

44

MOUTH-
WATERING

LOW FODMAP

RECIPES



Diet vs Disease
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Dietitian

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.



[Blueberry, Banana, and Peanut Butter Smoothie](#)

This is the perfect smoothie to get your day moving, to give you a boost, or to serve as a kid-friendly snack!



[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](#)

This low FODMAP blueberry smoothie is delicious and a great way to start the day.



[Low FODMAP Overnight Banana Chocolate Oats](#)

Batch prepare this to grab on the go.

Also a filling lunch option.



[Low-FODMAP Blueberry Pancakes; Gluten-free, Dairy-free](#)

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 \(low-FODMAP recipe\)](#)

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.



[Low FODMAP Pesto Pasta with Grilled Chicken and Roasted Tomatoes](#)

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.

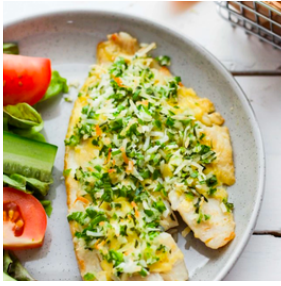
Leave out taco seasoning unless you can find one without garlic and onion.



[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](#)

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

Add a protein source to make it more fulfilling.



[Simple Chia Pudding](#)

This easy make-ahead recipe soaks overnight in the fridge for a gut-friendly snack.



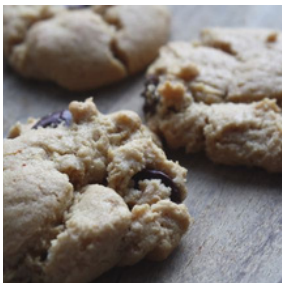
[Homemade Trail Mix](#)

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](#)

It's made with less sugar and a boost of fiber from optional chia seeds.

Enjoy it warm, maybe with a scoop of lactose-free vanilla ice cream.

WE HAVE A COMMUNITY OF OVER
250 WOMEN ON THEIR HEALTHY
JOURNEY AND A TEAM OF DIETITIAN
PROFESSIONALS TO GUIDE THEM.

IF YOU'D LOVE A CLEAR NUTRITION
PLAN TO FOLLOW AND
INDIVIDUALIZED SUPPORT, THEN
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