

FODMAP  everyday

LOW FODMAP BAKING



GLUTEN-FREE, LACTOSE-FREE, IBS-FRIENDLY RECIPES
& EVERYTHING YOU NEED TO KNOW ABOUT BAKING
LOW FODMAP SUCCESSFULLY - AND SAFELY!

By Dédé Wilson



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PREFACE

It is perfectly possible to enjoy baked goods while following the low FODMAP diet – even during the Elimination phase!

This e-book is a primer on low FODMAP baking and includes fabulous FODMAP Everyday® recipes developed in our own professional [Test Kitchen](#). I have over 30 years of professional recipe development experience and baking is a particular specialty. I am also trained on the use of the low FODMAP diet for IBS by Monash University, and accredited by FODMAP Friendly as a reputable FODMAP educator.

We want to be your low FODMAP baking resource!

You will find basics like Pie Crust, Vanilla Frosting, Chocolate Cupcakes and Chocolate Chunk Cookies and recipes for Cornbread Muffins, Red Velvet Cake, Cream Puffs, crisps, cobblers, popovers, pastry cream and more. Head on over to the [Table Of Contents](#) to see them all.

This e-book is jam-packed with over 60 recipes for your low FODMAP enjoyment, as well as many pages of tips and instruction unique to this book.

This book is for all of you, who like me, are following the low FODMAP diet and love your baked goods and desserts, too!

—*Dédé*

INTRODUCTION

Indulging in Baked Goods & Desserts

This entire book is about yummy baked goods and desserts, from simple muffins to rich cheesecakes and other recipes that make our lives just a little bit sweeter, like cookies, bars, cupcakes and scones. **All of these recipes are [low FODMAP](#), but that doesn't mean you can necessarily eat them without potentially irritating your gut and triggering symptoms.**

Know Your Personal Limits

I am a FODMAPer myself, as are two of my kids, and they all eat desserts and baked goods but here is the important part to understand. Each of us has determined for ourselves what we can and cannot eat. And for many people following the low FODMAP diet, *this means not only knowing your reaction to particular foods, but also knowing your individual reaction to amounts as well as to frequency of ingestion.*

Portion Counts

For instance, the [Monash University Low FODMAP Diet smartphone app](#) states that ½ cup (52 g) of oats are low FODMAP but I have learned that if I eat even half that amount for more than 2 days in a row that I feel heavy and uncomfortable in my gut and my GI system feels sluggish. I was only able to find this out through repeated [Challenges](#) and experimentation.

How this translates to everyday life is that I know I can eat an oatmeal cookie or two every now and then, but not several days in a row. And I can't have that cookie if I have eaten oatmeal for breakfast on the same day or have recently had an oat-based snack bar.

INTRODUCTION CONTINUED

You Are in Control

I react to dairy by feeling bloated but it does not necessarily trigger pain. This is my personal experience. I can make a choice as to whether to eat a dairy based dessert and deal with an expanding belly - or forgo the treat if I don't want to be bloated. You might have a different reaction - and it will be discovered during a well-conducted [Challenge Phase](#) (which we recommend undertaking with a Monash trained registered dietitian).

Discovering your own personal FODMAP roadmap can take time, but it is very empowering and will allow you to Integrate broader food choices into your everyday life. That's why at [FODMAP Everyday®](#), and in my book, [The Low-FODMAP Diet Step by Step](#), that we refer to the low FODMAP diet as having three stages: Eliminate, Challenge, Integrate!

Elimination

The initial phase of the low FODMAP diet is the [Elimination phase](#) and as such will be the most restrictive. **All of the recipes in this book are suitable for the Elimination phase.** That said, work with your dietitian about the best approach for you. I personally did a very strict Elimination phase and did not eat any baked goods at that time. Again, this diet will be personalized for every person who follows it.

Challenge Phase - Also Called Re-Introduction

This phase might appear to be confusing at first and will be a bit lengthy if conducted precisely and a dietitian can be a great help in guiding you through a well-managed Challenge phase. But don't get discouraged...the light at the end of the tunnel is knowledge and knowledge is power! This is the phase when you will be able to assess whether you might be able to have two oatmeal cookies every now and then, or if a slightly larger serving of pie is something that you can enjoy without repercussions.

