

IN SUPPORT OF IBS AWARENESS MONTH

# IBS FRIENDLY RECIPES + *more*



[WWW.FODMAPFRIENDLY.COM](http://WWW.FODMAPFRIENDLY.COM)

# FODMAP Friendly





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## **Recipe Credit**

Recipes used in this Ebook have been sourced directly from brands where possible and have been altered in accordance to low FODMAP guidelines

# IBS AWARENESS MONTH

1st April - 30th April



Happy IBS Awareness Month! In support of this incredibly important month we have decided to dedicate April's Recipe eBook to showcasing recipes from all of our FODMAP Friendly certified brands.

Within this eBook, you will find a range of recipes which you can enjoy across the day.

Just remember like anything to do with FODMAP Friendly products, pay close attention to the recommended serving sizes provided on the recipes.

These will give you an indication on how much of the recipe is considered FODMAP Friendly to minimise symptoms.

**BLOATING**

**DIARRHOEA**

**CONSTIPATION**

**FLATULENCE**

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SECTION

01.1

FODMAP FRIENDLY  
RECIPES *breakfast*





# Pick me up Creamy Smoothie

Serves: 1

## INGREDIENTS

1 cup Almond Milk (unsweetened)

1 Firm Banana Frozen

½ cup Spinach

1 Scoop of **Cocofrio® Vanilla,  
Sticky Date and Pecan Frozen  
Dessert**

**1 sachet (1g) Blackmores®  
Probiotics + IBS Support**

## METHOD

1. Blend all of the ingredients in a high powered blender until smooth. Enjoy!

featuring:

**COCOFRIO**  
— Naturally Healthy —

**BLACKMORES®**



# Scrambled Eggs



Serves: 1

## INGREDIENTS

3 Large eggs

1.5 TBSP **Green Valley Creamery**® **Lactose-Free Cream Cheese**

1 TBSP Butter

1 TBSP finely chopped fresh chives

## METHOD

1. Beat eggs, cream cheese and chives together until smooth
2. Heat butter in pan on medium heat until melted
3. Add eggs to pan; scramble to your liking
4. Enjoy!





# Chocolatey Overnight Porridge

Serves: 1

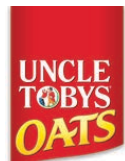
## INGREDIENTS

- 1 Cup Almond Milk (unsweetened)
- 2 TBSP **Uncle Toby's® FODMAP Friendly Certified Rolled Oats**
- 1 TBSP Chia Seeds
- 10g (just under 1 TBSP) **Chocolife® 45% Cacao Powder**
- Chocolife Snow Powder** to sweeten (no more than 10g)
- 1 Scoop of **Cocofrio® Vanilla, Sticky Date and Pecan Frozen Dessert**
- 1/2 tsp **Kfibre® 100% Natural Whole Plant Fibre**

## METHOD

1. Combine all of the ingredients (except for the sweetener).
2. Add in up to 10g of Snow to taste.
3. Leave in the refrigerator overnight.

featuring:



CHOCOLIFE

**Kfibre™**



SECTION

01.2

FODMAP FRIENDLY  
RECIPES *lunch*





# Chicken Sandwich

Serves: 2

## INGREDIENTS

2 **Tip Top® Sandwich Thins Original**

1 tomato, thinly sliced

2-4 cos lettuce leaves

½ avocado thinly sliced

1 TBSP low FODMAP mayonnaise or **Slightly Different Foods® Tomato Relish**

200g cooked chicken breast, shredded

## METHOD

1. Split Original Sandwich Thins

2. Spread mayonnaise on each base of Sandwich Thins

3. Place lettuce, avocado, chicken and tomato on top of mayonnaise

4. Top with remaining Thins and enjoy

featuring: *Tip Top's the One*



**SLIGHTLY  
DIFFERENT** 



# Cheeseburger

Serves: 6

## INGREDIENTS

250g Pork Mince

250g Beef Mince

2 **Tbsp Corona Manufacturing®  
Chipotle & Maple Rub**

1 Large Egg

1 **Tbsp Cobram Estate® Onion  
Infused Extra Virgin Olive Oil**

6 slices of **Liddells® Lactose Free  
Cheese**

6 Small Lettuce leaves

500g – Oven Fries

**Slightly Different® Spicy Red Pepper  
Tomato Ketchup (do not exceed 20g  
per burger)**

6 **Helga's® Gluten Free Bread Rolls**

## METHOD

1. Prepare oven fries per manufacturers instructions
2. In a small bowl mix the egg and Chipotle & Maple rub until well blended
3. In a large bowl add the egg mix to the mince and onion and thoroughly mix through by hand. Separate into 6 equal portions and roll into balls
4. To a hot frypan add the burger balls and press into flat patties
5. When cooked to taste turn off heat, top with a slice of cheese and cover to rest
6. Slice the buns in half add sauce, patty, tomato and lettuce
7. Serve with oven cooked fries

featuring:



**SLIGHTLY  
DIFFERENT**

**Cobram  
Estate**



featuring:  
DET  
GLUTENFRIE  
VERKSTED

Cobram  
Estate®

# Gluten-Free Bruschetta

Serves: 4



## INGREDIENTS

2-3 Packet of **Det Glutenfrie Verksted®**

**Brødskiver Glutenfri på 1-2-3 Grov**

1 Cup Grape Tomatoes quatered

2 TBSP **Cobram Estate® Extra Virgin**

**Olive Oil**

Pinch Sea Salt

Pinch Pepper

Fresh herbs such as ¼ cup basil leaves or 1-2 TBSP Thyme leaves or 1-2 tsp Oregano

