



RECIPE EBOOK

Vegetarian & Vegan FODMAP Friendly



18 Low FODMAP Recipes for
Breakfast, Lunch, Dinner and Snacks
Including Gluten Free & Dairy Free Options



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Introduction

A low FODMAP diet can be quite confusing for anyone to start following, let alone if you have additional dietary requirements to account for.

Can you eat a diet low in FODMAPs that is also vegetarian or vegan? With a little extra planning this way of eating **certainly is possible**. This recipe eBook aims to provide you with nutritious and delicious plant-based recipes while keeping your diet low in FODMAPs.

This recipe book contains **healthy vegetarian and vegan FODMAP Friendly recipes** that are delicious and nutritious for everyone to enjoy. Additionally, this book highlights delicious FODMAP Friendly certified products to assist you when shopping for ingredients. All recipes are **Dietitian approved** to be low FODMAP at the serve size provided for each recipe.

Enjoy making the recipes and don't forget to tag us @fodmapfriendlyfoodprogram on Instagram so we can see your recreations!

For more information on the low FODMAP diet or available FODMAP Friendly certified products, please visit our website at: fodmapfriendly.com



What are FODMAPs?

FODMAPs are short chain carbohydrates and sugar alcohols found in foods naturally or as additives.

The FODMAP subgroups include excess fructose, lactose, fructans, GOS, sorbitol and mannitol.

FODMAP is an acronym that stands for:

Fermentable - meaning they are broken down (fermented) by bacteria in the large bowel.

Oligosaccharides - “oligo” means “few” and “saccharide” means sugar. These molecules are made up of individual sugars joined together in a chain. These include *fructans* and *galacto-oligosaccharides (GOS)*.

Disaccharides - “di” means two. This is a double sugar molecule. *Lactose* is the disaccharide in FODMAP.

Monosaccharides - “mono” means single. This is a single-sugar molecule. The monosaccharide in FODMAP is *fructose* (when present in excess of glucose).

And

Polyols - these are sugar alcohols (however don't lead to intoxication!) These include *sorbitol* and *mannitol*.

A diet low in FODMAPs has been shown to improve the symptoms of Irritable Bowel Syndrome including excessive wind, abdominal pain, bloating and changes in bowel habits (diarrhoea and/or constipation).

What does FODMAP Friendly mean?

FODMAP Friendly is a Globally Registered Certification Trademark. FODMAP Friendly laboratory test and certify low FODMAP food and drink products globally. This assists those with IBS to purchase food products they know are going to be low in FODMAPs.

Look for the **FODMAP Friendly** logo on food products to **Shop** and **Eat** with **Confidence**.



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vegan

Delicious, Crunchy Vegan Falafels

Low FODMAP falafels? Yes, you read that right, this recipe has been carefully formulated to ensure each serve is low in FODMAPs.

Serves: 4

Prep time: 15 mins

Cook time: 20 mins

Ingredients:

2 medium carrots, peeled and grated

1 cup canned chickpeas, drained and rinsed well

1 lemon, zested and juiced

Handful of chives, finely chopped

Handful of coriander, finely chopped

1 tsp. paprika, ground cumin

4 tbsp. **White Wings Gluten Free Plain Flour**

1 tbsp. olive oil

1 tsp. **FreeFOD Garlic Replacer**

1 tsp. **FreeFOD Onion Replacer**

TIP: If you don't have access to FreeFOD products, use garlic-infused olive oil and more chives & spices.

Method:

1. Place the peeled carrots, drained chickpeas, lemon juice & zest, herbs, spices and FreeFOD products into a food processor.
2. Blend ingredients until they form a smooth paste. If the mixture seems too dry, add a tbsp. of water.
3. Once combined, add the flour. The paste should be mold-able - so not too wet.
4. For crispy falafel, preheat the oven to 190°C and line a baking tray with paper. Lightly grease the baking paper by brushing some olive oil. Scoop out the falafel using a tbsp. and mold to form small patties.
5. Bake the falafels for around 10 minutes each side, until golden brown.
6. Serve the falafels with your favourite low FODMAP dressing such as our zesty yoghurt hummus!

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Low FODMAP

Vegan Laksa

Whether it's the texture of the noodles, or that special aroma of the broth, our low FODMAP recipe will create a magical meat-free hearty meal!