INTRODUCTION CONTINUED

Integration

Once you have completed your Challenge phase you will have the information that you need to venture out into the world and make food choices that are appropriate to you. This is when the nuances of the diet become clearer to you, personally. You will be empowered and finally feel like you have control over food and not the other way around!

As always, follow the recommendations of your gastroenterologist and registered dietitian. We are here to help you get back to your life with real food - including baked goods and desserts!

About Monash University Low FODMAP Training

Monash University, the originators of the low FODMAP diet, [offer comprehensive FODMAP training](#) geared towards dietitians and health professionals. Having completed the course, Dédé is considered trained on the use of the low FODMAP diet for IBS by Monash University. It was important to us at FODMAP Everyday® for Dédé to undertake the training so that you, as our community, can rest assured that our approach to the low FODMAP diet is as up-to-date and reliable as possible.

About FODMAP Friendly Accreditation

[FODMAP Friendly](#) has an **accreditation program** for recipe developers who can demonstrate excellence and professionalism in their expertise in FODMAPs and recipe development. Both FODMAP Everyday®, and Dédé as an individual, have been accredited by FODMAP Friendly. The FODMAP Friendly icon is a mark designed to help consumers identify reliable and reputable sources for FODMAP information.



KEYS USED IN BOOK



Safe for Elimination



Gluten free



Dairy free



Vegetarian; lacto-ovo: eggs, butter and milk included



Vegan; no animal ingredients



Easy; recipes can be prepped in less than 15 minutes, but might have unattended chilling, standing or cooking times



Quick; recipes are ready to use or serve in 30 minutes or less

SHOPPING LINKS USED IN THIS BOOK

We have provided a one stop place for you to shop for the tools and some of our favorite low FODMAP ingredients in this book. Come visit our [FODMAP Everyday® Amazon Low FODMAP Store](#) where we have gathered our recommended products in one easy to shop from location.

You will see when you come to our shop that we have created a folder where we have put all of the products noted in this e-book if Amazon US sells it. Please note that this is for Amazon US. We are currently building our Amazon UK, AU and CA Shops – and future issues of this e-book will have links for those as well.

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CHAPTER 1

Low FODMAP Baking Basics



CHAPTER 1

Low FODMAP Baking Basics

Let's talk about some of the similarities and some of the differences between traditional baking and low FODMAP baking.

You will be thrilled to discover that all the tried and true classic baking techniques used with conventional baking recipes still apply, and then there are some special ingredients and circumstances that we need to pay attention to.

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Low FODMAP Baking Basics

EQUIPMENT

The easy part is with equipment. You don't need anything different or fancy. That said, good equipment will help you get great results. Here are some of the tools that will make a positive difference in the outcome of your low FODMAP baked goods.

We have put all of our recommended baking equipment and products in one easy to access [Amazon Shop](#). See our [Affiliate Disclosure](#) in the Introduction.

Rimmed Half-Sheet Baking Pans

We wouldn't bake cookies without them! They are sturdy, will not warp, will last a lifetime and are the best heat conductors for perfectly browned cookies. Look for those made from heavy gauge aluminum that measure 18 x 13-inches (46 cm x 33 cm) with a 1-inch (2.5 cm) lip all the way around. We use Nordic Ware in the Test Kitchen.

Electric Mixer

We use our 5-quart (4.7 L) KitchenAid stand mixer all the time, but you will be able to use a hand-held mixer (unless stated otherwise). Beating times will just be longer; use the visual cues for best results. The benefits of the stand mixer are many: they come with a flat paddle that excels at creaming butter and sugar without adding air; the balloon whip attachment encourages air when whipping egg whites and whipped cream; and they come with a dough hook for working with yeast doughs.

Quality Measuring Implements

Whether you are measuring liquid or dry ingredients you need measuring cups that are calibrated properly. Ditch the dollar store and garage sale



Low FODMAP Baking Basics

equipment. Poorly made measuring spoons, for instance, can measure out your ingredient with a variability of 100%! We use dry measuring cups from Cuisipro, Williams-Sonoma and King Arthur and we like Pyrex for liquid measuring cups (seen on previous page).