## METHOD

1. Set oven to grill setting or alternatively use a griddle pan.
2. Brush both sides of the bread slices with the oil and place in grill (or on pan) until both sides are golden (flip halfway)
3. Place the bread slices on a metal rack while grilling the next set to prevent them from going soggy
4. Cut the bread slices into 4 equal size pieces
5. Evenly divide the tomato across the bread pieces
6. Sprinkle with salt and pepper, garnish with fresh herbs and serve



SECTION  
**01.3**  
**FODMAP FRIENDLY**  
**RECIPES** *dinner*



# Cheesy Broccoli Bites

Serves: 4

## INGREDIENTS

2 Cups of Broccoli Heads (boiled)

1 cup **Liddells® Lactose Free grated cheese**

1/2 cup hemp flour

1 egg

3 Spring Onions (green part only) finely chopped

2 tsp **Mingle's® Moroccan Seasoning**

2 TBSP **Cobram Estate® Garlic Infused Olive Oil**

Salt & Pepper to taste

## METHOD

1. Pre-heat oven to 200°C, line a baking tray with baking paper
2. Blitz broccoli in a food processor
3. Combine all ingredients in a large bowl
4. Scoop about 1 tablespoon of mixture and form into a ball, spread evenly on baking tray
5. Bake for 25-30 minutes or until lightly golden and cooked through
6. Serve with your favourite low FODMAP dipping sauce

**Cobram Estate®**

featuring:





# Aloo Palak Potato Spinach

Serves: 3-4

## INGREDIENTS

1 x 375g **Mamaji's® Paprikaan Spinach**

### **Simmer Sauce**

3 Large white potatoes (600g peeled and chopped into inch sized cubes)

1 small handful fresh coriander washed and roughly chopped (OPTIONAL)

1 tablespoon of **Cobram Estate® Extra**

### **Virgin Olive Oil**

## METHOD

1. In a medium sized pan, heat the oil
2. Add potatoes and stir fry on medium/high heat for ~3-4 minutes
3. Add in Mamaji's Paprikaan Spinach simmer Sauce
4. Use a little water to remove the last remnants of the sauce from the jar
5. Stir evenly and cook for 15 minutes (until tender) stirring regularly
6. Remove from heat and Serve immediately with a garnish of coriander (optional)

featuring:



**Cobram**  
Estate®





# Salmon with crunchy herb topping

Serves: 4

featuring:



Casa de Sante



## INGREDIENTS

1/2 lemon sliced

1 TBSP **Casa de Sante® Lemon**

**Herb Seasoning**

1/3 cup (20g) parsley, chopped

1/4 cup **Orgran® Rice Crispi**  
**Breadcrumbs**

1 medium egg, whites only

1.4 lbs (650g) salmon fillet

Salt and pepper

## METHOD

1. Preheat the oven to 400 degrees F (200 degrees C). In a bowl, mix Casa de Sante low FODMAP certified Lemon Herb seasoning and parsley. Add the breadcrumbs and season with salt and pepper

2. Whisk the egg white and mix into the breadcrumb mixture. Place the salmon on a lined baking tray and season with salt and pepper. Top the salmon with the breadcrumb mixture.

3. Bake the salmon in the middle of the oven, for 15 minutes, until cooked through. Remove from the oven, place on a serving dish and serve immediately with lemon slices.





# Thai Green Chicken Thighs

Serves: 2

## INGREDIENTS

- 1 x jar **Bay's Kitchen® Thai Green Curry Stir-In Sauce**
- 4 Chicken Thighs diced
- 150g Spinach
- 100g Beansprouts
- 15g Coriander finely chopped
- 1 TBSP Sesame Oil
- 1 Lime
- 20g Sesame Seeds
- 1 Cup Rice (to serve)

## METHOD

- 1.Heat a wok or frying pan on low heat and add sesame oil.
- 2.Add in the chicken and Bay's Kitchen Thai green Curry Stir-in Sauce and cook for 10 minutes
- 3.Add spinach and bean sprouts, heat for 5 minutes.
- 4.Remove from heat and add coriander, lime and sesame seeds.
- 5.Serve with rice.



**BAY'S  
KITCHEN**

featuring:

# Beef Ravioli Serves: 3



## INGREDIENTS

### PASTA

1.5 Cups **Lo-Fo Pantry® All Purpose/Plain Flour sifted**

Pinch Salt

2 Eggs + 1 additional egg

3 tsp **Cobram Estate® Extra Virgin Olive Oil**

### FILLING

2 TBSP Butter

250g Beef Mince

2 TBSP Fresh Basil

2 tsp Fresh Oregano

1/3 Cup **Liddell's® Grated Parmesan**

300g **Relish the Barossa® Classic**

### Pasta Sauce

featuring:



## METHOD

1. Melt butter in a large frying pan. Add in beef and brown. Add parmesan and herbs and cook until the water and juices have cooked out. Set aside to cool
2. To make pasta, add flour and salt to a large mixing bowl. Make a well in the flour and add the 2 eggs and oil.
3. Using a fork, gradually whisk the eggs and the oil until dough forms.
4. Knead the dough until smooth and no longer sticky. Add sprinkles of flour to the dough if it is wet or sticky. Place the dough back in the bowl and leave to rest for 30 minutes
5. After the dough has rested, roll it out using a pasta maker or rolling pin to your desired thickness. Using a knife cut as many ravioli as you can.
6. In a small bowl, whisk the extra egg for the egg wash. Depending on the size of your ravioli, add desired filling to the centre of one ravioli piece, and frame it with you egg wash
11. Place another ravioli piece over the top, sticking the edges down with your fingers. Repeat until all the dough has been used.
12. Leave the ravioli on a plate to dry for 30 minutes or up to an hour if time allows. Cook in boiling salted water until ravioli is al dente.
13. Serve ravioli with pasta sauce and enjoy!