Ingredients For the Paste:

- 1 red chilli, no seeds and finely chopped
- 25g finely grated ginger
- 20g fresh turmeric
- 3 tsp. of lemongrass
- 4 tbsp. **San J Gluten Free Tamari Soy Sauce**
- 1 tsp. sea salt
- 1 tbsp. **Cobram Estate Garlic Infused Extra Virgin Olive Oil**

For the Laksa:

- 1 tbsp. **Cobram Estate Garlic Infused Extra Virgin Olive Oil**
- 4 cups of stock using **Bay's Kitchen Vegetable Stock**
- 1/2 cup coconut milk, full fat
- 1 tsp. brown sugar
- Handful of sugar snap peas
- 1 red capsicum, chopped
- 1 cup of spinach
- 400g packet of extra firm tofu, well-drained
- 400g vermicelli noodles

Method:

1. Add all of the paste ingredients except the soy sauce, salt and olive oil and blend with a mortar and pestle or a food processor. Add the remaining paste ingredients and blend until a smooth paste forms.
2. For the laksa, add the oil to a saucepan on medium heat. Once the oil is warm, add the blended paste. Cook the paste for two minutes or until fragrant. Add the brown sugar and continue cooking.
3. Add the vegetable stock to the saucepan. Leave on medium heat for around 10 minutes until a flavourful broth starts to form. Add the coconut milk, snow peas, capsicum and spinach and cook for another 10 minutes or so but change the heat to low.
4. Meanwhile, dice the extra firm tofu. In another saucepan, fry the tofu until nicely browned. Set aside.
5. Prepare the vermicelli noodles as per the packet instructions.
6. Add the noodles to the bottom of a bowl, scoop the laksa mixture and top with tofu.



Serves: 4

Prep time: 30 mins

Cook time: 45 mins

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Low FODMAP Quick & Healthy Noodle Stir Fry

This noodle and vegetable stir fry is delicious and healthy, giving your body a range of vitamins and minerals whilst also being quick and easy to make!

Serves: 2
Prep time: 15 mins
Cook time: 20 mins

Ingredients:

- 1 tbsp. sesame oil
- 2 tsp. **San J Gluten Free Tamari Soy Sauce**
- 2 tsp. mirin
- 2cm fresh ginger, grated
- 200g firm tofu, drained and diced
- 1 carrot, finely chopped
- 1/2 red capsicum, finely chopped
- 1 cup broccoli, chopped into small florets
- 10 green beans, finely chopped into small pieces
- 1 packet **Miracle Noodle Organic Spaghetti**
- 1 tbsp. sesame seeds, toasted if desired

Method:

1. Strain the bag of Miracle Noodle and rinse thoroughly with water. Place noodles in a lightly sprayed large fry pan on medium heat. Stir noodles until most of the water is removed from the noodles and they look dry. Then set aside in a bowl while you prepare the vegetables.
2. Add the sesame oil to the pan to heat up.
3. Add the diced tofu, tamari/soy sauce, mirin and grated ginger.
4. Fry the tofu for 5-7 minutes, until the surface becomes golden. Then remove from the pan.
5. Add the vegetables to the pan and lightly stir until the vegetables begin to lightly brown.
6. Add the tofu and miracle noodles back into the pan and warm together.
7. Serve the stir fry for two people with the sesame seeds sprinkled on top.

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Tangy Tomato Bread

Salad Starter

A light, low FODMAP salad that is tasty and eye-catching on crispy bread to start your next party!

Serves: 4

Prep time: 10 min Cook time: 15 mins

Ingredients:

- 1 ½ cups **Alpine Breads Spelt & Sprouted Grains Sourdough Bread**, cut into 3cm cubes
- 1 tsp. **FreeFOD Garlic Replacer**
- 3 tbsp. extra virgin olive oil
- 3 large tomatoes, chopped into quarters
- ¼ cup fresh flat leaf parsley, roughly chopped
- ¼ cup fresh basil, roughly chopped
- 2 small cucumbers, diced into 2cm pieces
- 2 tsp. sumac
- 1 tsp. red wine vinegar
- 1 lemon- zest and juice
- Sea salt and pepper

Method:

1. Preheat the oven to 170°C. In a large bowl combine and mix bread cubes, FreeFOD Garlic Replacer, 2 tbsp. olive oil and a pinch of sea salt and pepper. Spread out on a baking tray and bake for 15 minutes until golden and crispy.
2. In a small bowl make the dressing by mixing the remaining olive oil, lemon juice, lemon zest, red wine vinegar and sumac.
3. Combine all the other ingredients together and pour over the dressing.
4. Gently mix in the toasted bread and serve.