Tablespoons

Our tablespoons are equivalent to 15 ml, as are everyone else's in the world EXCEPT AUSTRALIA. Many low FODMAP recipes are coming out of Australia, as it is the birthplace of the low FODMAP diet. You must know what size tablespoons the recipe developers have used or you will not get good results. Unfortunately, this is rarely stated.



If a recipe is from an Australian source, and you live elsewhere in the world, assume that the tablespoon in the recipe is equivalent to 1 tablespoon plus 1 teaspoon (20 ml). While this small variation might not have a huge impact on the amount of FODMAPs ingested, it WILL have a huge effect on your baking – and a negative effect at that.

Imagine if a recipe is calling for salt or baking powder and your measurement is off by a quarter! Cuisipro also has spoons in off sizes, like 1 1/2 teaspoons (as seen in image above), which makes measuring even more accurate.

Ovens & Oven Thermometers

Actual oven temperatures often vary from the dial temperatures by as much as 25 to 50 degrees. Because of this I strongly suggest using a separate oven thermometer, adjusting your oven accordingly, and keeping an eye on your baking times, or else your dessert's final texture will suffer.

Low FODMAP Baking Basics

Candy & Instant Read Thermometers

We keep several kinds of thermometers handy in our Test Kitchen. Candy thermometers can also be used when deep-fat frying. This style features the proper gauge for candies, marshmallows, [Italian Meringue Buttercream](#), caramels and also for deep-frying (**doughnuts!**), all of which need to be cooked to a high temperature. We like the digital Maverick CT-03 thermometer.

Instant read thermometers can come in handy when roasting meat, of course, but we will also use them at times to check lemon curds (or other curds) and when preparing other baking and dessert recipes. These are used by inserting the probe into your food, reading the result, and immediately removing it. These are not meant to be left in the food or in the oven.

Oven Rack Positioning & Hot Spots

Our recipes that require the oven will indicate oven rack placement. We have done this hesitantly because ovens vary tremendously from one to another. Even if we both have the same brand oven, mine might have a hot spot in the upper right area, while yours might have hot spots in the lower left.

Hot spots are areas of the oven that accumulate and reflect more heat. Perhaps you have noticed when baking a tray of cookies that one quadrant or half of the cookies on a baking pan always seems to brown more quickly. This indicates the location of your hot spot. Knowing your individual oven's quirks will help you plan.

Rotate Those Pans!

Rotating pans front to back and from an upper to lower rack halfway through during baking is a good way to encourage even baking. Many of these recipes call for either a middle oven rack positioning, when only one rack is required, or where two racks are required, one rack will be positioned in the upper third and one in the lower third. This is an attempt to provide proper air circulation for your baked goods, which is very important for even baking. We will admit that when in a hurry, we have baked three racks of cookies at a time, and it really does not give optimal results. Stick with one or two racks at a time. If your oven has an even number of rack positions, place the rack in the "lower" middle position whenever we call for a "middle" position.

Low FODMAP Baking Basics

Scales - Opt for Digital

Although [the FODMAP Everyday® Test Kitchen](#) and offices are located in the U.S., we intended from the beginning that our recipes would be as accessible as possible to those around the world. We provide imperial as well as metric amounts for our recipes. A scale can come in very handy and we prefer digital scales for their precision.

A tare feature is usually standard and a necessary feature. This allows you to place a bowl on the scale and re-set it to zero so that the bowl is not being weighed. Then you can place your ingredient, such as chopped chocolate, in the bowl, and the amount on the scale will show the weight of the chocolate only. Then if you want to add another ingredient, such as nuts, you can use the tare function again to zero it out, and then add your nuts.

Baking Pans

For Cakes: To bake beautiful, even cake layers, well-formed muffins, and properly browned pies and cookies you need the right pans. You can bake the same cake batter, side by side, in the same oven, but in different pans, and get completely different results.

A heavy, sturdy pan that conducts heat well will yield an evenly baked cake with a relatively flat top.

A thin, flimsy pan produces a cake with a high peak, overcooked edges, and a tough, uneven texture. For cakes, brownies, and bars, we use heavy aluminum cake pans with straight sides and a 2-inch (5 cm) depth. Also, in regards to volume, you cannot go from an 8-inch (20 cm) round pan to an 8-inch (20 cm) square pan. The volume of the square pan is much greater.