# Lemon Thyme Risotto

Serves: 5

## INGREDIENTS

- 2 TBSP Cobram Estate® Light Extra Virgin Olive Oil (plus extra)
- 2 cups finely diced Leeks (dark green parts only) outer thicker layer removed
- 1/2 Tbsp **Cobram Estate® Garlic Infused Extra Virgin Olive Oil**
- 2 strips of lemon rind
- 1 bay leaf
- 6-8 sprigs of thyme, stripped
- 1.5L **Fodmapped for you® Chicken Stock**
- Butter
- Salt Flakes
- Fresh ground black pepper
- 150g Baby Spinach
- 120 g Pecorino Cheese
- ~1/4 cup lemon juice

featuring:

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*for you!*

Cobram  
Estate®

*Every olive matters.*

For the Method  
go to next pg. ↘



# Lemon Thyme Risotto (continued)

## METHOD

1. Cook the leeks, bay leaves, lemon rind and juice and thyme in the light EVOO over medium heat in a large wide based pot.
2. Season with salt and pepper and add in the garlic oil.
3. Add in the rice and stir to toast the rice grains and coat each grain in the oil.
4. Add 1 cup of hot stock to the rice and stir over medium heat for 5 minutes until the stock is absorbed. Add the remaining stock half a cup at a time, stirring continuously, allowing each addition to be absorbed before adding the next. This should take about 20-25 minutes.
5. With 5 minutes to go, stir through the spinach and cook just enough to wilt the spinach.
6. Drizzle in a little oil and gently stir through the pecorino.
7. Stir mixture quickly for 30 seconds then leave to stand for 2 minutes and serve on warm plates with a squeeze of lemon juice.





# Lemon & Herb Chicken Drumsticks

Serves: 8

## INGREDIENTS

8 chicken drumsticks

**Corona Manufacturing® Lemon  
Pepper and Herb Rub (80g for 8  
drumsticks)**

## METHOD

- 1 Weigh Chicken Drumsticks
2. Apply 5% of Lemon % Herb  
Rub onto drumsticks evenly and  
store in the fridge until ready to  
cook.
3. Preheat the oven to 190C degrees.
4. Place drumsticks on oven tray  
lined with grease poof paper
5. Bake for 25 minutes or until  
cooked through.

featuring:





# Rogan Josh

Serves: 6

featuring:



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for you!



## INGREDIENTS

1 kg Lamb (cut into 2 inch pieces)

4 TBSP **Lo-Fo Pantry® Low FODMAP Flour**

Butter/Oil

1 TBSP Ground Coriander

1 TBSP Ground Cumin

1 tsp turmeric

1 tsp chopped fresh ginger

1 tsp chilli powder (for medium heat, remove or reduce for mild)

1 tsp garam masala

½ cup **FODMAPPED For You® Slow Cooked Vegetable Broth**

1 Tin Diced tomatoes (400g)

1 tsp **FreeFOD® Onion Replacer**

3 tsp **FreeFOD® Garlic Replacer**

Salt and Pepper

Garnish – Coriander, Low FODMAP yoghurt, Rice or low FODMAP

Flatbread to serve.



For the Method  
go to next pg. ↘



# Rogan Josh (continued)

Serves: 6

## METHOD

1. Season flour with salt and pepper and coat lamb.
  2. Heat butter/oil in large pan and brown lamb in batches and set aside.
  3. Into the same pan add further butter/oil and cook coriander, cumin, turmeric, ginger, chilli powder and garam masalafa for four minutes
  4. Add in the remaining flour used to coat lamb and slowly add the stock to combine
  5. Add tomatoes and while stirring continuously bring to the boil
  6. Simmer for three minutes, during this time add both the FreeFOD garlic and onion replacers and mix well.
  7. Add the lamb and sauce to the slow cooker, cook on low for 5-6 hours.
- Optional -serve with either rice or flat bread, stir through yogurt just before serving, top with fresh coriander.





