

FODMAP Friendly

LOW FODMAP TREATS

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13 easy recipes

FEATURING
FODMAP FRIENDLY
CERTIFIED PRODUCTS BY

RxSugar™

Recipes



- | | | | |
|----|--|----|--|
| 01 | Goopy Chocolate Ganache | 08 | Hot Chocolate |
| 02 | Chocolate Mug Cake | 09 | Homemade Sugar-Free Blueberry Sauce |
| 03 | Low Carb Keto Chocolate Cupcakes & Low Carb Keto Chocolate Frosting | 10 | Keto Pancakes |
| 04 | Chocolate Chip Mug Cake | 11 | Low Carb Banana Bread |
| 05 | Pecan Chocolate Chip Cookies | 12 | Chocolate Chip Cookies |
| 06 | Whisky Pumpkin Pie | 13 | Gluten Free Blondies |
| 07 | Quick & Easy Brownies | | |



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Recipe Credit

Recipes used in this eBook have been sourced directly
RxSugar and have been altered in accordance to low
FODMAP guidelines



WHAT IS THE RxSugar™ PRODUCT?

RxSugar is a plant based, gluten free, grain free and an approved FODMAP Friendly Product.

It also has 0 calories and net carbs making it a perfect ingredient for those following the Ketogenic Diet.

It is also a great alternative for those with Diabetes as it has a 0 glycemic impact.

RxSugar is a great addition in baking as it caramelizes, browns, melts, dissolves, cooks and bakes just like table sugar.



SNACKS





Chocolate Slice

SERVING SIZE | 1 OUNCE (28 GRAMS)

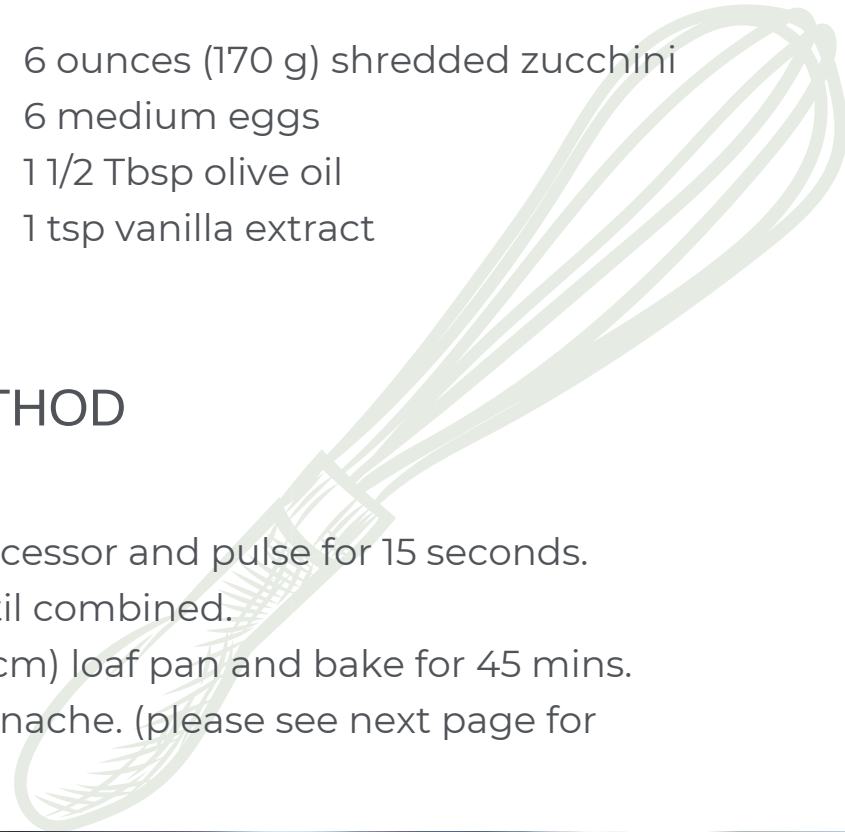
INGREDIENTS

1 cup almond meal
1 Tbsp baking powder
1/4 tsp kosher salt
3/4 cup RxSugar®
1/3 cup organic baking cocoa

6 ounces (170 g) shredded zucchini
6 medium eggs
1 1/2 Tbsp olive oil
1 tsp vanilla extract

METHOD

1. Preheat oven to 350° F / 175°C
2. Add the dry ingredients to a food processor and pulse for 15 seconds.
3. Add in wet ingredients and pulse until combined.
4. Pour into a standard 9x5 inch (22x12 cm) loaf pan and bake for 45 mins.
5. Let cool completely then top with Ganache. (please see next page for recipe).