Low FODMAP Baking Basics

For Pies: We prefer Pyrex (oven-proof glass) pie plates for their even browning ability and also because you can actually see the level of browning as it progresses. I use two different sizes in my recipe development, and the recipes will specify.

If you do not use the correct size, the recipe will not work as desired. The smaller 9-inch x 1 ¼-inch (23 cm x 3 cm) (seen on



the left above and in the front of the image to the left) and the larger 9 ½-inch x 1 ½-inch (24 cm x 4 cm) sizes, (as seen on the right above and in the rear below), are both readily found in supermarkets and housewares stores. While the diameters and depths might seem similar, **the volume of the pans is very different.**

For Tarts: Tarts and individual tartlets are formed in either straight edge tart rings or fluted-edge, loose-bottomed tart pans. Diameter is measured across the bottom of the pan. Make sure that you use the exact size called for. You might not be familiar with tart rings; they are sometimes called a flan ring. You can see one in action, here to the right.



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These are rings, usually made from tinned steel or stainless steel and typically 5/8-inch to 1-inch (1.6 cm to 2.5 cm) in height with rolled edges, used to form tarts directly on a sheet pan. They do not have a bottom, as some tart pans do, so they must be used in combination with a flat pan, upon which the bottom of your tart crust will rest. They can be round or other shapes, but are still referred to as “rings.”

For Cookies: We rely on standard-sized aluminum jellyroll style pans, also known as half-sheet pans. **These are my holy grail of cookie sheet pans and will bake your cookies the most evenly,** and in addition, they will last a lifetime if properly cared for. Thinner pans warp and burn cookies and insulated pans do not encourage proper browning, which is actually desirable.

Pastry Brushes

We love silicone pastry brushes, as seen on the right. Buy one with soft, fine “bristles.” Old-style nylon or natural brushes will often shed bristles on your creations, and they also hold flavors. Silicone brushes never lose their bristles, and they can be cleaned thoroughly so that you can use them for barbecue sauce one day and for a delicate pastry glaze the next.



Low FODMAP Baking Basics

Zesters

Our go-to tool to remove citrus zest is the Microplane zester, which is really a very sharp rasp-like instrument. If you do not own one already, it should be on your list to purchase; the standard style is shown in the bottom of the image, below. As you can see, these rasp-style zesters do come with many different sized holes.



The classic style removes zest effortlessly without any of the bitter white pith. They make zesting a breeze, and because they are so easy to use, you will most likely save your knuckles as well. If the recipe does not specify, assume we have used a Microplane zester where citrus zest is called for. This is important because the zest created by these tools (as opposed to a box grater) is so light and fluffy that it measures quite differently than zest made in any other way.

Icing Spatulas & Cake Decorator Turntables

These are two tools that are not typically found in the basic kitchen, but if you are serious about making cakes and decorating them as beautifully as possible, then you should consider purchasing them. The proper icing spatula is paramount for frosting your cakes smoothly. Icing spatulas are comprised of flat metal blades with rounded tips, which are affixed to a plastic or wood handle. They come in a variety of sizes from about 5 inches (12 cm) to over 14 inches (35.5 cm) for the blade length alone. They can also be perfectly straight or they can be offset, and trying different ones will tell you which works best for you.



Low FODMAP Baking Basics

For turntables, we like the heavy ones made by Ateco, as seen below, although you can use an inexpensive plastic lazy Susan. Once you have both of these tools, you will see that they make frosting and decorating even a simple 9-inch (23 cm) layer cake much easier and your results so much better. If you have never had much success decorating cakes, maybe it is because you haven't had the proper tools!



FLOUR & FLOUR BLENDS

The Low FODMAP Diet is Not Gluten-Free

The presence of gluten in foods is a great source of confusion for FODMAPers.

The Elimination phase is typically gluten-free, but this has more to do with the fructans (a FODMAP) in wheat (and rye and barley), which are the issue. In order to not ingest these fructans during this strict Elimination time, we remove wheat from the diet, which contains both fructans and gluten.