# Potato and Leek Soup

Serves: 8-10

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*for you!*

**inavea**  
PURE ACACIA

**ALPINE**  
BREADS™

**Arla**  
lactofree

**Cobram**  
Estate®

featuring:

## INGREDIENTS

1.5 kg White potatoes peeled & diced

1/4 cup diced Celery

250g Dark Green tops of Leek

1L **FODMAPPED For You® Chicken Stock**

1/4 cup Chopped Chives

10g **Inavea® Pure Acacia**

1 Cup **Arla Lactofree® Milk**

2 TBSP **Cobram Estate® Garlic Infused Olive Oil**

1 tsp Salt

1/2 tsp Pepper

1 tsp ground cumin

**Alpine Breads®** toasted to serve

## METHOD

1. In a large saucepan heat the garlic infused olive oil.

2. Add in the leeks and cook until tender

3. Add in the celery, potato, salt, pepper, cumin and roughly 1/4 cup water to the pan and cook for 5 minutes.

4. Add in the stock, bring the mixture to the boil and then simmer for 1-2 hours.

5. When the sauce has thickened use a stick mixer to blend the ingredients into a smooth puree.

6. Pour in the milk and the chives (leave ~1 TBSP for sprinkling on the top) and quickly blitz soup mixture.

7. Serve with toasted low FODMAP bread (we used Alpine Breads which are FODMAP Friendly certified)







# Easy Baked chips WITH Buffalo Chicken Dip

Serves 2

## INGREDIENTS

CHIPS

2 **Natureen® and Ancient Harvest®**

**Wraps**

Salt and Pepper

Olive Oil Spray

60g **Slightly Different® Kebab Shop**

**Chilli Sauce**

2 TBSP Butter melted

1 TBSP Worcestershire Sauce

200g Can of Shredded Chicken (7 oz.)  
Drained

80 g Shredded Monterey Jack Cheese  
(2.8 oz.)

2 TBSP of **Live Free Ranch® Dressing**

## METHOD

CHIPS

1. Preheat oven to 180 degrees C or 350 degrees F

2. Cut Natureen wraps into equal sized pieces and place on a baking tray. Lightly spray with olive oil spray and season with Salt and Pepper

3. Bake for approximately 5 minutes or depending on your oven.

For the Method  
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featuring:

**SLIGHTLY  
DIFFERENT**

**live free**  
foods

**NATUREEN**

Ancient Harvest



# Easy Baked chips WITH Buffalo Chicken Dip (continued)

## METHOD

### DIP

1. Preheat oven to 180 degrees C/ 350 degrees F conventional
2. Mix together hot sauce, butter and Worcestershire Sauce
3. Shred the canned chicken with a fork, drain and mix into sauce
4. Put into a baking dish and bake for 20 minutes
5. Remove from oven and top with cheese
6. Return the dish to the oven until the cheese melts
7. Remove from oven and immediately drizzle with Live Free Ranch
8. Enjoy with your fresh Chips!





# Chicken Alfredo Zucchini Boats

Serves: 5

featuring:

**Prego®**



## INGREDIENTS

5 large zucchini, cut in half lengthwise

1 pound ground chicken or turkey  
(450g)

1 jar **Prego® Sensitive Recipe  
Traditional Italian Sauce**

½ cup chopped capsicum

1/2 cup **Orgran® Rice Crispi  
Breadcrumbs**

2 tablespoons **Liddells® Lactose Free  
Shredded Parmesan Cheese**

½ teaspoon **FreeFOD® Garlic  
Replacer**



## METHOD

1. Preheat the oven to 425 degrees F (220 degrees C)

2. Scoop the seeds out of the zucchini halves, creating a space for the stuffing

3. Place the zucchini halves on a baking tray lined with foil

4. Season the chicken with salt and pepper

5. Mix the chicken with ½ cup sauce, ¼ cup breadcrumbs, capsicum, cheese garlic and egg in a large bowl.

6. Fill each zucchini half with about ½ cup chicken mixture.

7. Drizzle the stuffed zucchini with the remaining sauce and sprinkle with the remaining panko

8. Bake for 35 minutes or until the chicken mixture is done and the zucchini is tender. Sprinkle with chopped fresh parsley and serve with lemon wedges, if desired.

# Miso Ramen Bowl

Serves: 3-4



featuring:



## INGREDIENTS

- 1 Celery Stick Chopped
- 2 tsp Sesame Oil
- 4.5g **San Elk® Low FODMAP Vegetable Stock** dissolved in 1 litre boiling water
- 1 packet **Miracle Noodle® Organic Spaghetti**
- 4 tsp Miso Paste
- 4 tsp **San-J® Gluten Free Reduced Sodium Tamari**
- 1-2 small Bok Choy quartered
- 1 carrot shaved
- 250g extra firm tofu, sliced 1cm thick

## METHOD

1. In a medium saucepan, lightly sauté celery in a splash of sesame oil
2. Once soft, add 1 litre of dissolved San Elk Vegetable Stock
3. Set aside a small amount of miso paste and tamari sauce for marinade. Add remainder to pan and stir in well
4. Cook Miracle Noodles as per packet instructions
5. Heat a griddle or flat pan. Lightly marinade bok choy and tofu in tamari sauce, sesame oil and a little miso paste, then griddle until cooked on both sides
6. Add the shaved carrot to the broth and allow cooking for a further 2 minutes before mixing in the cooked miracle noodles.
7. Serve in a bowl and top with tofu and bok choy.