Gooney Chocolate Ganache

SERVING SIZE | 1 OUNCE (28 GRAMS)



INGREDIENTS

2 ounces (55g) Chocolife, The Good Chocolate or
Enjoy Life FODMAP Friendly Certified Chocolate

1 ounce (28 g) butter

2 tablespoons RxSugar®

3 tsp whipped cream



METHOD

1. Add ingredients to a small saucepan and heat on medium/low heat until melted and has a glossy shine.
2. Let cool slightly before pouring over the top of the bread..

Chocolate Mug Cake

SERVES 1



INGREDIENTS

- 1/4 cup almond meal
- 2 Tbsp cocoa
- 2 Tbsp RxSugar®
- 2 eggs
- 1 tsp chocolate chips - Chocolife, The Good Chocolate or Enjoy Life are FODMAP Friendly Certified
- 1/2 tsp vanilla extract
- 1 tsp coconut oil
- Maple syrup for topping (optional)

METHOD

1. Mix ingredients
2. Spray mug with oil (to prevent sticking)
3. Cook for 1 minute in the microwave.
4. Top with whipped cream drizzled with maple syrup (optional)

Low Carb Keto Chocolate Cupcakes

SERVES 10



INGREDIENTS

2 cups almond meal
6 Tbsp Cocoa powder
½ Tbsp baking powder
¼ tsp Sea salt
1/3 cup Butter (softened)
½ cup RxSugar®
3 large eggs
½ cup unsweetened almond milk
1 tsp Vanilla extract

METHOD

1. Preheat oven to 350° F / 175°C
2. Line 10 muffin cases in a muffin tin
3. Use hand mixer to beat butter and RxSugar®
4. Beat in almond meal, cocoa powder, baking powder and sea salt
5. Beat in eggs, almond milk, vanilla extract
6. Bake for 20 – 25 mins
7. Allow muffins to cool and then apply frosting (please see next recipe for frosting)