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Friendly products*



Low FODMAP Quinoa Salad

with Different Flavour combinations of Orange, Ginger & Chilli dressing

Serves: 4 Prep time: 15mins Cook time: 25 mins

Quinoa is a low FODMAP and high fibre grain that adds a deliciously nutty taste to meals.

Ingredients:

1 cup quinoa

1 ½ cups **FODMAPPED For You Slow Cooked**

Vegetable Broth

1 head of iceberg lettuce, sliced

1 cup zucchini, diced

1 cup capsicum, diced

1 cup cucumber, diced

1 medium carrot, chopped

½ cup cherry tomatoes, sliced

Slightly Different Foods Orange, Ginger & Chilli Dressing

½ lime

40g feta cheese, to serve

Dressing alternative: mix juice & rind of 1 orange, 2 tsp. ginger, a sprinkle of chilli powder & 1 tbsp.

Cobram Estate Garlic Infused Extra Virgin Olive Oil

Method:

1. Boil the quinoa in the vegetable stock/water according to the package instructions.
2. Toss the zucchini, capsicum, tomatoes, and carrot together and season with sea salt and pepper.
3. Slice the iceberg lettuce and add to the base of a salad bowl. Add the vegetables on top. Toss to combine.
4. Once the quinoa is cooked, add to the salad bowl and toss.
5. Drizzle the Dressing over the top.
6. Add a sprinkle of feta cheese and lime juice to the top to serve.

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Aloo Palak

(Potato Spinach Curry)

Have you tried Aloo Palak before? Aloo refers to potato and palak refers to spinach in Indian language. Aloo palak is a North Indian dish made by stir frying potatoes and spinach. With **Mamaji's Paprikaan Spinach** sauce, you can easily make this delightful, aromatic and low FODMAP vegan dish!

Serves: 4 Prep time: 5 mins Cook time: 20 mins

Ingredients:

1 jar, 375g of **Mamaji's Paprikaan Spinach**
3 large white potatoes, 600g, peeled and chopped into approximately 2½ cm
1 small handful fresh coriander, washed and roughly chopped
1 medium green chilli (optional), finely diced
1 tbsp. cooking oil

Method:

1. In medium size saucepan, heat oil
2. On medium-high heat, stir fry potatoes for 3-4 minutes
3. Add contents of Mamaji's Paprikaan Spinach jar and chili
4. Cover and cook for 15 mins until tender, stirring regularly
5. Remove from heat, pour into serving dish and garnish with fresh coriander
6. Serve immediately with rice or low FODMAP bread

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Crispy Baked Zucchini Fries



This crispy, flavoursome low FODMAP snack will surely satisfy those afternoon cravings with the added benefit of fibre and vitamins A, K and C. This is a side dish, not a main meal and has 1/2 cup zucchini is a low FODMAP serving.

Serves: 10 Prep time: 20 mins Cook time: 25 mins

Ingredients:

4 large organic zucchinis
2 cups **Orgran Corn or Rice Crispi**
Breadcrumbs
1 ¼ tsp. salt
½ cup nutritional yeast flakes
¼ cup Dijon mustard
¼ cup **Cobram Estate Onion Infused Extra**
Virgin Olive Oil
3 tbsp. water
Optional: sprinkle of cayenne pepper
Optional: oregano flakes

This recipe can also be made with other low FODMAP vegetables like green beans, capsicum, or potato!

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Method:

1. Preheat oven to 220°C and place baking paper into tray.
2. Cut the ends off of the zucchini, and slice each zucchini into sticks that are approximately 1cm thick and 7cm long. Set the slices aside.
3. Combine the cereal, salt, pepper, and nutritional yeast powder in a large mixing bowl until well combined. Transfer the crumb mixture in a shallow dish.
4. Whisk together the mustard, oil, and water in a large bowl, and add the zucchini sticks, tossing to coat them evenly.
5. One by one, remove the zucchini sticks from the Dijon mixture, allowing any excess to drip off, and roll them in the crumb mixture to coat lightly.
6. Place the zucchini sticks on the baking sheet, and place them in the oven for approximately 20 to 30 minutes, or crisp on the outside and tender on the inside.