# Cheesy Stuffed Potatoes

Serves: 6



*Every olive matters.*

## INGREDIENTS

150 g **Liddells® Lactose Free Tasty Cheese**, grated  
50 g **Liddells® Lactose free Shredded Parmesan Cheese**  
**1/3 cup Liddells® Lactose Free Milk** (any variety)  
200g Bacon, diced

2 TBSP fresh chives, finely diced  
1/4 Cup Finely Chopped Spring Onion (green part only)  
1 TBSP **Cobram Estate® Garlic Infused Extra Virgin Olive Oil**  
4 large white potato  
1 tsp Salt



For the Method  
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# Cheesy Stuffed Potatoes (continued)

Serves: 6

## METHOD

- 1.Preheat oven to 200 °C (392 °F)
- 2.Wash the potatoes and chop in half. Place into a large pot, cover with water and boil over stove top for 20-30 minutes or until soft (can be easily pierced with fork)
- 3.While the potatoes are cooking, heat the oil in a non-stick pan and cook the spring onion until soft.
- 4.Add bacon and cook until golden brown. Remove from heat
- 5.Once the potatoes are cooked, drain them and allow to slightly cool
- 6.Scoop the centres out into a large mixing bowl and place the potato skins on a baking tray
- 7.Mash the potato flesh using a fork, adding the milk and salt, until smooth and creamy
- 8.Add the cooked bacon, spring onion to the bowl followed by the parmesan cheese and chives and mix until combined. Spoon mixture into the potato skins then top with tasty cheese
- 9.Bake in the oven for 25-30 minutes or until the cheese is melted and golden
- 10.Serve with extra sprinkled spring onion





# Saucy Chorizo Pasta

Serves: 2

featuring:

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Estate®  
*Every olive matters.*

## INGREDIENTS

- 140g fresh carrots (approx 2 medium) diced
- 1 small red capsicum deseeded and diced
- 2 tsp **Cobram Estate® Garlic Infused Extra Virgin Olive Oil**
- 1 packet **FODMAPPED for you® Red Wine Tomato Pasta Sauce**
- 100g chorizo finely sliced (no garlic/onion varieties)
- Small handful of fresh basil
- Freshly ground black pepper

## METHOD

1. Preheat oven to 200°C (392°F). Line a baking tray with baking paper
2. Place the pasta water on the boil.
3. Place vegetables on the roasting tray and drizzle with olive oil. Season with black pepper. Roast for 10 minutes, then turn and roast for another 5 to 10 minutes until the carrot is tender.
4. Place the pasta on to cook according to packet directions. Then drain.
5. While the pasta cooks heat a large frypan over medium high heat. Add the chorizo and fry for 3 to 4 minutes until the edges go crispy. Reduce the heat to medium low and add the FODMAPPED Red Wine Tomato Pasta Sauce. Allow to bubble for 4 minutes
6. Gently fold through the pasta and veggies. Allow to simmer for 1-2 minutes before serving with basil.





# Thai Peanut Noodles

Serves: 4

featuring:



## INGREDIENTS

3 Chicken Breasts

1/2 Cup of Lime Juice plus a little extra to serve

1/4 Cup **San-J® Gluten Free Reduced Sodium Tamari**

1/2 Cup Smooth Peanut Butter

30g Crushed Peanuts

**Cobram Estate® Garlic Infused Extra Virgin Olive Oil**

Cilantro/ Coriander

2 bags **Miracle Noodle® Fettuccine**

1 Medium Red Bell

Pepper/Capsicum

2 TBSP + 1 tsp Brown Sugar

## METHOD

1. Marinate chicken in a 1/4 cup lime juice, 2 TBSP Tamari and 2 TBSP brown sugar for 3 hours

2. Cook chicken through on a fry pan with a little Garlic infused olive oil.

3. While chicken is cooking saute capsicum in garlic infused olive oil. Turn down and keep warm

4. To make the peanut sauce, mix peanut butter with 1-2TBSP warm water and 2 TBSP Tamari, 1/4 cup lime juice and 1/2 tsp brown sugar. Stir well until combined and set aside.

5. Prepare Miracle Noodle by rinsing noodles under cold water. Add to the pan with the peanut sauce and warm through. Add in the chicken. Top with the crushed peanuts, drizzle of lime juice and coriander. Enjoy!





# Roast Salmon Pasta

Serves: 4

## INGREDIENTS

4 Salmon Steaks, skinless and boneless

4 streaky bacon rashers

10 cherry tomatoes halved

1 TBSP balsamic vinegar

1 package **ORGRAN® Buckwheat Spirals**

1 TBSP Butter

**Cobram Estate® Garlic Infused Extra Virgin Olive Oil** to drizzle

Handful chopped fresh parsley and thyme to garnish

## METHOD

1.Preheat the oven to 200 °C (390 °F)

2.Drizzle oil into a deep casserole dish and add the salmon steaks, skin side down.

3.Cut the rashers of bacon into small pieces and scatter them over the salmon

4.Add the tomatoes, season well and pour a splash of balsamic vinegar over the fish

5.Bake in the oven for 10-12 minutes

6.Meanwhile cook pasta according to packet instructions. Drain and toss in a little butter

7.Add the pasta to the roasting tin and toss gently with tongs to mix all the flavours, but be careful not to break the fish up too much