During the Challenge phase your registered dietitian (RD or RDN) will guide you through reintroductions of foods containing fructans, gluten, neither and both! Fructans are in garlic and onions as well, by the way, and a thorough Challenge phase will have you testing all of these foods separately.

It is not unusual for someone to find out that for all of the years that they thought they were reacting to gluten, they were in fact reacting to fructans.

So, how does this affect us as bakers? Most of the recipes that we create at FODMAP Everyday® are meant to be suitable for even the Elimination phase, so we use gluten-free low FODMAP flours (rice, corn, etc.) and flour blends.

Low FODMAP Baking Basics

All of the recipes in this e-book are gluten-free, either naturally or because we have used gluten-free ingredients in place of their conventional counterparts (such as flours).

Flour Blends That We Use

We use Bob's Red Mill Gluten Free 1 to 1 Baking Flour in the Test Kitchen for three main reasons.

1. It is easier for you to buy one product than several, and then to create your own.
2. The standardization of a commercially prepared blend means that when you make a recipe at home that you will have a better chance at success when recreating one of our recipes.
3. I have worked with many blends over the years and I get more consistent results with this blend that more closely mimic traditional wheat based all-purpose flour. Most folks want to recreate their tried and true recipes and this blend works the best, in my opinion.

Here are the ingredients: Sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sweet white sorghum flour, tapioca flour, xanthan gum.

Choosing a Low FODMAP All-Purpose Flour

You might still want to create your own blends, and I have created two blends for you, presented here in this book. The all-purpose flour that you have always used (pre-FODMAP days) is wheat based and filled with fructans, making it high FODMAP. It also contains gluten, which is an issue for many.

When choosing a flour to use while on the Elimination phase, or possibly beyond, there are many factors to take into consideration.

- Do you want or need it to be gluten-free?
- Are you using it primarily for cooking (like for thickening sauce, dredging meat) or for baking?
- Are you sensitive to xanthan gum or other gums?

Low FODMAP Baking Basics

- Do you want to avoid dairy products?
- Looking for the convenience in a ready-made blend?
- Want to make your own?

Let's take this one at a time because your answers to each question will lead you down a different path.

Do You Want or Need Your Flour to Be Gluten-Free?

The low FODMAP diet is not a gluten-free diet, however, there is a lot of overlap. All-purpose flour is made from wheat and wheat contains gluten as well as high FODMAP fructans. This is why you will be eating many gluten-free items, especially during Elimination.

If you want a gluten-free product you have to look at flours and starches made from grains and foods that are also low FODMAP, which include those made from rice, sorghum, tapioca, potato, corn, buckwheat, millet, quinoa and teff, among others. The problem with these is that used alone they do not mimic the same results as all-purpose wheat-based flour.

Are You Using Flour Primarily for Cooking or Baking?

You might think this is a funny question but if you're making a birthday cake or chocolate chip cookies you are asking more of your flour than it you are thickening a gravy. When we bake classic sweets and desserts we are used to certain textures and if we are using gluten-free flour the results will most likely be closer to the original recipes if gums are added to the flour blend.

Yes, gums and blends. Blends of flours are created to take advantage of the best qualities of each flour and starch and a little bit of gum, often xanthan gum, does a very good job at mimicking the final results we get when using traditional all-purpose flour.

If you are using a flour blend while cooking, dredging meat and the like, then you don't need gums and some flours or starches can work on their own.

Low FODMAP Baking Basics

Are You Sensitive to Gums?

If you want to learn more, read our article [Are Xanthan & Guar Gum Low FODMAP?](#) at FODMAP Everyday®. The short answer is yes, they are, which is why you will find us using products that contain them. If you have sensitivity to them, then by all means avoid them.

Do You Want to Avoid Dairy Ingredients?

In a flour blend? Yes! Again, as always, you need to read labels. You will notice that many of the names mentioned below like “measure-for-measure” and “1 to 1” are a play off of a gluten-free flour blend created by the Thomas Keller team (of Napa’s French Laundry fame) and it was called “Cup4Cup.” It created quite a stir in the baking world when it first appeared as it worked quite beautifully in many baked goods, however, it contains milk powder.

Do You Want the Convenience of a Ready-Made Flour Blend?

