



LOW FODMAP CHRISTMAS RECIPE BOOK



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LOW FODMAP

ORANGE SPICED CRANBERRY SAUCE



ORANGE SPICED CRANBERRY SAUCE

Recipe by Trish Veitch, [Monash FODMAP](#)

Cranberry sauce is almost a must with your turkey or chicken at Thanksgiving and Christmas. It also makes a delicious condiment for sandwiches and snacks (see serving suggestions below).

DIRECTIONS

1. Add all the ingredients, except the rice flour, to a pot and bring to the boil.
2. Reduce the heat, cover with a lid and simmer for about 10 minutes (the skins of the blueberries will start to fall off).
3. Make a paste with the rice flour and water and dribble it into the simmering mixture while stirring constantly. Cook while stirring for about 1 1/2 minutes until it has thickened. Add the lime juice and stir.
4. Cool to room temperature in a covered container then place in the fridge until required.

TIPS

The sauce can be refrigerated for about 1 week. It also freezes well.

Dried cranberries are low FODMAP in 1 tablespoon serves.

COOK TIME: 20 mins

SERVES: 16 (1 tbsp/serve)

INGREDIENTS

CRANBERRY SAUCE

- 1/2 cup dried cranberries
- 1/2 cup blueberries (fresh or frozen)
- 1/2 cup cranberry juice
- 2 tbsp sugar
- 1 pinch of grated zest of 1 small orange
- 1 pinch salt
- 1/4 tsp Dutch cinnamon (optional)
- 1 tbsp rice flour/maize starch
- 2 tbsp water to mix with rice flour to make a paste
- 1/2 tbsp fresh lime juice

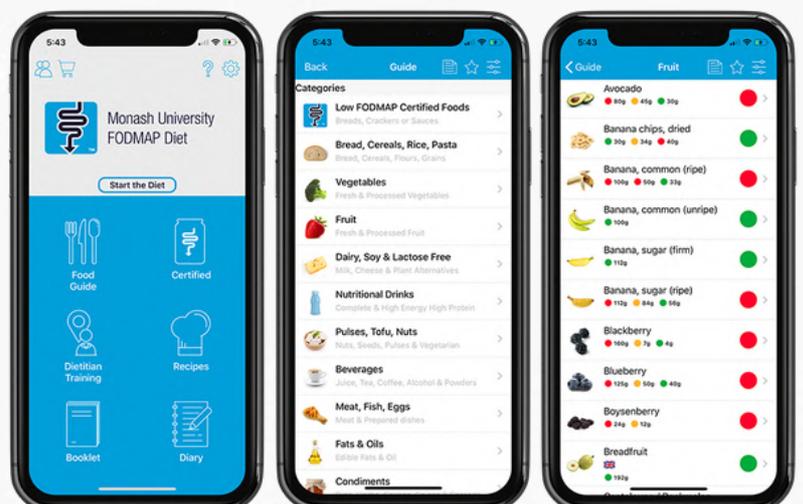
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LOW FODMAP

TURKEY ROULADE WITH HERB & NUT STUFFING



TURKEY ROULADE WITH HERB & NUT STUFFING

Recipe by Trish Veitch, [Monash FODMAP](#)

This stuffed turkey roulade is an indulgent and delicious recipe that is perfect for the Holiday Season.

DIRECTIONS

1. Preheat a fan forced oven to 180°C. Trim chicken or turkey fillets of sinew and fat. Flatten fillets between two sheets of silicon paper by thumping with a meat mallet or rolling pin. The fillets should be about 1.5 cm/0.6" thick.
2. Cut the capsicum (bell pepper) into long thick strips.
3. On a new sheet of silicon paper arrange the pancetta slices so they overlap slightly.
4. Place the flattened fillet in the centre of the pancetta and arrange the capsicum strips in the centre.
5. Mould a tapered log of the stuffing and align it with the capsicum.
6. Carefully roll the entire breast using the pancetta to 'seal' the roulade.
7. Spray a roasting dish with olive oil and place the roulade with the pancetta strip ends facing down and spray lightly with olive oil.
8. Repeat the above with the remaining fillets.
9. Roast for approximately 40 minutes (note this time may vary depending on the oven and size of the fillets).
10. Rest in a warm place for about 15 minutes before slicing into 2cm rounds.