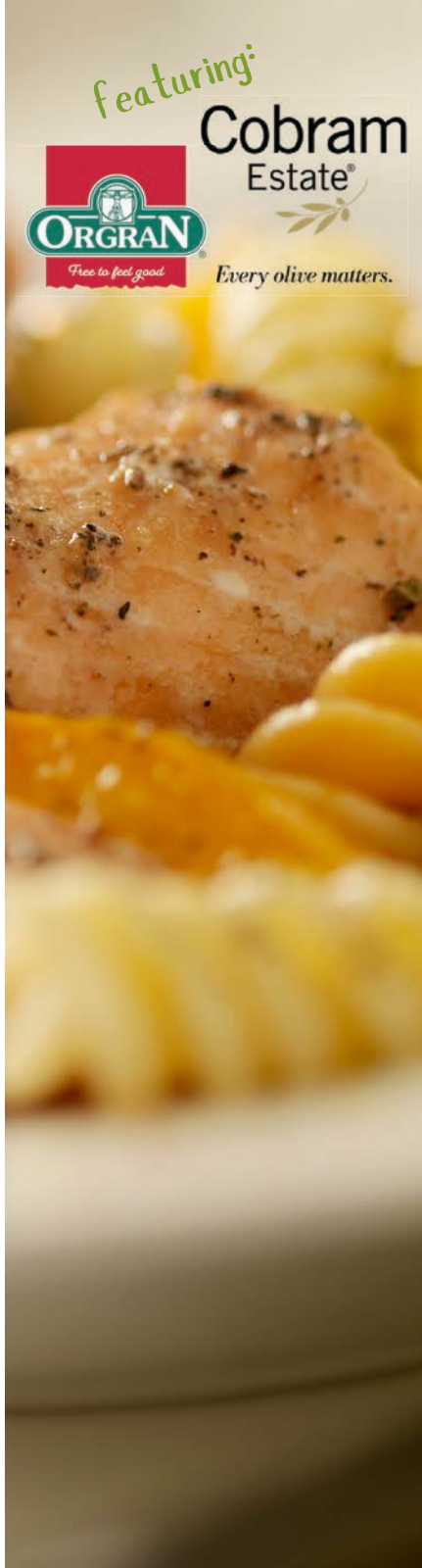
8.Scatter with fresh herbs and serve straight from the dish.

featuring:



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Every olive matters.





# High Protein Cream Cheese & Chive Omelette

Serves: 2

featuring:

**GENEPRO**

**SLIGHTLY  
DIFFERENT**

LACTOSE FREE  
**GreenValley**  
CREAMERY



## INGREDIENTS

- |  |   |
|--|---|
| 1 TBSP Cobram Estate® Extra Virgin Olive Oil | 1/8 tsp Salt  |
| 4 Large Eggs                                 | 1/8 tsp Pepper  |
| 2 TSBP Minced Chives                         | 60g <b>Green Valley Creamery® Lactose-Free Cream Cheese</b> |
| 2 TBSP Water                                 | 2 TBSP <b>Slightly Different Foods® Tomato Relish</b>       |
| 1 Scoop of <b>GenePro® Protein Powder</b>    |   |

## METHOD

1. In a large non-stick fry pan, heat oil over medium-high heat
2. Whisk the eggs, chives, water, salt and pepper and add mixture to the pan (mixture should set immediately at edges)
3. As eggs set, push cooked edges toward the centre, letting uncooked portion to flow underneath.
4. When the eggs are set, sprinkle cream cheese on one side; fold other side over filling. Slide omelette onto a plate; cut in half and serve with Relish.



# Avocado Pitas with Kabana & Spiced Chickpeas

Serves: 4

featuring:

**Lewis & Son**  
APPETISING SINCE 1945

**Cobram Estate**  


*Every olive matters.*



## INGREDIENTS

1/2 avocado

Low FODMAP Pitta Breads (or wraps)

1 tablespoon **Cobram Estate® Garlic & Onion Infused Extra Virgin Olive Oil**

1 teaspoon smoked paprika

1/2 teaspoon ground cumin

1/2 teaspoon ground coriander

2 **Lewis & Son® Natural Sliced Kabana**

3/4 cup canned chickpeas, rinsed and drained

1/4 cup of Greek yoghurt

For the Method  
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# Avocado Pitas with Kabana & Spiced Chickpeas (continued)

Serves 4

## METHOD

### Method

- 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.
- 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.
- Place the chopped avocado, lemon juice and Greek yoghurt in a food processor. Process until the mixture is smooth.
- Spread the Pitta Breads evenly with the avocado mixture. Place the kabana, and spiced chickpea mix on top. Serve immediately.





# Slow Cooked BBQ Pork Ribs

Serves: 6

featuring:



## INGREDIENTS

1kg Pork Ribs

2 TBSP Brown Sugar

1.5 tsp smoked paprika

½ tsp cumin

½ tsp salt

1 TBSP **Cobram Estate® Garlic  
Infused Extra Virgin Olive Oil**

120g (8 TBSP) **Slightly Different  
Foods® Hunter's Kicking BBQ Sauce**

60mL (4 TBSP) water

SERVING GLAZE:

2 TBSP **Slightly Different Foods®  
Hunter's Kicking BBQ sauce**

2 TBSP pan juices

For the Method  
go to next pg.



# Slow Cooked BBQ Pork Ribs (continued)

Serves: 6

## METHOD

1. Remove the membrane from the pork ribs if needed and slice into individual ribs
2. Pat the ribs dry using a paper towel. In a small bowl mix together the brown sugar, smoked paprika, cumin and salt. Place the ribs in a large bowl and sprinkle over the spice mix.
3. Gently move the ribs around the bowl until they are evenly coated. Then pour over the Slightly Different Hunter's Kicking BBQ Sauce and the garlic infused oil.
4. Mix the pork ribs until they are well coated.
5. Transfer the ribs to the bowl of a slow cooker
6. Pour the water down the edge of the bowl (don't pour it straight over the ribs as you'll wash the flavouring off)
7. Cook the ribs on high 3-4 hours or on low for 7-8 hours
8. Remove the pork ribs from the slow cooker and place in a roasting pan. Mix 2 TBSP of Slightly Different® Hunter's Kicking BBQ Sauce with 2 TBSP of the juices in the slow cooker
9. Brush or spoon the glaze over the ribs are slightly caramelised.