Low Carb Keto Chocolate Frosting

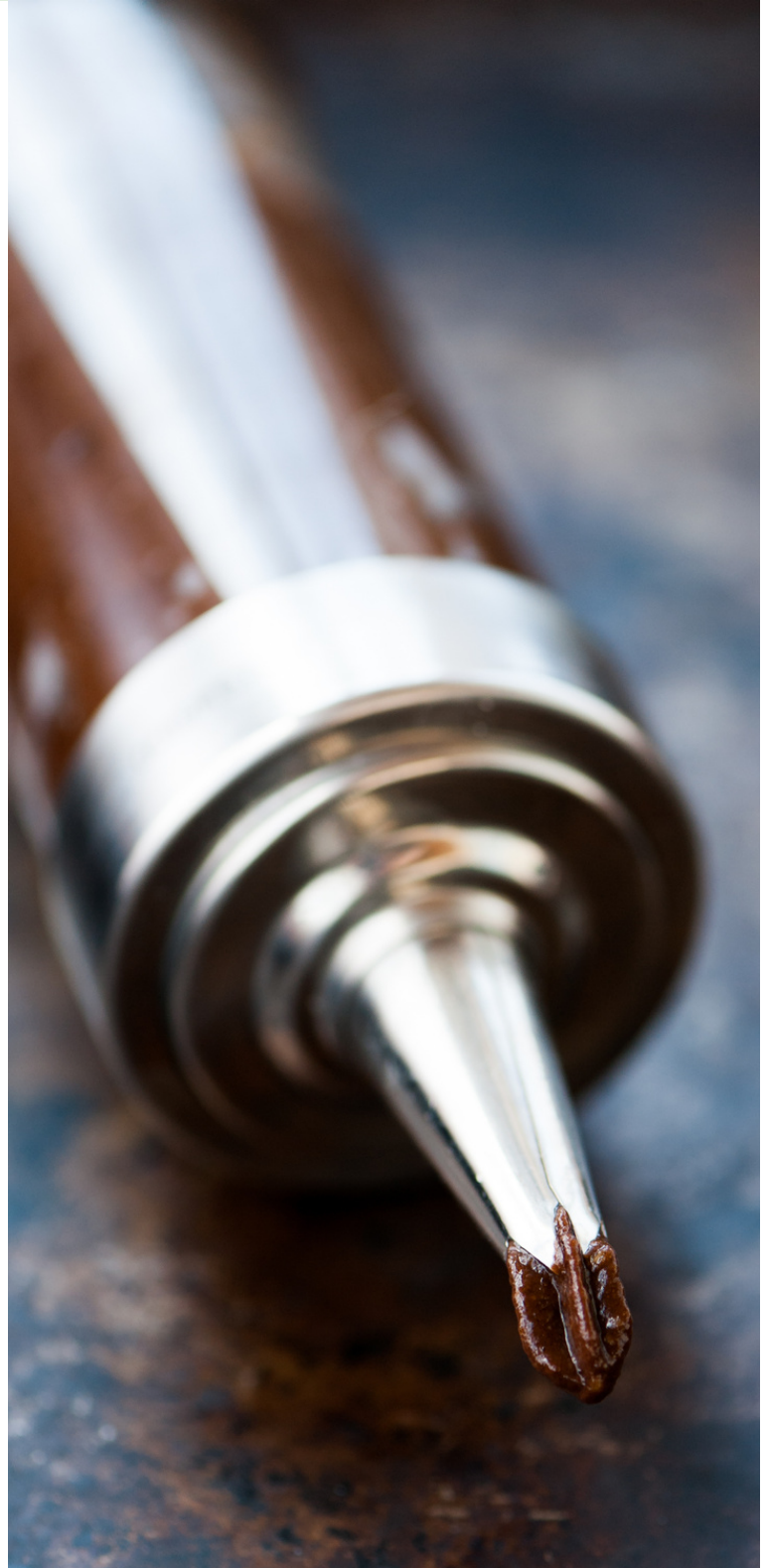
SERVING SIZE | 1 OUNCE (28 GRAMS)

INGREDIENTS

- 1 ½ cups Butter (softened)
- 10 Tbsp Cocoa powder
- ½ cup RxSugar®
- ½ Tbsp baking powder
- 1 tsp vanilla extract
- 1 Tbsp cream

METHOD

1. Using a hand mixer, beat the butter for approximately 1 minute
2. Beat in the cocoa powder, RxSugar® and vanilla extract.
3. Beat in cream until smooth and fluffy



Chocolate Chip Mug Cake

SERVES 1



INGREDIENTS

- 2 Tbsp butter or butter substitute
- 1/4 cup of almond meal
- 2 Tbsp cocoa powder
- 1 large egg, beaten
- 2 Tbsp chocolate chips - Chocolife, The Good Chocolate or Enjoy Life are FODMAP Friendly Certified
- 2 Tbsp RxSugar®
- 1/2 tsp baking powder
- Pinch of salt
- Whipped cream - topping



METHOD

1. Place butter or butter substitute in microwave until melted (about 11 seconds). Add remaining ingredients (except whipped cream) and stir until fully combined.

2. Cook for 45 seconds to 1 minute.

Don't worry if it's a bit soft in the middle. The eggs should be cooked and the cake should be fudgy and delicious.

3. Top with whipped cream and enjoy

with your favourite FODMAP Friendly lactose free milk – Arla Lacto Free, Liddells Lactose Free or Green Valley Creamery are FODMAP Friendly certified

Pecan Chocolate Chip Cookies

SERVING IS 1 LARGE COOKIE



INGREDIENTS

½ cup rolled oats – (Uncle Toby's have FODMAP Friendly certified rolled oats)

2 ¼ cups of low FODMAP flour (Orgran, White Wings, Semper, Det Glutenfrie Verksted, EQU and Lo-Fo Pantry have FODMAP Friendly Certified flour)

1 ½ tsp baking soda

1 tsp salt

¼ tsp ground cinnamon

1 cup unsalted butter, softened

1 ¾ cup packed RxSugar®

2 tsp pure vanilla extract

½ tsp freshly squeezed lemon juice

2 large eggs

2 cups (350g) of chocolate chips - Chocolife, The Good Chocolate or Enjoy Life are FODMAP Friendly Certified