Vegetarian

Creamy Zesty Hummus Dip



Serves: 12 Prep time: 15 mins Cook time: Nil

Hummus dip is not only creamy and delicious, it can also be added to virtually any low FODMAP vegetable to make the most the most lovely, healthy and affordable snack!

Ingredients:

- 400g canned chickpeas, drained and rinsed
- 3 tbsp. lemon juice
- 1 tsp ground cumin
- Pinch of cayenne
- Sea salt and pepper
- 2 tbsp. **Cobram Estate Garlic Infused Extra Virgin Olive Oil**
- 2 tbsp. unhulled tahini
- 1/4 cup **Liddells Lactose Free Plain Yoghurt**
- 1 tbsp. grated **Liddells Lactose Free Cheese**

Method:

1. Combine the chickpeas, lemon juice, cumin, cayenne, salt, pepper and garlic infused extra virgin olive oil in a food processor and blend until smooth. Add the tahini and **Liddells Lactose Free Plain Yoghurt** and whiz to a creamy puree, adding 1-2 tbsp water to lighten if need be. Refrigerate until needed.
2. Place in a serving bowl with some smoked paprika and a grating of **Liddells Lactose Free Cheese**.

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Tropical Curry Samosa

Serves: 4

Prep time: 45 mins

Cook time: 20 mins

Calling all curry lovers! Crispy, versatile and full of flavour. The fruit curry samosa can be used as a tasty starter, side dish or a great buffet option.

Ingredients

280g (2 sheets) of Gluten free puff pastry

125g **Slightly Different Tropical Curry Sauce**

15g baby sweet peas

20g diced zucchini

20g diced carrot

20g diced potato

1 tbsp. **Cobram Estate Garlic Infused Extra Virgin Olive Oil**, to baste the samosas

Almond milk, or other low FODMAP milk, to seal the samosas

Method

1. Preheat the oven to 180°C, fan forced.
2. Chop zucchini, carrot & potato into small cubes.
3. Boil all vegetables until softened and drain.
4. Mix the vegetable with the curry sauce.
5. Roll out the puff pastry sheet and cut into 2/4 sections, or choice of size.
6. Divide the mixture evenly to one side of the pastry square leaving an edge around the pastry to seal samosa.
7. Use the almond milk to seal edges.
8. Fold the empty pasty side on top of the filled mixture side.
9. Seal the sides pressing with fingers.
10. Baste the samosa with the oil to prevent them from sticking and place on a baking tray.
11. Baste top with almond milk if required.
12. Bake in the oven until golden brown and cooked through.

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Low FODMAP Vegetarian Sweet Potato Burgers

Burgers are a favourite for a fun night in or at a barbecue with friends! We all love a good burger and this one will definitely have you coming back for more. These have a range of nutrients including vitamins A, C and E, protein, fibre, iron, potassium, magnesium and calcium.

Serves: 4 Prep time: 10 mins Cook time: 65 mins

Ingredients:

- 1 ½ cups sweet potato (~1 large sweet potato)
- ½ cup quinoa, rinsed well under cold water
- 1 carrot, grated
- 100g haloumi, grated
- 1 tbsp. green tips of spring onion, finely chopped
- 1 egg
- 2-3 tbsp. rice flour
- 1 tsp. smoked paprika
- 1 tbsp. coriander (cilantro), finely chopped (optional)
- Salt and pepper
- Extra virgin olive oil
- 4 Tip Top Burger Thins**

Low FODMAP fillings of your choice, we suggest: cos lettuce leaves, sliced tomato, sliced avocado (1/8 avocado per serve), alfalfa sprouts

FODMAP Friendly condiments such as **Lowy Mayo** and **Casa de Sante Salsa**.

