



RECIPE EBOOK

FODMAP FRIENDLY

9 Low FODMAP Recipes:
Snacks, Starters, Mains & Desserts



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Snacks

Quick & Easy Stromboli

PREP / COOK TIME 25 MIN **SERVES** 4 **1 SERVE** is 2 slices

Bring this snack to your home with this easy to make and appetising Stromboli. For a morning or afternoon snack, this dish is packed with protein and a huge array of flavour.



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Ingredients

1 tsp xanthan gum
1 tsp salt
1/2 tsp baking powder
3 Tbsp (37 g) sugar, divided as 1 Tbsp and 2 Tbsp
1 Tbsp (10 g) yeast
1 1/4 cup (300 ml) warm water, divided to 3/4 cup and 1/2 cup
1 Tbsp (15 ml) olive oil
1/2 cup *FODMAP Friendly Certified Slightly Different Tomato and Basil Sauce*
12 slices *Lewis & Son FODMAP Friendly Certified Natural Beef Italian Salami*
16 thinly sliced pieces of *Lewis & Son FODMAP Friendly Certified Natural Kabana*
1 1/4 cup mozzarella cheese divided
1 egg beaten
1 tsp Italian mixed herbs (or mix of preferred herbs)
Optional: 2 Tbsp fresh chopped parsley or spring onion (green parts) for topping
Optional ingredients to add to filling-red capsicum, sun-dried tomatoes (2 pieces diced), sliced olives

Low FODMAP dough:

3 cups of low FODMAP flour (*Orgran, White Wings, Semper, Det Glutenfrie Verksted, EQU and Lo-Fo Pantry* have FODMAP Friendly Certified flour)



Method

1. In a small bowl, combine yeast and 3/4 cup warm water – about (43°C). Let set for 5 minutes to activate
2. Add 1 Tbsp of sugar
3. In a separate bowl, combine flour, xanthan gum, salt, baking powder and remaining 2 Tbsp sugar. Stir together
4. Make a well in the dry mixture and add the yeast mixture. Add the olive oil and additional 1/2 cup warm water
5. Stir until well combined, using a wooden spoon and your hand
6. Preheat oven to 200°C (392°F).
7. Roll the dough out and stretch it out on a piece of parchment paper. Spread the sauce leaving about 5 cm (2 in) from the edge. Top with salami, cheese, and kabana.
8. Roll up the dough up like a cinnamon roll and pinch the edges to seal and fold where the seam is. Lay the stromboli seam side down. Brush with the egg and cut small slats in the top. Top with cheese, herbs and sprinkle with fresh parsley.
9. Bake for 15-20 minutes or until golden brown on top. Serve with warm Slightly Different Tomato and Basil Sauce.



Gluten Free crackers with pariser, avocado & tomato

PREP / COOK TIME 5 MIN **SERVES** 2

If you're after a fancy, filling and savory snack to tie you over, look no further! This combination of crackers, tasty pariser is incredibly easy to make and deliciously moreish. A low FODMAP snack is packed with the right mix of energy, protein and fibre to help boost long acting energy right up till your next meal.

Ingredients

2 Orgran Quinoa Crispbread slices

4 Lewis & Son Pariser slices

5 cherry tomatoes

2 Tbsps of feta

Basil, if desired

Nuttelelex, if desired

Method

1. Place ingredients in desired quantity on crispbread and enjoy!

Notes

We suggest serving each cracker with 2 slices of Pariser, 1 tablespoon on feta, 2.5 cherry tomatoes

1 serve = 2 crackers



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Starters

Low FODMAP Chicken & Vegetable Soup

PREP / COOK TIME 40 MIN **SERVES** 5

it doesn't get more comforting and satisfying than a traditional Chicken Vegetable Soup! Loaded with vegetables and a delicious broth, this nutritious, easy to make soup is perfect for any day of the week! A perfect dish to cook on a busy day, plus it's packed with protein, vitamins and incredible flavours!

Ingredients

2 medium *Lewis & Son FODMAP Friendly Chicken Broth*

2 Tbsp of garlic infused oil

1 tsp fresh thyme

2 cups diced/ shredded chicken

2 cups vermicelli noodles

2 carrots chopped

¼ cup peas

1 cups broccolini florets

1 cup chopped capsicum

½ cup chopped green beans

½ cup bok choy

Salt and pepper to taste

Olive oil



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Method

1. Preheat the oven to 180°C (356°F) fan forced.
2. Rub chicken breast with olive oil, thyme, salt and pepper.
3. Place chicken in a roasting pan lined with foil and cook for 20 minutes, or until cooked through. Once the chicken is cooked and has cooled down, shred or chop the chicken to desired size.
4. While waiting for the chicken to cook, fill a medium sized pot with 5cms of water. Bring to the boil. Place your chopped vegetables in a medium steamer basket on top of the pot and cover with a lid. Let the vegetables steam for 8-10 minutes, or until slightly tender.
5. Pour 2 of Lewis & Son's Chicken Broth in a new large pot over medium heat. Bring to a simmer, and stir in 2 tablespoons of infused garlic oil. Water may need to be added as the veggies soak up the stock overtime.
6. Pour the vermicelli noodles into the chicken broth and simmer for 5-10 minutes until the noodles soften.
7. Add steamed vegetables, spinach and cooked chicken to the broth
8. Stir through and heat to your desired temperature, add salt and pepper to taste. Serve in bowls and enjoy!



