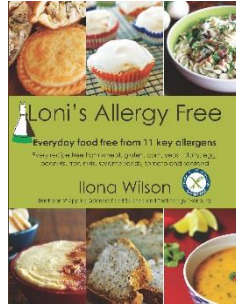


LONI'S ALLERGY FREE COOKBOOK



www.lonisallergyfree.com.au

WHICH RECIPES IN LONI'S ALLERGY FREE COOKBOOK ARE SUITABLE FOR A LOW-FODMAP DIET?

For those of you who have multiple food allergies and/or intolerances and also follow a low-FODMAP diet (for management of IBS – Irritable Bowel Syndrome), I have reviewed all the recipes in my cookbook in accordance with the information provided in Dr Sue Shepherd and Dr Peter Gibson's book titled "Food Intolerance Management Plan" published in 2011. The low-FODMAP diet, is a "scientifically proven diet for people with IBS"¹.

Below is a list of recipes in my cookbook "**Loni's Allergy Free**" that are:

1. **Suitable for a Low-FODMAP diet.**

These recipes contain only foods that are suitable for a low-FODMAP diet and are highlighted in **green**

2. **Easily modified to be suitable for a low-FODMAP diet**

Simple modifications are provided with these recipes to make them suitable for a low-FODMAP diet and these recipes are highlighted in **orange**

Please note:

*All other recipes that feature in Loni's Allergy Free Cookbook that are not included in this list, are **NOT SUITABLE FOR A LOW-FODMAP DIET***

TERMS AND CONDITIONS

Whilst all care has been taken reviewing the recipes against the information provided in the referenced book "Food Intolerance Management Plan" written by Dr Sue Shepherd and Dr Peter (published in 2011), it is your responsibility to ensure all ingredients used are suitable for all of your dietary needs. The list of recipes and modifications is provided as a guide only. For full terms and conditions, refer to the important conditions of use in the front of Loni's Allergy Free cookbook or refer to the website at: <http://www.lonisallergyfree.com.au/terms-and-conditions.html>

¹ Dr Sue Shepherd Dr P Gibson; *Food Intolerance Management Plan*; Penguin Group (Australia), 2001, introductory page about the authors

ARE CHICKEN STOCK AND WINE SUITABLE FOR A LOW-FODMAP DIET?

These ingredients are used in a number of Loni's Allergy Free cookbook recipes and are also commonly used in general everyday cooking. Below I have provided notes to ensure that you use variants of these ingredients that are suitable for a Low-FODMAP diet.

Chicken Stock

Where required in a recipe, the chicken stock used must be suitable for a Low-FODMAP diet. I would recommend making your own chicken stock in large quantities and freezing in small portions for use as needed. This way you can control exactly what goes into the stock and ensure it suits all of your dietary needs. Many allergy friendly, Low-FODMAP chicken stock recipes are available on-line.

Wine

Dry white wine should be used in recipes that require it be added, as "a dry wine contains minimal sugar and is not a problem"².

² Dr Sue Shepherd Dr P Gibson; *Food Intolerance Management Plan*; Penguin Group (Australia), 2001, page 50

**RECIPES SUITABLE OR EASILY MODIFIED TO BE SUITABLE FOR A LOW-FODMAP DIET IN
LONI'S ALLERGY FREE COOKBOOK**

SOUPS

Yia Yia's Lemon Chicken Soup.....pg 42

PASTRY, PIES AND PIZZA

Potato Pastry.....pg 46

Thai Red Beef Curry Pies.....pg 50

- **Modifications to make this recipe Low-FODMAP:**
 - Replace the brown onion with 6 spring onions (green section only), finely sliced (discard the white section as it is not suitable for a Low-FODMAP diet)
 - Use a Thai red curry paste suitable for a Low-FODMAP diet.
 - Recipes are available on-line and the paste can be frozen for use as required (note: some recipes use fish paste so omit this)

Pizza Bases.....pg 52

Note on Pizza Toppings

- Whilst the two topping recipes provided in Loni's Allergy Free are not suitable for a Low-FODMAP diet, there are plenty of options to try..... the possibilities are limited only by imagination (and ok by diet.....)but there are quite a lot of options – see below for some suggestions to get you started

Sauce: Pureed roasted vegetables such as pumpkin or capsicum, or home-made pesto make a great sauce to spread over the base

Toppings: home-made roast capsicum strips, roast pumpkin, roast parsnip, roast sweet potato, spring onion (green section only), fresh chili (to spice it up) fennel, olives, meats – chicken, beef, lamb, pork, turkey, ham, salami, pineapple, home-made pesto (try Loni's Allergy Free basil pesto used in the recipe on p60).....