Vegan option: Swap haloumi for 1-2 tbsp. nutritional yeast. Omit the egg and substitute with 2 tsp. chia seeds soaked in 1 tbsp. water for 10 minutes if needed to bind the mixture together

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Method:

1. Preheat the oven to 200°C.
2. Slice the sweet potatoes in half lengthways and place on a baking tray flat side down.
3. Bake until they are soft and sticky, approximately 40 minutes.
4. While the potatoes are baking, cook the quinoa by placing it in a small pot with 1 cup water. Bring to the boil, then cover, turn down to a simmer for 12 minutes or until just cooked. Strain off any excess water and fluff up the quinoa with a fork.
5. Once the sweet potato flesh is soft and cooked, remove the skins and spoon the flesh into a large bowl. If you would like to re-purpose the potato skins, they can be drizzled with olive oil, seasoned with salt and pepper and put back in the oven for 10–15 minutes to form crisps.
6. In the large bowl add the cooked quinoa, grated carrot and haloumi, egg, spring onion tops, rice flour, paprika and coriander (if using), and mix to combine. Then, season with $\frac{1}{4}$ tsp. salt and pepper. The mixture should be soft, add 1 tbsp. at a time of rice flour if needed until you can form patties. Shape the mixture into 4 large or 6 small patties.
7. Fry or bake burgers in the oven. If frying; heat a large saucepan over medium-high heat with 1 tbsp. olive oil. Once hot, add the patties and cook for 3 minutes on each side or until lightly brown. If baking; drizzle olive oil lightly over a lined baking tray, place patties on the tray and bake at 180°C for 15 minutes, then flip patties over and bake for a further 5 minutes.
8. Assemble on Tip Top Burger Thins prepared plain or toasted, with Low FODMAP toppings of your choice (see our suggestions above).

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Low FODMAP Falafel Burgers



This falafel burger recipe will satisfy that burger craving with this recipe being healthy for your body but also being flavoursome at the same time!

Serves: 4 Prep time: 20 mins Cook time: 15 mins

Ingredients:

Falafels

- 1 cup lentils, drained and rinsed
- 2 carrots, grated
- 1 zucchini, grated
- 1 cup cooked brown rice
- ¼ cup low FODMAP **Lo-Fo Pantry Flour**
- 1 cup chopped fresh parsley
- Juice of 1 lime
- 2 tbsp. **Cobram Estate Garlic Infused Extra Virgin Olive Oil**
- 1 tsp. paprika
- 2 tsp. **FreeFOD Onion Replacer**
- Salt and pepper to taste
- 4 **Helga's Gluten Free White Rolls**
- 4 slices cheddar cheese
- 2 tomatoes, sliced
- Lettuce leaves
- FODMAP Friendly Lowy Mayo**

Method:

1. Preheat oven to 190 °C.
2. Drain and rinse lentils well.
3. Prepare falafels: place all falafel ingredients in a food processor and blend until a smooth consistency, adding very small amounts of water if the mixture is too dry.
4. Line a baking tray and grease with olive oil.
5. Shape a spoonful of mixture at a time into a ball and press into a patty shape before placing on the tray and drizzle with oil.
6. Bake for approximately 15 mins or until nicely browned.
7. Prepare rolls: slice rolls in half and fill with lettuce and tomato.
8. Place cooked falafels on salad fillings, place a slice of cheese on falafel to melt and add a dollop of low FODMAP mayo.

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Zucchini & Ricotta Fritters

These fritters can either be an easy side dish or main meal that is a crowd pleaser, and an easy way to sneak in those vegetables with the kids. Nutritional benefits include calcium, fibre, vitamin C, manganese, vitamin B-6 and vitamin K.

Serves: 5

Prep time: 10 mins

Cook time: 20 mins

Ingredients:

- 4 tbsp. **Cobram Estate Garlic and Rosemary Infused Extra Virgin Olive Oil**
- 1 cup fresh ricotta
- 2 green zucchini, coarsely grated
- 2 eggs
- 1 lemon, zest finely grated
- 2 shallots, green only, thinly sliced
- ½ cup **FODMAP Friendly Orgran Plain Flour**
- salt and pepper, to season
- ½ cup lactose-free **Green Valley Creamery Yoghurt**
- ¼ cup finely grated parmesan
- ¼ cup small basil leaves

Method:

1. Put 1 tbsp. of oil into a large mixing bowl. Add ricotta, zucchini, eggs, lemon zest and half of the shallots. Sift in low FODMAP flour, and then stir until just combined. Season.
2. Heat 1 tbsp. of the remaining oil in a large non-stick frying pan over medium-high heat. Spoon ¼ cup of the batter into pan, repeat to make 5 fritters. Cook for 8 minutes turning occasionally, until golden and cooked through. Continue to cook in batches of 5 until all of the batter has been used, adding remaining oil to the pan as necessary. Transfer to a serving tray.
3. Sprinkle parmesan and basil over the top of the fritters. Season, then serve with yoghurt and an extra drizzle of Garlic and Rosemary Infused Extra Virgin Olive Oil.

