



# Low FODMAP Diet - Snack Recipes

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# Edamame

1 SERVING 5 MINUTES



## INGREDIENTS

78 grams Frozen Edamame (shelled, thawed)

## DIRECTIONS

01 Enjoy as a snack or add as a side to a main dish, salad or soup.

## NUTRITION

### AMOUNT PER SERVING

Calories	94	Carbs	7g
Fat	4g	Fiber	4g
Saturated	0g	Sugar	2g
Polyunsat...	2g	Protein	9g
Monounsa...	1g		

# Plantain Chips

2 SERVINGS 30 MINUTES



## INGREDIENTS

2 Plantain (medium size)  
15 milliliters Coconut Oil (melted)  
1 gram Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	392	Carbs	87g
Fat	8g	Fiber	5g
Saturated	6g	Sugar	47g
Polyunsat...	0g	Protein	4g
Monounsa...	0g		

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 02 Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the diagonal for bigger chips. Gently toss the slices in coconut oil and cinnamon. Arrange in an even layer on the baking sheet then bake for 30 to 35 minutes, flipping at the halfway point. (Note: Chips are done when they start to brown around the edges.)
- 03 Remove from oven and let cool on a baking rack lined with paper towel to soak up any excess oil. Enjoy!

# Sea Salted Coconut Kale Chips

1 SERVING 20 MINUTES



## INGREDIENTS

21 grams Kale Leaves  
7 milliliters Coconut Oil (melted)  
2 grams Sea Salt  
1/8 Lemon (juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	69	Carbs	1g
Fat	7g	Fiber	1g
Saturated	6g	Sugar	0g
Polyunsat...	0g	Protein	1g
Monounsa...	0g		

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Use a sharp knife to cut your kale leaves into large pieces. They shrink up in the oven, so don't cut them too small!
- 02 Place kale in a large bowl. Drizzle with lemon juice and melted coconut oil. Season with desired amount of sea salt. Use clean hands to massage all ingredients into kale.
- 03 Line a large baking sheet with parchment paper. Place kale leaves on foil in a single layer. Don't over crowd. You will have to bake in batches for the perfect chips.
- 04 Cook in oven for 10 to 15 minutes (12 minutes was the perfect number for me). Remove from oven when crisp. Enjoy!



# Olive Tapenade with Crackers

1 SERVING 10 MINUTES



## INGREDIENTS

17 grams Black Olives (pitted)  
2 grams Capers  
2 grams Parsley  
1/16 Lemon (juiced)  
4 milliliters Extra Virgin Olive Oil  
94 milligrams Sea Salt  
50 grams Whole Grain Crackers

## DIRECTIONS

- 01 Combine the olives, capers, parsley, lemon juice, olive oil and sea salt in a food processor and blend until desired consistency is reached. Adjust salt and lemon juice to taste.
- 02 Top crackers with the olive tapenade and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	292	Carbs	35g
Fat	15g	Fiber	2g
Saturated	3g	Sugar	6g
Polyunsat...	6g	Protein	4g
Monounsa...	6g		

# Chocolate Dipped Strawberries

1 SERVING 30 MINUTES



## INGREDIENTS

**25 grams** Dark Chocolate (at least 70% cacao)

**144 grams** Strawberries (whole)

**3 grams** Unsweetened Coconut Flakes

## NUTRITION

### AMOUNT PER SERVING

Calories	212	Carbs	23g
Fat	13g	Fiber	6g
Saturated	8g	Sugar	13g
Polyunsat...	1g	Protein	3g
Monounsa...	3g		

## DIRECTIONS

- 01 Wash strawberries and dry very well. Spread a large piece of parchment paper across a large baking sheet.
- 02 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
- 03 Tilt the pot with the melted chocolate to one side so that all the chocolate pools. Hold the strawberries by the stem and dip them into the melted chocolate one-by-one. Place on parchment paper. Sprinkle with shredded coconut immediately.
- 04 Transfer the chocolate dipped strawberries to the fridge for 20 minutes or until chocolate is completely set. Remove from parchment paper and store in an airtight container in the fridge until ready to eat. Enjoy!

# Broiled Pineapple with Cinnamon

1 SERVING 10 MINUTES



## INGREDIENTS

**165 grams** Pineapple (cored and sliced into rounds)

**1 gram** Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	86	Carbs	23g
Fat	0g	Fiber	3g
Saturated	0g	Sugar	16g
Polyunsat...	0g	Protein	1g
Monounsa...	0g		

## DIRECTIONS

- 01 Adjust oven rack to the top, closest to the broiler. Set oven to high broil.
- 02 Place pineapple slices on a foil-lined baking sheet and sprinkle both sides with cinnamon.
- 03 Broil in oven for about 10 minutes, flipping halfway. Watch closely for burning as oven temperatures may vary.
- 04 Remove from oven and enjoy!

