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MOUTH-  
WATERING

LOW FODMAP

— RECIPES —



Do you suffer from symptoms of food intolerance? Have you been diagnosed with IBS?

If so, a low FODMAP diet is the only proven method to discover what foods trigger your symptoms.

I've rounded up 44 delicious low FODMAP recipes to help you get started. Recipes are categorised under breakfast, lunch, dinner, snacks and desserts.

Click the recipe name for the full instructions and more photos.

## Low FODMAP Breakfast Recipes



### Low FODMAP Muesli

Slightly sweet but nice and crunchy.

If you can tolerate oats then they are a nutritious addition in place of corn flakes. Oats are naturally gluten-free also.



### Peanut Banana Blueberry Smoothie

Peanut butter makes everything taste better.

Swap regular milk for almond milk or lactose-free milk.



### Easy Chocolate Chip Scones

Basically identical to scones made with wheat flour... nobody will know the difference.

Can also swap out chocolate for pecans, walnuts or other low FODMAP nuts.



### Low FODMAP Strawberry Banana Smoothie

Satisfies hunger and your sweet tooth.

Be sure to use maple syrup rather than honey.



## **Coconut Oat Granola With Dark Chocolate**

Crunchy coconut oats with rose water and dark chocolate.

Go for chocolate with 85%+ cocoa.

A little bit fancy, so perhaps not an everyday breakfast.



## **Low FODMAP Blueberry Smoothie**

Crunchy coconut oats with rose water and dark chocolate.

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## **Low FODMAP Overnight Banana Chocolate Oats**

Batch prepare this to grab on the go.

Also a filling lunch option.



## **FODMAP Friendly Blueberry Pancakes**

Delightful weekend treat.



## **Poached Eggs On Yogurt and Garlic Infused Oil**

Serve with spelt bread or corn tortillas and low FODMAP veggies.



## Quinoa Porridge with Berries and Cinnamon

Quinoa is a high-protein alternative to oats, but costs a lot more.

One cup of cooked quinoa is low FODMAP.

## Low FODMAP Lunch Recipes



### Low FODMAP Egg Shakshuka

Shakshuka can either be a lazy weekend breakfast or lunch.

Remember to divide the recipe into 4 serves to keep it low FODMAP.



### Fresh Spring (Rice-Paper) Rolls

Select a maximum of 3 veggies, and add a protein if you like.

Omit avocado and scallions.



### Easy One-Pan Ratatouille

Delicious low FODMAP veggies and a thick sauce.

Add a protein source for a complete meal.



### Low FODMAP Tomato and Leek Frittata

Leek leaves are a great replacement for onions.

They go really well with eggs.



### **Low FODMAP Minestrone**

Classic minestrone soup is great for lunch or a light dinner.

Uses canned chickpeas, but they need to be soaked again even out of the tin to keep the FODMAP content low.



### **Slow Cooker Chicken & Wild Rice Soup**

Rich and creamy, soups are perfect for batching and then freezing the leftovers in portions.

Then you've always got a quick and tasty go to snack or meal.



### **Carrot, Coconut and Ginger Soup**

Delicious and nutritious, it only takes 30 minutes from start to finish.



### **Simple Low FODMAP Potato & Egg Salad**

Heavy on nutrients, light in calories.

We should all aim to eat more salads at lunch.



### **Low FODMAP Carrot & Corn Fritters**

According to Monash, 1/4 cup of corn kernels per person is low FODMAP.

This works out to be 3 fritters total, so it's not a big lunch.



### **Baked Eggs with Spinach & Labneh**

Make sure the eggs look slightly under-cooked when removed from the oven because they continue to cook in the hot tomatoes.

## **Low FODMAP Dinner Recipes**



### **Maple-Marinated Salmon with Sesame-Spinach Rice**

Simple enough for a weeknight, and the marinade is delightful.



### **FODMAP Friendly Pesto Pasta**

A dish that is nice and light, great for summer.