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Avocado Pitas with Kabana and spiced chickpeas

PREP / COOK TIME 30 MIN SERVES 4

Give your taste buds an explosion of aromatic spices and flavors with this spiced chickpeas! Paired perfectly with crisp pita bread, juicy sliced Lewis and Son's Kabana, smooth creamy avocado and Greek yoghurt, it's guaranteed to keep everyone on the dinner table happy.

Ingredients

- 1/2 avocado
- Low FODMAP Pitta Breads (or wraps)
- 1 Tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 2 Lewis & Son Natural Sliced Kabana
- 3/4 cup dried chickpeas
- 1/4 lactose free Greek yoghurt



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Method

1. Soak chickpeas overnight and cook per packet instructions.
2. Heat a chargrill on high. Brush the Pitta Breads with half the oil and cook on the grill, in batches, for 1-2 mins each side or until lightly charred. Divide among serving plates.
3. Cook the kabana on the grill for 1 min each side or until charred. Transfer to a large heatproof bowl. Combine the cooked chickpeas, paprika, cumin, coriander and remaining oil in a bowl. Cook on the grill, stirring, until heated through. Add to the kabana in the bowl.
4. Place the chopped avocado, lemon juice and Greek yoghurt in a food processor. Process until the mixture is smooth.
5. Spread the Pitta Breads evenly with the avocado mixture. Place the kabana, and spiced chickpea mix on top. Serve immediately.

Notes

Try serving this with fresh mint leaves and a lemon wedge for some extra zest! Feel free to top the pita bread with other low FODMAP roasted vegetables such as zucchini.



Mains

One Dish Salami Pasta Bake

PREP / COOK TIME 30 MIN **SERVES** 6

Ingredients

300g cherry tomatoes

750g low FODMAP penne or elbow pasta

300g *Lewis and Son Salami*

700g *Simply Wize Napolitana Sauce*

1/3 cup chopped basil

1 cup *Liddells Lactose Free Cheese*

Method

1. Preheat the oven to 200°C/180°C (356°F) fan-forced. Lightly grease a 6cm-deep, 8 cup-capacity ovenproof dish.
2. Place pasta, salami, cherry tomatoes, pasta sauce, 2 cups cold water and chopped basil in prepared dish. Stir to combine.
3. Top with cheese. Cover the dish with foil. Bake for 30 minutes. Remove foil. Bake for 15 minutes or until the cheese is golden and pasta tender.
4. Stand for 10 minutes.
5. Top with basil leaves. Serve and enjoy!



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Bangers and Mash

PREP / COOK TIME 400 MIN **SERVES** 2

Ingredients

4 *Lewis & Son Italian sausages*

150g potato

Lewis & Son Sauerkraut to taste, up to 40g per serve

¼ cup red capsicum chopped

⅓ cup zucchini chopped

1 cup chopped broccoli

½ carrot chopped

75g green beans

Tomato sauce

Salt and pepper to taste

Method

1. Cube and boil the potatoes until tender.
2. Steam the remaining vegetables.
3. In a pan over medium heat, cook the Italian sausages. Ensure the sausages have been pricked with a fork prior to cooking.
4. Lightly warm the sauerkraut in the microwave. Mash the boiled potatoes and mix through the steamed veggies and sauerkraut.
5. Serve next to the Italian sausages with a side of tomato sauce.



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Dessert



Lemon and Macadamia Cookies

PREP / COOK TIME 15 MIN **SERVES** 4-5

Ingredients

¾ cup macadamias roughly chopped
2 cups *Orgran* or *White Wings* Gluten Free Plain Flour
2 eggs
Zest of 1 lemon
1.5 Tbsp freshly squeezed lemon juice
½ tsp baking soda
Pinch of salt
2 tsps of vanilla essence
½ cup white sugar
½ cup brown sugar
¾ cup butter or coconut oil

Method

1. Preheat oven to 160°C (320°F). Prepare the baking tray by lining with baking paper
2. In a large bowl, combine the flour, baking soda, and salt
3. In a separate medium sized bowl, whisk together the eggs, sugar, butter or coconut oil, lemon juice and zest until well combined and fluffy
4. Pour the wet batter into the large bowl and mix until combined. Stir through the macadamias
5. Using a table spoon, scoop and roll the batter into balls on the baking tray. Flatten the balls until they are approximately one inch thick.
6. Bake for 8-10 minutes, leaving soft centres.
7. Cool on a wire rack for 5 minutes and enjoy!