# Orange & Dark Chocolate

1 SERVING 3 MINUTES



## INGREDIENTS

1 Navel Orange (peeled or sliced)  
25 grams Dark Chocolate (broken into pieces)

## DIRECTIONS

01 Peel and section oranges or slice into wedges. Divide into bowl and top with dark chocolate. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	218	Carbs	29g
Fat	11g	Fiber	6g
Saturated	6g	Sugar	18g
Polyunsat...	0g	Protein	3g
Monounsa...	3g		



# Grapes & Walnuts

1 SERVING 3 MINUTES



## INGREDIENTS

92 grams Grapes (washed)  
30 grams Walnuts

## DIRECTIONS

01 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	258	Carbs	20g
Fat	20g	Fiber	3g
Saturated	2g	Sugar	16g
Polyunsat...	14g	Protein	5g
Monounsa...	3g		

# Peanut Butter Crunch Balls

10 SERVINGS 1 HOUR 15 MINUTES



## INGREDIENTS

97 grams All Natural Peanut Butter  
40 grams Maple Syrup  
750 milligrams Sea Salt  
45 grams Oat Flour  
7 grams Rice Puffs Cereal  
25 grams Dark Chocolate  
2 milliliters Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	106	Carbs	10g
Fat	7g	Fiber	1g
Saturated	2g	Sugar	4g
Polyunsat...	1g	Protein	3g
Monounsat...	3g		

## DIRECTIONS

- 01 In a mixing bowl, mix together the peanut butter, maple syrup and sea salt. Add in the oat flour and mix well until a soft dough forms. Gently fold in the rice puffs cereal until evenly distributed.
- 02 Line a baking sheet with parchment paper. Use a tablespoon to drop small balls onto the baking sheet then use your hands to roll them into a ball and smooth them out. Store in the freezer for 30 minutes.
- 03 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
- 04 Bring water to a boil then reduce to lowest heat. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Remove from stovetop.
- 05 Remove the baking sheet peanut butter balls from the freezer. Using a spoonful of melted chocolate at a time slowly drizzle the chocolate over top of each ball, or alternatively, dip each one into the melted chocolate mixture and place them back on the parchment paper.
- 06 Let peanut butter balls set in the freezer for 30 minutes to harden. Remove from freezer and enjoy right away, or store in the fridge or freezer to eat later.

# Cinnamon Toast Crunch Pumpkin Seeds

2 SERVINGS 50 MINUTES



## INGREDIENTS

56 grams Pumpkin Seeds (rinsed and dried)  
7 milliliters Extra Virgin Olive Oil  
20 grams Maple Syrup  
2 grams Sea Salt  
650 milligrams Cinnamon

## DIRECTIONS

- 01 Preheat oven to 300°F (149°C) and line a baking sheet with parchment paper.
- 02 Add all ingredients to a mixing bowl and mix well. Spread seeds across the baking sheet. Place in the oven and bake for 40 to 50 minutes or until golden brown. Stir at the halfway point.
- 03 Remove pumpkin seeds from the oven and let cool. Break into pieces and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	207	Carbs	12g
Fat	16g	Fiber	4g
Saturated	3g	Sugar	6g
Polyunsat...	4g	Protein	7g
Monounsa...	8g		



# Peanut Butter Rice Krispies

6 SERVINGS 30 MINUTES



## INGREDIENTS

15 milliliters Coconut Oil  
160 grams Maple Syrup  
129 grams All Natural Peanut Butter  
35 grams Rice Puffs Cereal

## NUTRITION

### AMOUNT PER SERVING

Calories	242	Carbs	28g
Fat	13g	Fiber	1g
Saturated	4g	Sugar	18g
Polyunsat...	3g	Protein	5g
Monounsa...	6g		

## DIRECTIONS

- 01 Grease a loaf pan with coconut oil or line with parchment paper (use a larger baking dish if serving size is adjusted higher).
- 02 In a medium pot over low-medium heat, whisk together maple syrup and peanut butter until thoroughly combined. Remove from heat and let cool, about 5 minutes.
- 03 Add puffed rice and gently mix with a spatula until evenly coated.
- 04 Transfer to loaf pan and press down firmly. Freeze for 20 minutes or until firm. Slice into bars or squares and enjoy!