After running a Test Kitchen and developing recipes for over 30 years I can tell you that I have tried many ready-made gluten-free blends.

Hands down my favorite gluten-free all-purpose flour is Bob’s Red Mill Gluten Free 1 to 1 Baking Flour (with the blue label). I find that it most closely creates baked goods with the characteristics that most closely resemble those made with regular wheat-based all-purpose flour. It works very well when cooking, too, so it is the one I reach for most often and truly consider “all-purpose.” Another factor is that it is easy to find for many here in the U.S.

Note that this blend is not the original Bob’s Red Mill Gluten Free All-Purpose Baking Flour (with the red label), which contains garbanzo bean (chick pea) flour. That one is high(er) in FODMAPs and it also has a strong taste that I do not like. It also does not do as great a job with the texture of your final baked goods.

If I were to have another low FODMAP flour on hand I would also consider King Arthur Flour Gluten-Free Measure for Measure Flour for one with added gums, and Authentic Foods GF Classical Blend for one without gums.

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This King Arthur is a good flour, but it is a very soft flour. Although the manufacturer suggests a 1 to 1 replacement for regular all-purpose flour, I have found it to function more like cake or pastry flour. If I were to be re-creating a recipe that called for cake or pastry flour (which are lower in protein than all-purpose), I would consider using this flour. King Arthur recommends it for “non-yeasted” recipes. Note that this is not the same product as the original King Arthur Gluten-Free All-Purpose Flour (see comparisons below).

The Authentic Foods GF Classical Blend combines brown rice flour, potato starch and tapioca flour for a tidy short ingredient list in a blend that provides a nice, tender crumb, particularly in cakes.

Make Your Own Flour Blend

You certainly can and this way you can tailor it to what you need in your kitchen. I offer a couple of suggestions in our Basics section in this e-book, to try and cover the bases: you will find our FODMAP Everyday® All-Purpose Low FODMAP Gluten-Free Flour as well as our Gum-Free Low FODMAP Gluten-Free Flour Blend.

Choices Count

When you are creating a flour blend, you're choice of individual ingredients can make or break a result. Just look at the chart on the next page. It is not meant to make you crazy (although staring at these varied numbers drives me nuts). It is meant to show you how one rice flour is not necessarily like another. How one brand's sorghum can differ from another. Our suggestion is to always use the ingredients and brands that are recommended, if indeed specifications are given.

Low FODMAP Baking Basics

FLOUR	Bob's Red Mill	Arrowhead Mills	Authentic Foods	King Arthur Flour	Hodgson Mills
White rice	1/4 cup = 40 g 1 cup = 160 g	1/4 cup = 26 g 1 cup = 105 g	1/4 cup = 40 g 1 cup = 160 g	1/ cup = 36 g 1 cup = 142 g	1/4 cup = 40 g 1 cup = 160 g
Sweet white rice	1/4 cup = 51 g 1 cup = 204 g		1/4 cup = 30 g 1 cup = 120 g		
Brown Rice	1/4 cup = 40 g 1 cup = 160 g	1/4 cup = 26 g 1 cup = 105 g	1/4 cup = 40 g 1 cup = 160 g	1/4 cup = 32 g 1 cup = 128 g	1/4 cup = 30 g 1 cup = 120 g
Sorghum	1/4 cup = 34 g 1 cup = 136 g		1/4 cup = 44 g 1 cup = 176 g	1/4 cup = 35 g 1 cup = 138 g	
Tapioca Flour (Starch)	1/4 cup = 30 g 1 cup = 120 g	1/4 cup = 32 g 1 cup = 128 g	1/4 cup = 40 g 1 cup = 160 g	1/4 cup = 27 g 1 cup = 107 g	1/4 cup = 30 g 1 cup = 120 g
Potato starch	1/4 cup = 48 g 1 cup = 192 g		1/4 cup = 40 g 1 cup = 160 g	1/4 cup = 38 g 1 cup = 152 g	

Commercial Flour Blends: Ingredients

Here are the ingredients for some of the flours mentioned as well as some others that are popular. Some are low FODMAP and some are not; I have included some commentary:

Bob's Red Mill Gluten Free 1 to 1 Baking Flour: Sweet rice flour, whole grain brown rice flour, potato starch, whole grain sweet white sorghum flour, tapioca flour, xanthan gum.

