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Suitable products
 for the
 low FODMAP diet

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Wheat-free banana bread

Ingredients

- 250g wheat-free self raising flour
- 125g sultanas
- 1 teaspoon baking powder
- 1 tablespoon golden syrup
- 4 bananas
- 2 eggs, beaten
- 100ml vegetable oil

Method

Mash the bananas with syrup and mix in eggs and oil. Add the dry ingredients. Pour into a 450g greased tin and bake at 180°C until brown (approximately 40 minutes). Allow to cool slightly then remove from tin.

Snack bars

It is very difficult to find suitable snack bars with no FODMAP ingredients, however it is easy to make your own and there are lots of recipes available. Below is an example which is easy to adapt.

Ingredients (see page 16 for FODMAP)

- 300g rolled oats
- 70g Demerara sugar
- 3 tablespoons golden syrup
- 100g sunflower oil
- 50g nuts and seeds
- 150g of suitable dried fruit (e.g. pears, pineapple, cranberry)



Method

Preheat oven to 180°C

Line a shallow 20cm baking tin with baking parchment.

Roughly chop the dried fruit and nuts and add to a large bowl. To these, add the oats, sugar and golden syrup.

In a pan, gently melt the butter and when liquid, add to the oats mixture. Mix thoroughly.

Tip into the lined tin and spread evenly, pressing down firmly with a spoon. Bake for 20-25 minutes until golden. Remove from the oven and cut into squares before it has cooled.

Additional extra: For a little more indulgence – melt some dark chocolate and drizzle over the top to set.