COOK TIME: 1 hr 40 mins

SERVES: 8

INGREDIENTS

ROULADE

- 4 x 420g large, skinless turkey breasts (or chicken breasts)
- 44 slices (220g) long, very thin slices of pancetta
- 8 slices (2cm x10cm) red capsicum (bell pepper), charred and skinned
- Spray of olive oil

STUFFING

- 5 bacon rashers, rind and fat removed (finely diced)
- 1 tbsp butter or margarine
- 1 cup spring onion green tops (scallions), finely sliced
- ½ tsp cracked black pepper
- 1 2/3 cup gluten free bread crumbs
- 125g macadamia nuts (roasted)
- 1.2 tsp thyme leaves, finely chopped
- ½ bunch parsley leaves and upper stems, finely chopped
- 3 small eggs

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LOW FODMAP

HERBY STUFFING

LOW FODMAP STUFFING

Recipe by Alana Scott, [A Little Bit Yummy](#)

COOK TIME: 30 mins

SERVES: 6 - 12

I love low FODMAP stuffing! Crunchy on the outside, soft and moist on the inside, and packed full of herby goodness.

DIRECTIONS

1. Preheat the oven to 180°C (350°F) bake function.
2. Roughly shred the gluten free bread into small pieces and place in a large bowl. Melt the dairy free spread or butter and mix with the garlic infused oil. Drizzle it over the bread and toss until well coated.
3. Spread the bread out onto a baking tray, place in the oven and bake for 5 minutes, then turn the bread, and cook for another 3 to 5 minutes, until the bread starts going golden brown. Remove from the oven.
4. Place the toasted bread back into a large bowl with the chopped leek, fresh parsley, dried herbs, salt and pepper in the dish and mix well. You can do this stage in advance, then store in the fridge until you are ready to use.
5. Grease a muffin tray. Mix the hot stock through the bread - you want the stuffing moist but not soggy. Spoon into the muffin tray, until the holes are completely full. Then press the bread down lightly.
6. Bake in the oven for 10 to 15 minutes until the top is crunchy! Serve hot with a drizzle of homemade gravy.

INGREDIENTS

STUFFING

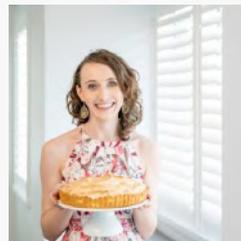
- 10 slices gluten free bread
- 4 **tbsp** dairy free spread or butter)
- 1 **tbsp** garlic infused oil
- 1 **1/2 cup** green leek leaves, finely chopped
- 1/2 **cup** fresh parsley
- 1 **tsp** dried sage
- 1 **tsp** dried oregano
- 1/2 **tsp** dried thyme
- 1/4 **tsp** sea salt
- 1/4 **tsp** black pepper
- 1/2 **cup** chicken stock/ vegetable stock (no onion or garlic)

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LOW FODMAP

SIMPLE PANZANELLA SIDE SALAD



SIMPLE PANZANELLA SIDE SALAD

Recipe by Jane Varney, [Monash FODMAP](#)

COOK TIME: 25 mins

Looking for a simple side dish this holiday season? Try this super easy panzanella salad.

SERVES: 6

DIRECTIONS

1. Place capsicum under the griller for 10-15 minutes, turning occasionally until skins blacken and blister. Turn occasionally. Place aside to cool.
2. Brush bread with 1 tablespoon of oil. Place bread under the griller until lightly charred. Tear into bite-sized pieces.
3. Peel capsicum over a bowl to save juice. Discard skins. Cut into 3cm wide strips.
4. Place bread, capsicum, tomatoes, olives and basil in a large bowl.
5. Season bread mixture with salt and pepper.
6. Whisk remaining oil, vinegar and capsicum juice together. Season with salt and pepper. Pour dressing over salad.
7. Toss salad gently and serve.