# Quick & Easy Tomato & Basil Soup

Serves: 6

featuring:



## INGREDIENTS

1 600g Container **Tideford Organics® Tomato and Basil Soup with Red Peppers and Miso**

6 Slices **Semper® Lantbrod Bread** toasted

## METHOD

1. Prepare the soup as per the packets instructions
2. Serve with the FODMAP Friendly certified toast, Enjoy!



SECTION

01.4

FODMAP FRIENDLY  
RECIPES *baking +  
other*







# Three Ingredient Snack Bites

Serving Size: 2 Bites

featuring:



## INGREDIENTS

1 Cup **Uncle Toby's® Traditional Oats**

½ Cup + 2 TBSP Peanut Butter

½ Cup **Enjoy Life® Foods Mini Chips**

## METHOD

1. Place the oats (reserve 3 TBSP) in the bowl of a small food processor. Pulse until you create a coarse flour
2. Transfer flour into a small bowl and mix with the remaining oats, butter and Enjoy Life Foods Mini Chips until well combined.
3. Scoop out into about 20-22 portions and roll into balls
4. Place in the refrigerator in a resealable container and enjoy for up to one week.





# Seeded Crispbread

Makes 20 Crispbread | Serving Size 1 Crispbread

featuring:

## EQU

KVALITET GJENNOM BALANSE

*Arve Christensen*

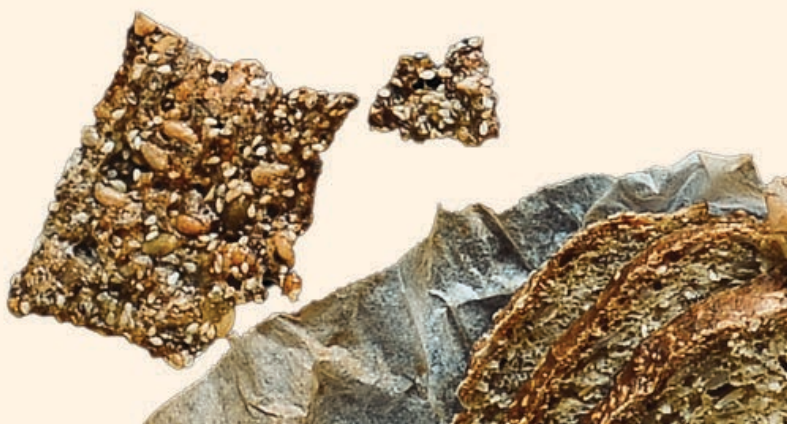
## INGREDIENTS

500g **EQU® Flour Mix (Melblanding)**

850mL Water (8.5 dl)

## METHOD

1. Preheat oven to 200°C (390°F)
2. Combine both flour and water
3. Leave for 5-10 minutes
4. Spread over 2 baking trays
5. Bake for 15 minutes
6. Remove from oven and cut into 20 equal sized crispbread pieces
7. Bake for another 60 minutes at 180°C.





# Double Chocolate Muffin

Makes 12 mini Muffins - serving size 1 muffin

featuring:

**FODILICIOUS.**



## INGREDIENTS

256g **White Wings® Gluten Plain** 120mL **Arla LactoFree® Lactose Free Milk**

**Free Flour**

2tsp Apple Cider Vinegar

2.5 tsp of GF Baking Powder

100g Dairy Free Margarine

40g Dark Cocoa Powder

30g Icing Sugar

90g Caster Sugar

20g Cocoa Powder

75 mL vegetable oil

12 **Fodilicious® Cocoa Crunch Cookie**

**Buttons**

## METHOD

1. Pre-heat your oven to 180°C (356°F)
2. In a large mixing bowl, add your flour, sugar, baking powder, cocoa powder and mix together. Make a well in the center of the bowl. Slowly add in your oil, milk, and apple cider vinegar. Mix all ingredients together to get your chocolatey muffin batter!
3. In your mini muffin tin, pop in 12 muffin cases. Pour your muffin batter into each case, filling 3/4 of the case with the mixture.
4. Bake for 10-12 mins - do the skewer test to make sure they are fully cooked through. Once cooked, leave to cool on a wire rack.
5. To make your butter cream, simply add your margarine, icing sugar, cocoa powder to a bowl and whisk until smooth and soft. Once your muffins are cool, top with a dollop of buttercream and carefully place a Cocoa Crunch Cookie Buttons on top and enjoy!





# Gut Loving Mocktail

Serves: 1

featuring:

## The Gut Co

### INGREDIENTS

1 heaped teaspoon **The Gut Company® REPAIR**

Sparkling Water

Ice

Orange Wedge

### METHOD

Fill glass with 1/5 sparkling water. Add Repair and stir. add ice to fill then top with more sparkling water.