1 cup chopped pecans

METHOD

1. Pulse oats in a food processor until semi-fine or fine
2. In a small mixing bowl, add the oats, flour, baking soda, salt and cinnamon.
3. Mix thoroughly together with a rubber spatula or wooden spoon
4. To a medium-sized bowl, add butter and RxSugar®

Pecan Chocolate Chip Cookies (continued)



METHOD (CONTINUED)

5. Cream together using an electric hand mixer. Add vanilla extract, lemon juice and eggs. Mix together until you have a smooth mixture. Be sure to scrape the bottom of the bowl with a spatula at least once.

6. Add the dry ingredients to the wet ingredients and mix with a spatula, being careful not to over-mix. Drop in the chocolate chips and pecans and mix until both are evenly distributed throughout the cookie dough.

*Do NOT over mix so they have a cake-like texture

7. Using a large cookie scoop 3 Tbsp (or you can use a medium-sized one to make even more cookies), scoop cookie dough onto a lined baking sheet.

8. Freeze or refrigerate the cookie dough for at least 2 to 4 hours or overnight

9. To bake: heat oven to 350°F/175°C. To place cookie dough portion onto baking sheet lined with baking paper or parchment paper at least 1 ½ to 2 inches (3.5 to 5cm) apart. Bake for 13-14 minutes (for smaller cookies, bake for 12-13 minutes)

10. Allow to cool completely on a cooling rack if storing. Store in a sealed container with a slice of sandwich bread to ensure softness of cookies.

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Whisky Pumpkin Pie

MAKES 8 SLICES, 1 SLICE IS 1 SERVE



INGREDIENTS

15oz (425g) butternut pumpkin puree

½ cup cream

2 eggs

¾ cup RxSugar®

½ tsp salt

1 tsp pumpkin spice (cinnamon, nutmeg etc.)

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)

3oz (88mL) Whisky

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

Quick & Easy Brownies

SERVE SIZE IS 1 LARGE SLICE



INGREDIENTS

¾ cup vegetable oil
1 ¾ cup RxSugar®
1 ½ tsp vanilla extract
3 eggs
¾ cup of low FODMAP flour
(Orgran, White Wings, Semper,
Det Glutenfrie Verksted, EQU
and Lo-Fo Pantry have
FODMAP Friendly Certified
flour)
1/3 tsp + 2 ½ tsp cocoa
¼ tsp + 1/8 tsp baking powder
¼ tsp salt

METHOD

1. Preheat oven to 350°F/175°C
2. Grease a 9x9 inch (22x22cm) square packing pan
3. Mix oil, RxSugar® and vanilla extract
4. Add eggs and mix until well blended
5. Combine flour, cocoa, salt and baking powder
6. Slowly combine to the egg mixture until well combined
7. Pour the batter into the pan.
8. Bake for 35 mins, until the toothpicks come out with a few crumbs

Hot Chocolate

SERVES 2-3



INGREDIENTS

- 2 ½ cups almond milk
- 2 Tbsp cocoa
- 2 Tbsp RxSugar®
- ¼ tsp cinnamon (to taste)
- 1 tsp vanilla
- ¼ tsp instant coffee
- 2 Tbsp dark chocolate - Chocolife, The Good Chocolate or Enjoy Life are FODMAP Friendly Certified

METHOD

1. Whisk all ingredients in a small pot on low heat until hot.
2. Do not bring to boil so milk does not burn.
3. Top with whipped cream, shaved dark chocolate, cinnamon, or crushed peppermint (as per your preference)

Homemade Sugar-Free Blueberry Sauce

SERVES 10



INGREDIENTS

- 1.5 Cups RxSugar®
- 1 Cup water
- 12 oz (340 g) Fresh blueberries
- 2 tsp. Orange Zest
- 1 tsp. Kosher Salt

METHOD

1. In a small saucepan over low heat, combine RxSugar® and water until sugar dissolves. Add blueberries and cook until they burst, 10 minutes. Stir in orange zest and a pinch of salt.
2. Remove saucepan from heat and let cool completely, then transfer to a resealable container and refrigerate.
3. Drizzle a couple teaspoons on a dessert, pancakes, greek yoghurt or add some delight to a savoury roast meal.