INGREDIENTS

SIDE SALAD

- 4 large** red capsicum, deseeded and cut in half
- 4 slices** sourdough spelt bread
- 1/3 cup** extra virgin olive oil
- 250g** cherry tomatoes, halved
- 100g** pitted kalamata olives, halved
- 1/2 cup** torn basil leaves
- 1 tbsp** balsamic vinegar

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WARM ROAST VEGETABLE SALAD WITH MUSTARD VINAIGRETTE



WARM ROAST VEGETABLE SALAD WITH MUSTARD VINAIGRETTE

Recipe by Alana Scott, [A Little Bit Yummy](#)

It's not your typical green salad. Think tender roast veggies, crisp spinach, and lashings of mustard vinaigrette. Say hello to our warm roast vegetable salad with mustard vinaigrette.

DIRECTIONS

1. Preheat the oven to 220°C (390°C) bake function. Line a roasting tray with baking paper. Prep the vegetables. Peel and deseed the pumpkin. Peel the potato, sweet potato, and carrot. Then cut the vegetables into 4 cm (1.5 inch) pieces.
2. Pop the vegetables into the roasting tray, season with salt and pepper and toss with olive oil. Roast for 20 minutes.
3. Turn the vegetables and add the capsicum/pepper to the tray. Roast for 15 minutes, then add the pumpkin seeds and roast for a further 5 minutes or until the vegetables are golden and tender. Set aside to cool for 10 minutes.
4. Make the dressing by whisking or shaking together all the ingredients.
5. Place the spinach, spring onion tips, pumpkin seeds, and roast vegetables into the large bowl. Pour over the dressing and then toss well to combine. Serve warm.

COOK TIME: 1 hr 10 mins

SERVES: 4 - 6

INGREDIENTS

450g potato

200g sweet potato or parsnip

200g Japanese pumpkin/Kabocha squash

200g carrot

1 1/2 tbsp olive oil

Season with salt & pepper

1 red capsicum/pepper
(deseeded & thickly sliced)

4 tbsp pumpkin seeds

2 cups baby spinach

1/4 cup spring onion, green tips
only, finely chopped

MUSTARD DRESSING

3 tbsp olive oil

1 1/2 tbsp lemon juice

1 1/2 tsp wholegrain mustard

1 tsp dried oregano

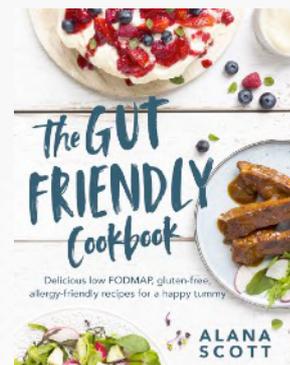
1/8 tsp white sugar (pinch of
sugar)

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LOW FODMAP

CHRISTMAS CAKE WITH BRANDY CUSTARD

LOW FODMAP CHRISTMAS CAKE WITH BRANDY CUSTARD

Recipe by Lyndal McNamara, [Monash FODMAP](#)

Don't let IBS spoil your Christmas Festivities - have your Christmas cake and eat it too with this delicious low FODMAP take on a traditional recipe!

DIRECTIONS

1. Place the mixed dried fruit in a large non-metallic bowl. Add the brandy, stir then cover and stand overnight.
2. Preheat oven to 160°C. Grease and double line a deep 20cm (base measurement) round cake pan.
3. Place the butter and sugar in a large bowl and beat with electric beaters until light and creamy. Add the eggs gradually and continue to beat until well combined. Stir through the soaked dried fruit, crushed pineapple, chopped macadamias, spices and vanilla essence.
4. Fold through the flour and milk, until mixture is just combined. Spoon the mixture into the prepared pan and smooth over the surface.
5. Place the pan on several layers of newspaper and place in the oven. Bake for 1 3/4 hours, or until a skewer inserted into the centre comes out clean. Remove from the oven and set aside to cool. When cake is just warm, slice into 12 equal sized pieces. Drizzle with brandy custard to serve.

BRANDY CUSTARD

1. Combine custard powder and 1/2 cup of the milk in a small jug. Stir until smooth.
2. Place custard mixture, sugar, vanilla extract and remaining milk in a small saucepan over medium-low heat, stirring constantly until custard comes to the boil and thickens. Simmer, stirring for 1 minute. Stir through brandy before serving.

