast or snack option. Prepare the evening before for a low FODMAP breakfast-on-the-go, you can add a different spice or topping depending on your preferences.

Preparation time: 5 minutes

Serves: 1

## Ingredients

- 20g chia seeds
- 140ml of non-dairy milk, we used oat
- Half a teaspoon of cinnamon
- Half a teaspoon maple syrup
- 15g chopped pecans
- 5 frozen raspberries or strawberries to top your pudding

## Instructions

1. In a lidded jar or container, add your maple syrup, seeds, milk, and cinnamon. Stir well.
2. Leave in the fridge for at least three hours but ideally overnight. If you can, stir again after one hour.
3. When you are ready to eat your pudding, remove from the fridge and top it with fruit, nuts, or even our [low-FODMAP granola!](#)

## Top Tip:

Your pudding should set if you have used the right ratio of ingredients, if it is a little loose add more seeds, stir well and put back in the fridge. If it is too thick, they add more milk and again add to fridge. You can scale this recipe to make a bigger batch of pudding, which will last for up to five days in the fridge.



**Combine  
with our other  
low FODMAP  
recipes!**

Try topping this recipe with our very own low fodmap granola, which can be found in the breakfast section.

## Nutrition facts

Amount per serving

Calories	178 kcal
Carbohydrates	24.1 g
Protein	4.85 g
Fat	8.22 g

# Toffee Biscuit Crunch

We all deserve a little sweet treat, this low FODMAP toffee biscuit crunch is the perfect indulgence. Made from a handful of ingredients most of us already have in the cupboard, this is a fun recipe for the whole family to get involved in!

Preparation time: 5 minutes

Cooking time: 40 minutes

Serves: 16

## Ingredients

- 200g gluten-free plain crackers
- 240g salted butter
- 200g brown sugar
- 255g dark chocolate chips
- Optional (but makes it super tasty) – 2-3 pinches of sea salt flakes

## Nutrition facts

Amount per serving

Calories	294 kcal
Carbohydrates	31 g
Protein	1.41 g
Fat	19 g

## Instructions

1. Preheat your oven to 200 degrees Celsius and line a sheet pan with a single layer of table crackers.
2. In a medium saucepan over medium to medium-high heat, melt the butter. Stir in the brown sugar using a spatula, ensuring to keep stirring as the mixture comes to a boil to prevent burning. After two to three minutes, you'll notice it starting to expand and thicken into caramel. Once this happens, remove it from the heat completely.
3. Pour the caramel over the crackers on the tray, then use the spatula to evenly spread it across all of them. Place the tray in the preheated oven for five minutes.
4. Once removed from the oven, immediately cover the caramel layer with chocolate chips. Allow it to sit for 5 minutes; during this time, the heat from the caramel will start to melt the chocolate. Then, use the spatula to spread the chocolate evenly across the caramel and crackers. If you wish, sprinkle some salt over the top.
5. Let the mixture cool to room temperature or, if you're in a hurry, you can speed up the process by putting it in the freezer for 30 minutes. Once cooled and set, use a knife to cut it into portions or rough pieces.
6. There you have it your low fodmap toffee biscuit crunch is ready to serve!



This recipe is perfect for sharing!

# Roasted Pepper and Walnut Dip

Shop-bought dips do not often meet the low FODMAP test but it is super simple to make your own at home. This dip can be eaten alongside your favorite low FODMAP vegetables, or even have it spread on a slice of gluten-free bread.

Preparation time: 15 minutes

Cooking time: 25 minutes

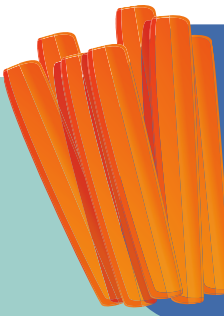
Serves: 6

## Ingredients

- 260 g (2) medium-sized red peppers
- 30g of nuts, we used walnuts but you could try pine nuts or almonds
- Two tablespoons of garlic infused olive oil
- 2 tablespoons lemon
- One teaspoon of ground cumin

## Instructions

1. Slice the peppers in half and roast in an oven or air fryer until the skin blisters.
2. Allow the peppers to cool enough so you can peel off the skins. Peel off skins and slice into chunks.
3. Place the all of the ingredients into a food processor and blend until smooth.



There's plenty of low FODMAP vegetable options to try with this dip - carrots, cucumber or bell peppers are our favourites!

## Nutrition facts

Amount per serving

Calories	82 kcal
Carbohydrates	4 g
Protein	1.6 g
Fat	7 g

## Combine with our other low FODMAP recipes!

Back in our Breakfasts section, you'll find a recipe for low fodmap bagels. This recipe can also be adapted to produce loaves of bread which can make perfect slices for this dip!



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