Garnish Drink with Slice of Orange





# Crunchy Chocolate Chip Biscuits

Serves: 30

featuring:



## INGREDIENTS

125g Butter, softened

1 tsp Vanilla Essence

¾ cup Caster Sugar

1 Egg Yolk

1.5 Cups **White Wings® Gluten Free Self-Raising Flour**

2 tsp Water

½ cup **Enjoy Life® Dark Chocolate Chips**

## METHOD

1. Preheat oven to 180°C / 355°F conventional and line baking tray with baking paper

2. Beat butter, vanilla essence, sugar and yolk in a small bowl with an electric mixer on low speed for 4 minutes until smooth. Add in the sifted flour, water and chocolate chips then mix with a wooden spoon to make a soft dough

3. Roll 1.5 teaspoons sized balls of dough and place approximately 5 cm apart of prepared oven tray.

4. Bake for 25 minutes or until browned lightly. Leave on tray for 5 minutes then place on a wire rack to cool

# Chocolate Afghans

Makes 6 Afghans | 1 Afghan - 1 Serve



featuring:

**THE GOOD  
CHOCOLATE®**

**Kellogg's®**



## INGREDIENTS

### BISCUITS

200g Butter softened

75g White Sugar

175g **White Wings® Gluten Free Plain  
Flour**

1 TBSP Golden Syrup

25g Cocoa Powder

50g **Kellogg's® Corn Flakes Gluten  
Free**

### ICING

50g **The Good Chocolate® 65%  
Dark Chocolate Zero Sugar**

100mLs Pure Cream

250g Soft Icing Sugar Mixture

30g Walnuts (to decorate top)



For the Method  
go to next pg.



# Chocolate Afghans (continued)

## **METHOD**

1.Preheat oven to 180°C or 355°F

Conventional

2.Beat butter and sugar until creamy

3.Mix in flour and cocoa and fold in Kellogg's® Gluten Free Corn Flakes and golden syrup.

4.Place spoonful's of the mixture onto a greased oven tray and bake for 15 minutes.

5.Remove the afghans from oven and leave to cool before icing

6.For the icing, heat the chocolate and cream over a low heat, stirring constantly until combined.

7.Remove from the heat and whisk in icing sugar to achieve a thick, shiny and smooth consistency.

8.Spread a spoonful of icing on to each afghan, and garnish with walnut. Enjoy!





# Whiskey Pumpkin Pie

Serving size 1 slice. Serves 8

featuring:

RxSugar™



## INGREDIENTS

15oz (425g) butternut pumpkin puree

½ cup cream

2 eggs

¾ cup RxSugar®

½ tsp salt

3oz (88mL) Whisky

1 tsp pumpkin spice

½ tsp cloves

2 TBSP of low FODMAP flour

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

## METHOD

1. Mix all ingredients together.

2. Bake at 420°F/215°C for 15 minutes

3. Then bake at 350°F/175°C for 40-50 minutes

4. It's done when you insert a toothpick, and it comes out clean

5. Let cool for 2 hours

6. Serve chilled and enjoy!





# Raspberry, Cinnamon & Orange Gut Gummies

Makes 25 Serving size is 5 gummies

featuring:



## INGREDIENTS

1 1/3 cups (340mL) cold water  
2 tablespoons grass-fed powdered gelatin  
2 cups (240g) fresh or frozen raspberries  
1 cinnamon stick, broken

Peeled zest of 1 unwaxed orange  
Stevia equivalent to 1 1/2 tablespoon sugar, or to taste  
1 1/2 teaspoons **The Beauty Chef® GUT PRIMER™ powder**



## METHOD

1. Pour 3/4 cup of the water into a small bowl and sprinkle over the gelatin in an even layer. Set aside for 10 minutes, to bloom.
2. Combine the raspberries, remaining water, cinnamon and orange zest in a small saucepan and bring to the boil. Decrease the heat and gently simmer for 5 minutes, or until reduced slightly.
3. Add gelatin mixture and stevia to the hot raspberry liquid and stir until dissolved. Strain through a fine-mesh sieve, using a spoon to press the raspberry pulp to get all of the juice out. Don't scrape, as you don't want to push too many of the seeds through. Top up the liquid with water to make 1 1/2 cups, if necessary. Set aside to cool to room temperature.
4. Sprinkle the GUT PRIMER™ powder over the top of the cooled raspberry liquid and stir to combine.
5. Place ice cube trays or silicon moulds onto trays. Fill with the raspberry liquid. Refrigerate for at least 1 hour, or until completely set.
6. Briefly dip base of the moulds into boiling water to loosen. Using your fingertips, gently pull the gummies away from the edge of the moulds. Invert onto a plate or if using silicon moulds, push out.
7. Store gummies in an airtight container in the refrigerator for up to 2 weeks.

SECTION

02

# FODMAP FRIENDLY SNACKS



# FEELING SNACKY?

Check out these brands for their FODMAP Friendly certified snacks!



check out



[www.fodmapfriendly.com](http://www.fodmapfriendly.com)



for our full list of FODMAP friendly snacks



SECTION  
**03**  
FODMAP FRIENDLY  
SUPPLEMENTS



# FODMAP Friendly Supplements?



Check out these FODMAP Friendly  
Certified Supplements



**CYTO-MATRIX™**  
The Science of Wellbeing 🍁

**that  
protein**  
The Plant People

**mintec®**  
PEPPERMINT IBS RELIEF

**solnul™**



PREMIUM NATURAL HEALTH PRODUCTS

**MSPrebiotic®**

**happiGut™**  
superfood for the gut





check out

[www.fodmapfriendly.com](http://www.fodmapfriendly.com)

for our full list of FODMAP friendly  
supplements



IBS Medication   Protein Powder   Fibre   Prebiotics   Probiotics