MAIN MEALS

Gnocchi with Salami and Basil Pesto.....pg 60

- Modifications to make this recipe Low-FODMAP:
 - omit mushrooms from the recipe
 - replace store bought, jarred capsicum with home-made roast capsicum strips (jarred product in oil contains garlic which is not suitable for Low-FODMAP diet)
 - use 1/3 cup of rice bran oil in the pesto to replace the oil from the jar of red capsicum strips

Roasted Capsicum – Place a whole capsicum onto a hot grill plate (or under a hot grill) and blacken on all sides. Place in a bowl and cover with cling film. Allow to sit for 5 minutes to steam and loosen the skin. Peel, remove the core and seeds and cut into strips.

Creamy Bacon, Mushroom and Basil Pasta.....pg 62

- Modifications to make this recipe Low-FODMAP:
 - Replace mushrooms with 1 zucchini, diced
 - Use only the green section of the spring onions (discard the white section as it is not suitable for a Low-FODMAP diet)

Ham and Vegetable Pasta with Honey Mustard Dressing.....pg 64

- Modifications to make this recipe Low-FODMAP:
 - Omit peas from the recipe
 - In the mixed vegetables, use only vegetables suitable for a Low-FODMAP diet such as zucchini, green beans, capsicum, carrots and broccoli florets
 - Replace honey in the dressing with Maple Syrup

Easy Oven Baked Chicken Risotto.....pg 66

- Modifications to make this recipe Low-FODMAP:
 - Replace 1 leek, finely sliced with 6 spring onions (green section only), finely sliced (discard the white section as it is not suitable for Low-FODMAP diet)
 - Replace peas and asparagus with vegetables suitable for a Low-FODMAP diet such as green beans and zucchini

Coconut Crusted Chicken with Mango and Avocado Salad *.....pg 75

** The coconut crusted chicken is suitable for a Low-FODMAP diet, however the Mango and Avocado Salad is not suitable for a Low-FODMAP diet.*

- Modifications to make this recipe Low-FODMAP:
 - Serve coconut crusted chicken with:
 - a salad made from ingredients suitable for a Low-FODMAP diet
 - rice
 - cold in a gluten-free, allergen-free wrap with salad for lunch

Sausage Rolls.....pg 76

- Modifications to make this recipe Low-FODMAP:
 - Omit onion and garlic from the sausage mince filling. It tastes great using the sausage mince as is, or with herbs and spices added for additional flavour.

Chicken Nuggets.....pg 78

BAKING, SLICES AND DESSERTS

Banana Muffins with Lemon Icing.....pg 84

Orange and Cinnamon Quinoa Cake.....pg 86

Icings – Chocolate, Vanilla and Simple.....pg 88

Raspberry Crumble Slice.....pg 90

Puffed Rice and Marshmallow Slice.....pg 94

Gingerbread Biscuits.....pg 96

Quinoa ANZAC Biscuits.....pg 98

Apple and Raspberry Crumble.....pg 100

- Modifications to make this recipe Low-FODMAP:
 - Omit apple
 - The crumble topping can be used over mixed berries or poached rhubarb to make a great fruit crumble dessert that is free from 11 key allergens and is suitable for a Low-FODMAP diet

Fruit Skewers.....pg 104

- Modifications to make this recipe Low-FODMAP:
 - Replace watermelon with cantaloupe (rock melon) or honeydew → the "shell" of both can be turned upside down and used to push the skewers into for serving.
 - Starfruit (carambola) also make a great Low-FODMAP suitable addition to these fruit skewers

BREADS, DIPS AND SAUCES

Herb and Garlic Bread.....pg 108

- Modifications to make this recipe Low-FODMAP:
 - Omit the garlic powder (not suitable for a Low-FODMAP diet)

Fruit Bread.....pg 110

- Modifications to make this recipe Low-FODMAP:
 - Replace the sultanas with dried cranberries

Maple and Mustard Sauce.....pg 116

Asian Honey, Soy and Ginger Sauce.....pg 118

- Modifications to make this recipe Low-FODMAP:
 - Replace honey with rice malt syrup or maple syrup (these are great alternatives to honey that are suitable for a Low-FODMAP diet)