# Nori & Seed Crackers

6 SERVINGS 1 HOUR



## INGREDIENTS

2 1/3 Nori Sheets (raw or roasted, crushed)  
17 grams Pumpkin Seeds (raw)  
19 grams Sunflower Seeds (raw)  
12 grams Whole Flax Seeds  
14 grams Chia Seeds  
22 grams Sesame Seeds  
48 grams Maple Syrup

## DIRECTIONS

- 01 Preheat oven to 250°F (121°C) and line a baking sheet with parchment paper.
- 02 Mix all ingredients in a bowl until well combined. Spread the mix onto the parchment paper and gently press down into an even layer. Bake for 45 minutes, rotating the pan about every 15 minutes.
- 03 Let the crackers cool completely before slicing them into 1" x 3" bars. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	100	Carbs	9g
Fat	6g	Fiber	3g
Saturated	1g	Sugar	5g
Polyunsat...	3g	Protein	3g
Monounsa...	2g		

# Dark Chocolate & Walnuts

1 SERVING 5 MINUTES



## INGREDIENTS

30 grams Walnuts

25 grams Dark Chocolate (at least 70% cacao)

## DIRECTIONS

01 Divide dark chocolate and walnuts between bowls. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	346	Carbs	16g
Fat	30g	Fiber	5g
Saturated	8g	Sugar	7g
Polyunsat...	14g	Protein	7g
Monounsa...	6g		

# Brown Rice Chips with Salsa

1 SERVING 15 MINUTES



## INGREDIENTS

1 Brown Rice Tortilla  
130 grams Salsa

## NUTRITION

### AMOUNT PER SERVING

Calories	188	Carbs	36g
Fat	3g	Fiber	5g
Saturated	0g	Sugar	8g
Polyunsat...	0g	Protein	5g
Monounsa...	0g		

## DIRECTIONS

- 01 Preheat oven to 415°F (213°C). Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
- 02 Remove chips from oven. Serve with salsa. Enjoy!



# Cinnamon Toasted Pecans

1 SERVING 15 MINUTES



## INGREDIENTS

25 grams Pecans  
5 grams Maple Syrup  
650 milligrams Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	186	Carbs	7g
Fat	18g	Fiber	3g
Saturated	2g	Sugar	4g
Polyunsat...	5g	Protein	2g
Monounsa...	10g		

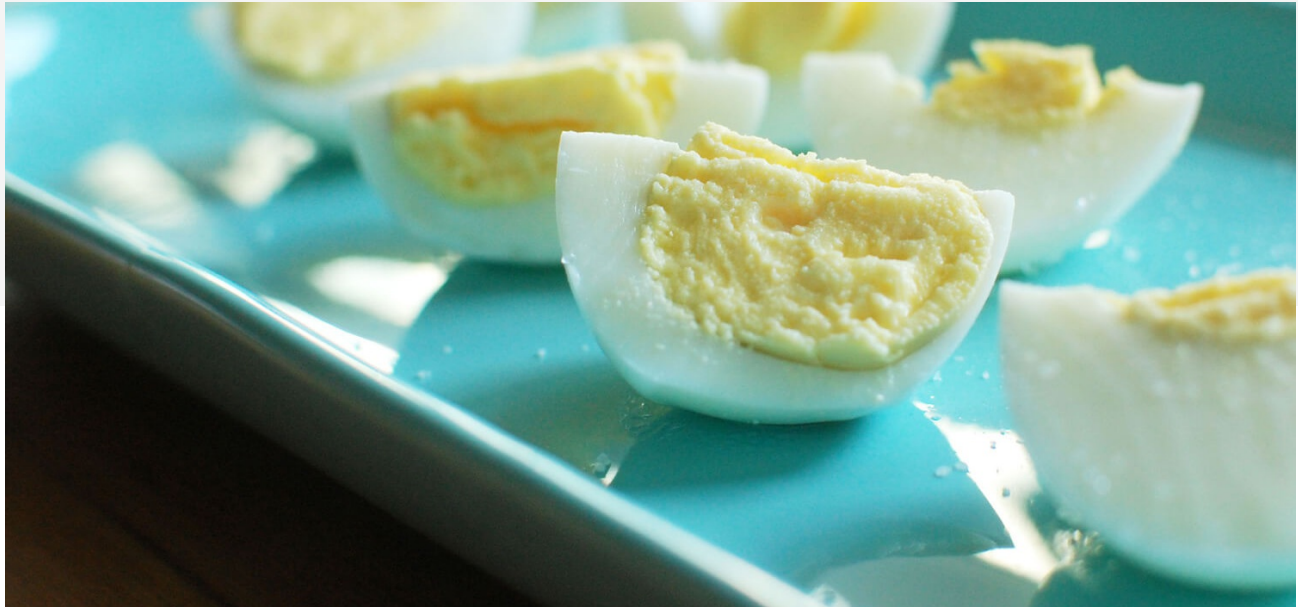
## DIRECTIONS

- 01 Place nuts in a frying pan over medium heat stirring occasionally for 5 minutes or until pecans are toasted.
- 02 Drizzle maple syrup over pecans and add in cinnamon. Stir well with a wooden spoon until pecans are evenly coated. Continue stirring until pecans become sticky.
- 03 Remove from heat and spread pecans over a piece of wax paper. Let dry for 10 minutes and break apart into individual pieces. Store in a mason jar. Enjoy!