TIPS

Dried fruit can be high FODMAP, divide into 12 serves to stay within low FODMAP limits.

Cake can be made several days in advance and reheated in the microwave. Store cake in an airtight container for 1 week.

COOK TIME: 2 hrs

SERVES: 12

INGREDIENTS

CHRISTMAS CAKE

- 1/4 cup dried banana
- 1/4 cup dried cranberries
- 1/4 cup raisins
- 1/4 cup dried blueberries
- 1/3 cup brandy (83ml)
- 185g unsalted butter, softened
- 1/2 cup brown sugar
- 3 eggs
- 3/4 cup canned crushed pineapple, drained
- 1 cup roughly chopped macadamia nuts
- 2 cup self-raising gluten-free flour, sifted
- 1/3 cup lactose-free low fat milk
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tsp vanilla essence

BRANDY CUSTARD

- 1/2 cup gluten free custard powder
- 5 cups lactose-free low fat milk
- 4 tbsp caster sugar
- 2 tsp vanilla extract/paste
- 4 tbsp brandy

LOW FODMAP

CHRISTMAS FRUIT

MINCE PIES



CHRISTMAS FRUIT MINCE PIES

Recipe by Alana Scott, [A Little Bit Yummy](#)

COOK TIME: 1 hr 30 mins

SERVES: 12 (limit 1 per serve)

It wouldn't be the holidays without low FODMAP Christmas Fruit Mince Pies! Crispy golden pastry filled with decadent spiced fruit mince and dusted with powdered sugar.

DIRECTIONS

1. Preheat the oven to 180°C bake function. Grease a 12 hole mini tart tin/shallow cupcake tin.
2. **Make the pastry:** Sieve the gluten-free all-purpose flour and guar gum into a large bowl, stir through the brown sugar and cinnamon. Chop the dairy free spread (or butter) into cubes (you want the spread/butter to be as cold as possible), then rub it into the flour using your fingertips, until it resembles fine breadcrumbs.
3. In a separate bowl beat the egg, then add it to the mixture along with the milk. Use your hands to bring it together into a rough dough and work until smooth. Pat the dough into a round flat ball, roughly 2.5cm (1 inch) thick. Wrap in clingfilm and place in the fridge to chill for 30 minutes.
4. **Make the Christmas fruit mince.** Peel and chop the rhubarb. Place in a shallow roasting tray, add a couple of tablespoons of water and sprinkle with brown sugar. Roast in the oven for about 10 minutes until soft.
5. Place a saucepan over medium-low heat. Add the chopped mandarin, ginger, raisins, cranberries, sugar, water, and spices. Bring to a gentle simmer.
6. Once the rhubarb is cooked, add it to the pan and mix well. Allow to simmer for about 10 minutes until thickened. Taste and add more brown sugar and spices to your liking. Mix through the chopped pumpkin seeds.
7. **Assemble the pies:** Roll out the pastry to about 2-3mm thick and then use a cookie cutter to cut out the bases. Transfer to the tart tin and prick the bases with a fork, then spoon in about 1 heaped tablespoon of fruit mince per pie. Top with pastry stars or strips (we also left a few pies untopped). Whisk the egg and milk together to make an egg wash and brush over the pastry.
8. Bake in the oven for 15 to 20 minutes until golden brown.
9. Dust with icing sugar and dig in! Limit your serve to 1 low FODMAP Christmas mince tart.

INGREDIENTS

PASTRY

- 250g gluten free all purpose flour
- 1/2 tsp guar gum
- 2 tbsp brown sugar
- 1/8 tsp ground cinnamon
- 125g dairy free spread or butter
- 1 tbsp lactose free milk/rice milk/almond milk
- 1 large eggs

FRUIT MINCE

- 150g fresh rhubarb
- 100g imperial mandarin (weigh after peeling then finely chop)
- 50g raisins
- 50g dried cranberries
- 35g crystallised ginger, finely chopped
- 3 tbsp brown sugar
- 1/4 cup water
- 1/2 tsp all spice
- 1/2 tsp ground cloves
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 cup pumpkin seeds (toasted & chopped)

EGG WASH

- 1 egg
- 1 tbsp lactose free milk/rice milk/almond milk