Add a protein source to make it more fulfilling.



### **Low FODMAP Pumpkin & Carrot Risotto**

Creamy rice and sweet roast veggies combined with fresh lemon flavours.



### **Quinoa Crusted Chicken Parmesan**

This is a baked (not fried) version of traditional Chicken Parmesan.

But with quinoa which is low FODMAP, high protein and high fiber.



## **Salmon and Swiss Chard Loaded Potatoes**

Loaded potatoes are easy to make, filling, healthy, and totally low FODMAP!



## **Low FODMAP Green Chicken Curry**

If you feel like some meals have become bland, this curry will spark your senses.

Not a quick dish mind you.



## **Low FODMAP Spaghetti Bolognese**

Comfort food that's easy to throw together at the last minute.

Serve with a side of low FODMAP veggies.



## **Maple Garlic Glazed Salmon**

Serve with low FODMAP veggies and 2/3 cup of brown rice (for the fiber).



## **Low FODMAP Chicken Nachos**

Always a weekend favourite for the family.

Leave out taco seasoning unless you can find one without garlic and onion.



### **Bibimbap Nourishing Bowl**

A Korean favourite.

It's a mixed rice bowl packed with veggies, a protein source and a fried egg, sunny side up.



### **Chilli Coconut Crusted Fish with Salad**

A unique and delicious twist on classic pan-fried fish.



### **FODMAP Friendly Lasagne**

More classic comfort food.

Better suited to those with some idea what their FODMAP sensitivities are because there's quite a few ingredients in this one.

## **Low FODMAP Snack Recipes**



### **Sweet and Spicy Nuts!**

Rich in protein, fiber and magnesium, a nutrient many of us are lacking.



### **Cheesy Baked Quinoa And Zucchini Cups**

Unique muffins that use quinoa flour.



## **Banana Nut Quinoa Muffins**

Unique muffins that use quinoa flour.



## **FODMAP Nut Butter Popcorn**

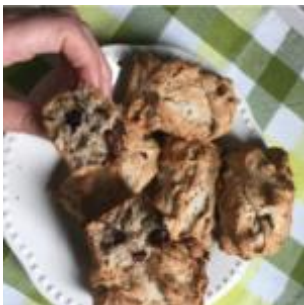
Of course you can also just have plain salted popcorn.

According to Monash, 7 cups or 120 grams in slow FODMAPs.



## **Homemade Trail Mix**

Made with banana chips, dark chocolate chips, low FODMAP pretzel sticks and pumpkin seeds.



## **Low FODMAP Banana Chocolate Walnut Bread**

Delicious and very close consistency to regular banana bread.



## **Chewy Peanut Butter Cookies**

Only 5 ingredients needed, or 6 if you want chocolate chips.

# Low FODMAP Dessert Recipes



## Low FODMAP Blueberry Crumble Slice

Classic comfort food, great with ice-cream.



## Fudgy One-Bowl Brownies

Moist fudgy-style brownies with a shiny top.



## Creamy Coconut Milk Quinoa Pudding

Make a batch and keep in the fridge.



## FODMAP Friendly Ferrero Rocher

The healthiest and tastiest chocolate and hazelnut truffles you'll ever eat.

About 20 hazelnuts (30 grams) is a bit high in FODMAPs, but you are fine if you don't eat more than two at one sitting.



## Low FODMAP Strawberry & Rhubarb Crumble

Divide this recipe into 3 serves to keep it low FODMAP.

## What Next?

If you're new to eliminating FODMAPs, I strongly recommend you [read this guide](#).

If you are ready to move onto the reintroduction phase, [read this guide](#).



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## IF YOU LIKED THIS

FEEL FREE TO SHARE IT WITH YOUR FRIENDS



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IF YOU GET STUCK OR HAVE QUESTIONS

You can get in touch with me at  
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You can also learn more about me and my  
Dietitian qualifications [here](#).