Keto Pancakes



INGREDIENTS

1 cup almond meal
¼ cup coconut finely desiccated
4 tsp RxSugar®
1 tsp baking powder
5 eggs
1/3 cup unsweetened almond milk
¼ cup avocado oil
1 ½ tsp vanilla extract
¼ tsp sea salt
RxSugar® Organic Pancake Syrup

METHOD

1. Whisk all ingredients together in a bowl until smooth
2. Preheat an oiled pan on stove over medium heat
3. Drop batter onto the pan in circles
4. Cover and cook for 1.5 – 2 mins until bubbles start to form
5. Flip and cook for another 1.5 – 2 mins
6. Repeat
7. Drizzle with RxSugar® Organic Pancake Syrup!



Low Carb Banana Bread

Created by Ched Daniel Oustad

SERVING SIZE | 1 SLICE

INGREDIENTS

1 to 3 pcs mashed unripe banana
(yellow, green tinge, no brown spots)

3 large eggs

1/4 cup olive oil

1 tsp baking soda

1 tsp RxSugar®

2 cups almond meal

METHOD

1. Preheat oven to 350°F/175°C
2. Spray baking pan or loaf tin
3. Blend eggs, banana and oil in food processor
4. Mix in almond meal, baking soda & RxSugar®
5. Bake for 45 – 60 mins



Chocolate Chip Cookies

Created by Ched Daniel Oustad

1 SERVE IS 1 COOKIE



INGREDIENTS

1 cup almond meal
1/4 cup coconut, finely desiccated
1 tsp baking soda
1/4 tsp sea salt
6 Tbsp softened butter
1 cup RxSugar®
1/3 cup almond butter
1.5 tsp vanilla
1 egg
1/3 cup dark chocolate chips -
Chocolife, The Good Chocolate
or Enjoy Life are FODMAP
Friendly Certified

METHOD

1. Preheat oven to 350°F/175°C and line a baking tray with baking paper
2. In a mixer, mix butter, vanilla, salt, and RxSugar® together
3. Add egg, almond butter, and baking soda and mix well
4. Slowly add in almond meal & coconut and mix until incorporated
5. Mix in chocolate chips
6. Place dough onto cookie sheet and form a cookie shape
7. Bake for about 11 minutes, or until desired consistency

Gluten Free Blondies

Credit to Naturally Sweet TID
1 SERVE = 1 SLICE

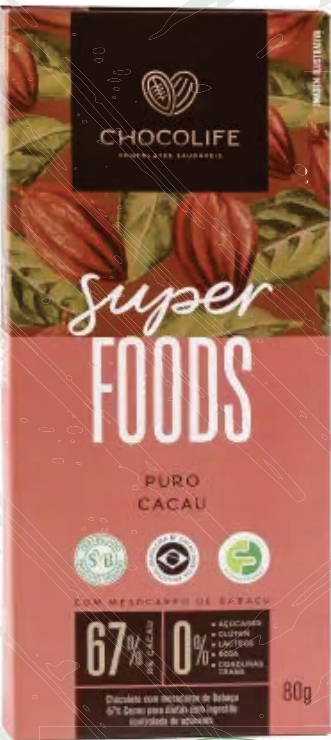


INGREDIENTS

- 2 cups almond meal
- 1 tsp baking powder
- 1 cup RxSugar®
- 2 large eggs
- 1/2 cup softened butter
- 1 tsp vanilla extract
- 1/2 cup dark chocolate chips -
Chocolife, The Good
Chocolate or Enjoy Life are FODMAP
Friendly Certified
- *can add in other mix ins (eg. 1 cup of
walnuts)

METHOD

1. Preheat oven to 350°F/175°C
and spray 8x8 inches (20x20cm) pan
2. In a large mixing bowl, combine
almond meal, and baking powder.
Mix well
3. In a separate bowl, mix together
RXSugar®, eggs, butter and vanilla.
4. Combine all ingredients
5. Fold in chocolate chips
6. Transfer to pan and
bake for 20-25 minutes



ADDITIONAL FODMAP FRIENDLY CERTIFIED PRODUCTS TO TRY