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Coconut Layer Cake

PREP / COOK TIME 70 MIN **SERVES** 24

A mouth-watering coconut layer cake for any occasion! Birthdays, Christmas, New Year's, Easter, you regular picnic – this one is for you! Enjoy as is or add a scoop of low FODMAP ice-cream!

Ingredients

Coconut Layer Cake:

2 cups sugar
4 large eggs
2 ½ cups low FODMAP flour (*Orgran, White Wings, Semper, Det Glutenfrie Verksted, EQU and Lo-Fo Pantry* have FODMAP Friendly Certified flour)
½ tsp salt
1 Tbsp baking powder
1 tsp xanthan gum
1 cup vegetable oil (canola or similar)
1 cup (250mL) canned coconut milk
1 tsp vanilla extract
1 tsp coconut extract (adjust based on the potency of your extract)
1 cup (100g) of desiccated coconut

Coconut Cream Filling:

3 large egg yolks
¼ cup plus 2 Tbsp sugar
3 Tbsp potato flour
⅛ tsp salt
1 ½ cups almond milk
¾ cup (75g) desiccated coconut
¾ tsp pure vanilla extract

Cream Cheese Frosting:

½ cup butter
½ cup lactose-free cream cheese
3 cups icing sugar (adjust sugar to your taste)
1 tsp vanilla extract



Method

Coconut Layer Cake:

1. Preheat oven to 180°C (356°F) and line 2 x 20cm round cake tins with baking paper
2. Using an electric mixer, mix the sugar and eggs on a medium for 1 minute and put aside
3. In another medium bowl, combine the flour, baking powder, and xanthan gum
4. Using a large measuring cup, place oil, coconut milk, vanilla and coconut extracts and stir to combine
5. Add the flour mixture to the egg mixture on low-medium, alternating with the oil/coconut milk mixture until all are combined; do not overmix. Pour batter into the 2 prepared tins
6. Place on the middle shelf of the oven and bake for 35-40 min (check that the cakes spring back from pan edges and centre is springy when touched)
8. Cool cakes in pan for 5 minutes, then invert to a rack and cool completely. Once completely cool, chill the cake in preparation for decorating

Coconut Cream Filling:

1. Place egg yolks in a large bowl and whisk to combine. Set the bowl aside
2. Combine the sugar, potato flour and salt in a medium sized saucepan, then slowly whisk in the almond milk
3. Cook, stirring for 10 minutes, over medium heat until mixture thickens and comes to a boil, then remove from heat
4. Whisk 3 tablespoons of the hot milk mixture into the reserved egg yolks to temper yolks
5. Slowly pour warm yolks into the saucepan, stirring constantly
6. Over a low heat stir the mixture slowly, for 5 minutes, until bubbles begin to form.
8. Stir in the shredded coconut and vanilla
9. Transfer filling to a medium mixing bowl, and cover with plastic wrap touching the surface (to prevent a skin forming)
10. Chill until set, about 1-2 hours in refrigerator

Cream Cheese Frosting:

1. Use an electric beater to beat the butter with the cream cheese until smooth
2. Slowly add sugar until the mixture becomes fluffy
3. Add vanilla extract and beat until smooth.
4. Decorate the cake: place the bottom base layer on cake plate and top with coconut cream. Then top with the second cake ice the top and sides of the cake with Cream Cheese Frosting
5. Garnish cake with the shredded coconut and chill until served.



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Sauerkraut Choc Chip Cake

PREP / COOK TIME 45 MIN **SERVES** 14

Ingredients

1 cup Lewis & Son sauerkraut, strained
1 + ½ cups of white sugar
2 + ¾ cups Lo-Fo Pantry *Plain Flour*
1 + ½ cups of dark chocolate chips – Chocolife, The Good Chocolate, Enjoy Life, Casa de Santé have FODMAP Friendly certified chocolate
2 tsps baking soda
½ tsp salt
1 Tbsp vanilla extract
2 Tbsp white vinegar
1 cup canola oil & 1 cup room temp water

Method

1. Preheat oven to 180°C (356°F). Grease two 20–23cm cake pans (olive oil spray works well).
2. Sift together the sugar, flour, baking soda, and salt in a large bowl.
3. In a separate large bowl, whisk together the oil, water, vinegar and vanilla extract.
4. Add the dry ingredients to the liquid mixture, mix until smooth and combined.
5. Add the chocolate chips and finely sliced sauerkraut and stir through the mixture.
6. Bake for 35–40 minutes or until your desired texture.
7. Cool the cake within the pan on the rack for 15 minutes. Remove from the pan and enjoy the melted choc chips served warm.



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