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Mediterranean Vegetable Pasta



This vegetarian pasta dish is extremely versatile, healthy and so simple to make with plenty of flavour. This meal includes the additional nutritional benefits of fibre, calcium, vitamin C vitamins like thiamine and minerals like iron, manganese, phosphorus and zinc.

Serves: 2 Prep time: 12 mins Cook time: 12 mins

Ingredients:

150-200 grams dried gluten-free pasta
1 jar of **Bay's Kitchen Tomato & Basil Stir-In Sauce**
1 red pepper
1 zucchini
120g mozzarella

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Method:

1. Bring a pan of water to boil and then add the pasta. Cook for 8-10 minutes.
2. In the meantime, slice the pepper, zucchini and cheese into long slices.
3. Place the mozzarella to one side and put the pepper and zucchini in a frying pan to lightly char each side.
4. Once the pasta is cooked, drain and serve into dishes.
5. Heat the sauce in a pan for two minutes.
6. Add the sauce to the pasta and then top with the mozzarella, pepper and zucchini.
7. Serve and enjoy!

Vegetarian Pizza the Low FODMAP Way

Pizza anyone? This vegetarian pizza is the perfect meal to make on a Friday night for friends. Filled with a range of tasty cheeses and fresh vegetables it will quickly become a family favourite!

Serves: 2 Prep time: 10 mins Cook time: 15 mins

Ingredients:

1 Gluten free pizza base or make your own base with **Det Glutenfrie Verksted Pizza Bunn Mix**
Half a jar of **Slightly Different Bolognese Sauce**
60g Mozzarella cheese, sliced
40g Cheddar cheese, grated
10 green or black olives, halved
50g spinach
5 cherry tomatoes, halved
15g Shimeji mushrooms, chopped in small cubes
½ red bell pepper, sliced
15g jalapeno pepper (optional)
15g fresh coriander, chopped

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Method:

1. Preheat the oven to 200°C, fan forced. Soak the spinach in boiling water until it has softened, drain and leave to one side.
2. Soak the sliced mixed peppers in boiling water until tender, drain and leave to one side.
3. Spread Slightly Different Bolognese Sauce evenly over the top of the pizza base.
4. Spread the drained spinach, mozzarella slices, half of the coriander, olives, mushrooms, cherry tomatoes over the pizza base.
5. Scatter the remaining coriander, bell pepper, jalapenos and cheddar cheese over the top.
6. Season with cracked black pepper.
7. Bake in the oven until browned and piping hot.



Low FODMAP Mexican Chickpeas and Rice



This meal is filling, nourishing and simple to make. Nutritional benefits include vitamins A, C and fibre, protein and many more!

Serves: 4 Prep time: 5 mins Cook time: 20 mins

Ingredients:

2 Tbsp. olive oil
½ Tbsp. **Casa De Sante Mexican Taco Seasoning**
Black pepper to taste
1 cup brown rice
3 tomatoes diced
1 cup chickpeas canned, drained and rinsed
2 tbsp. **Casa De Sante Low FODMAP Vegetable Stock Powder** - mixed with 2 cup hot water
½ tsp salt or to taste
¼ bunch parsley fresh
fresh lemon, sliced into wedges

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Method:

1. Heat olive oil in a pan.
2. Drain the chickpeas and rinse well, then add them to the skillet along with the diced tomatoes (with juices), low FODMAP vegetable broth, and a half tsp. of salt. Roughly chop the parsley and add it to the skillet, reserving a small amount to sprinkle over the finished dish. Stir until evenly combined.
3. Place a lid on the pan and turn the heat up to medium-high. Allow the pan to come to a boil. Once it reaches a boil, turn the heat down to low and let simmer for 20 minutes. Ensure it's simmering the whole time and adjust the heat up if necessary to keep it simmering.
4. In the meantime, cook the brown rice according to your preferred method.
5. After simmering the chickpeas for 20 minutes, turn the heat off, rest for 5 minutes with the lid on. Remove the lid and top with the remaining chopped parsley.
6. Serve with warm brown rice and lemon wedges to squeeze juice over.