# Salt n' Vinegar Hard Boiled Eggs

1 SERVING 35 MINUTES



## INGREDIENTS

2 Egg  
2 grams Sea Salt (divided)  
15 milliliters Apple Cider Vinegar (divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	146	Carbs	1g
Fat	10g	Fiber	0g
Saturated	3g	Sugar	0g
Polyunsat...	2g	Protein	13g
Monounsat...	4g		

## DIRECTIONS

- 01 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 02 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 03 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

# Sea Salt & Coconut Popcorn

1 SERVING 10 MINUTES



## INGREDIENTS

32 grams Popcorn Kernels

10 milliliters Coconut Oil

2 grams Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	196	Carbs	22g
Fat	10g	Fiber	4g
Saturated	7g	Sugar	0g
Polyunsat...	1g	Protein	4g
Monounsa...	1g		

## DIRECTIONS

- 01 In a tall, deep pot, heat oil over medium heat for 5 minutes. Pour kernels in with oil and quickly cover with lid. Give the pot a quick shake and place back on heat.
- 02 Let kernels pop. Shake the pot when popping slows down holding the lid on tightly.
- 03 Remove from heat when popping stops. Pour into a bowl immediately to avoid the popcorn burning. Sprinkle with sea salt to taste. Enjoy! (Note: Never, ever, EVER leave stove top popcorn unattended.)

# Mojito Sorbet

2 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 Cucumber (large, chopped and frozen)  
6 grams Mint Leaves (fresh)  
1/2 Lime (juiced)  
20 grams Maple Syrup  
30 milliliters Water (cold)

## DIRECTIONS

- 01 Add frozen cucumber and mint to a food processor or high-powered blender and blend until completely shaved.
- 02 Add lime juice, maple syrup and water until well combined and smooth. Scoop into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	42	Carbs	11g
Fat	0g	Fiber	1g
Saturated	0g	Sugar	7g
Polyunsat...	0g	Protein	1g
Monounsa...	0g		



# Snow Cones

2 SERVINGS 5 MINUTES



## INGREDIENTS

12 Ice Cubes  
1 Carrot (large, juiced)  
20 grams Maple Syrup

## NUTRITION

### AMOUNT PER SERVING

Calories	39	Carbs	10g
Fat	0g	Fiber	1g
Saturated	0g	Sugar	7g
Polyunsat...	0g	Protein	0g
Monounsa...	0g		

## DIRECTIONS

- 01 Add ice cubes to a high-powered blender and blend until fully shaved. Divide into snow cone cups or small bowls.
- 02 Drizzle the carrot juice and maple syrup overtop the snow cones. Enjoy immediately!



# Coconut Yogurt with Sunflower Seed Butter

1 SERVING 5 MINUTES



## INGREDIENTS

113 grams Unsweetened Coconut Yogurt  
32 grams Sunflower Seed Butter

## DIRECTIONS

01 Add the coconut yogurt to a bowl and stir in the sunflower seed butter.  
Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	253	Carbs	13g
Fat	21g	Fiber	3g
Saturated	5g	Sugar	4g
Polyunsat...	3g	Protein	6g
Monounsa...	12g		

# Hot Chocolate

1 SERVING 10 MINUTES



## INGREDIENTS

**240 milliliters** Unsweetened Almond Milk  
**5 grams** Cocoa Powder  
**10 grams** Maple Syrup  
**25 grams** Dark Chocolate (at least 70% cacao)

## NUTRITION

### AMOUNT PER SERVING

Calories	217	Carbs	22g
Fat	14g	Fiber	6g
Saturated	7g	Sugar	12g
Polyunsat...	1g	Protein	4g
Monounsa...	5g		

## DIRECTIONS

- 01 Add almond milk to a saucepan and heat it over medium-low heat. Once it is warmed through (not boiling), add the cocoa powder, maple syrup and dark chocolate. Whisk well to combine.
- 02 Continue to whisk until all ingredients are evenly distributed and it has reached your preferred temperature. Taste, and add more maple syrup if needed. Divide into mugs and enjoy!