Garlicy Cheese Toastie Recipe

Don't cut out the taste of garlic if you don't have to! See how we adapted this recipe to ensure full garlic flavour, minimising triggers to your IBS-type symptoms. This garlicy cheese toastie is easy, fast to make and most of all mouth-watering. Additional nutritional benefits include B-vitamins, iron, antioxidants and calcium.

Serves: 1 Prep time: 5 mins Cook time: 3 mins

Ingredients:

- 2 slices of **FODMAP Friendly Helga's Gluten Free Loaf**
- 1 tbsp. **Cobram Estate Garlic Infused Extra Virgin Olive Oil**
- 2 slices **Liddells Lactose Free Cheese**
- ¼ cup fresh basil leaves

Method:

1. Drizzle the oil onto the slices of bread.
2. Place Liddells Lactose Free Cheese and basil onto oiled bread.
3. Grill for 3 minutes or until cheese has melted.

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Zucchini & Capsicum Slice

This zucchini & capsicum slice is one where you can chop up the vegetables, mix and scoop into a baking dish to be in the oven within ten minutes! To make this zucchini & capsicum slice low FODMAP, we've used chives instead of onions, included lactose free cheese & milk.

Serves: 16

Prep time: 10 mins

Cook time: 35 mins

Ingredients:

- 2 medium capsicums, peeled and grated
- 2 medium zucchinis, peeled and grated
- 2 fresh chive stalks, finely chopped or ½ tbsp. dry chives
- 1 cup of **Liddells Lactose Free Cheese**, grated
- 4 eggs lightly beaten
- ¼ cup of **Arla Lactose Free Milk**
- ¼ cup **Cobram Estate Onion Infused Extra Virgin Olive Oil**
- 1 cup **FODMAP Friendly flour from EQU, Semper or Det Glutenfrie Verkted**

Method:

1. Preheat the oven to 160°C fan forced. Grease a slice pan and line the base and sides with baking paper.
2. Combine the chopped capsicum, zucchini, chives, cheese flour in a large mixing bowl and stir until well combined.
3. Then, stir in the eggs, milk and oils. Season with salt and pepper and additional desired herbs.
4. Pour mixtures into the prepared pan, evenly spreading the top with a spatula.
5. Bake for 30-35 minutes or until firm. Set aside to cool then cut into squares.

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Winter Warming Root Vegetable Soup

In the wintertime, is there anything better than sitting down to a bowl of soup? This root vegetable soup provides a great dose of hearty vegetables that will warm you from the inside out. The flavour that is subtracted in the absence of garlic and onions is made up for with the use of the FODMAPPED for you Slow Cooked Vegetable Broth.

Serves: 4-6

Prep time: 20 mins

Cook time: 30 mins

Ingredients:

3 tbsp. **Cobram Estate Garlic & Onion Infused Extra**

Virgin Olive Oil

4 medium carrots

4 medium parsnips

2 medium zucchinis

3 medium sweet potatoes

1 cup of **Liddells Lactose Free milk**

Salt and pepper to taste

Fresh parsley, sage to garnish (optional)

3 cups of **FODMAPPED for You Slow Cooked**

Vegetable Broth

TIP: If you can't source the FODMAPPED for you

Vegetable broth, make your own broth or add 3 cups of

water with herbs (this will significantly alter the flavour).

Method:

1. Dice the carrots, parsnips, zucchinis & sweet potatoes.
2. Heat the oil in a large pot, then add the carrots, parsnips, zucchinis & sweet potatoes for around 2-3 minutes.
3. Add the Vegetable Broth so that it covers the vegetables.
4. Cover the pot and bring to a simmer. Cook for around 20 minutes, or until the vegetables are tender when pierced.
5. If you have a stick blender, you can blend the soup in the pot while adding the lactose-free milk until smooth. Otherwise, transfer the soup to a blender gradually and blend until smooth.
6. Season the soup with salt, pepper and any desired herbs. You may like to add a piece of low FODMAP bread to the side.

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