Bob's Red Mill Gluten Free All-Purpose Baking Flour: Garbanzo bean flour, potato starch, tapioca flour, whole grain sweet white sorghum flour, fava bean flour

King Arthur Flour Gluten-Free Measure for Measure Flour: Rice flour, whole grain brown rice flour, whole sorghum flour, tapioca starch, potato starch, cellulose, xanthan gum, vitamin and mineral blend [calcium carbonate, niacinamide (vitamin B3), reduced iron, thiamin hydrochloride (vitamin B1) riboflavin (vitamin B2)]. It is non-GMO sourced and Certified Gluten-Free. **King Arthur Gluten-Free All-Purpose Flour:** Rice flour, tapioca starch, potato starch, whole grain brown rice flour, vitamin and mineral blend [calcium carbonate, niacinamide (vitamin B3), reduced iron, thiamin hydrochloride (vitamin B1) riboflavin (vitamin B2)]. It is non-GMO sourced and Certified Gluten-Free.

Low FODMAP Baking Basics

Authentic Foods GF Classical Blend: Brown rice flour, potato starch, tapioca flour. Non-GMO and free of gums. Dairy free, nut free, corn free and soy free.

Authentic Foods Steve's Cake Flour Blend: Rice Flour, potato, tapioca, AF natural fiber blend. Editors Note: We contacted Authentic Foods to discuss their "AF natural fiber blend" and they have shared with us that it is combination of psyllium and cellulose. According to Monash University, even though cellulose is an insoluble fiber and psyllium is a soluble fiber, both are considered to be less "gas forming" than other fibers. We love this product and believe it is worth trying.

Namaste Gluten Free Perfect Flour Blend: Sweet brown rice flour, tapioca starch, brown rice flour, arrowroot flour, sorghum flour and xanthan gum. Non-GMO, vegan, casein-free and dairy-free.

Pamela's Gluten-Free Artisan Blend All-Purpose Flour: Brown rice flour, tapioca starch, white rice flour, potato starch, sorghum flour, arrowroot starch, guar gum, sweet rice flour, rice bran. Non-GMO, Non-Dairy, Certified Gluten-Free.

Cup4Cup Gluten-Free Multipurpose Flour: Cornstarch, white rice flour, brown rice flour, rBST-Free milk powder, tapioca flour, potato starch, xanthan gum. Non-GMO, Certified Gluten-Free, Made in USA, Kosher.

Cup4Cup Gluten-Free Wholesome Flour: Brown rice flour, white rice flour, ground golden flaxseed, rice bran, xanthan gum. Non-GMO, Dairy Free, Certified Gluten-Free, Made in USA, Kosher.

Arrowhead Mills Organic Gluten Free All Purpose Flour: Organic rice flour, organic brown rice flour, organic tapioca flour, organic millet flour, organic inulin, xanthan gum. Non-GMO, Certified Gluten-Free. (Editor's Note: inulin is high FODMAP.)

Low FODMAP Baking Basics

Arrowhead Mills Organic Gluten-Free Heritage Blend All Purpose Flour: Organic rice flour, whole grain sorghum flour, organic tapioca starch flour, organic whole grain sorghum flour, leavening (sodium acid pyrophosphate, baking powder, monocalcium phosphate), inulin, rice bran extract, xanthan gum. Non-GMO, Certified Gluten-Free. (Editor's Note: inulin is high FODMAP; we also do not recommend brands with leaveners.)

Better Batter All Purpose Flour Mix: Rice flour, brown rice flour, tapioca starch, potato starch, potato flour, xanthan gum, pectin (lemon derivative). Top 8 free, GMO free, kosher (OU pareve), vegan appropriate.

Glutino All-Purpose Baking Flour: White rice flour, potato starch, tapioca starch, pea hull fiber, acacia gum, rice protein. Non-GMO.

Using Low FODMAP Flour Blends

As a generalization, I find that gluten-free flour blends are literally heavier than traditional all-purpose flour. To substitute I recommend taking the weight of the all-purpose flour called for in a traditional recipe and substituting with an equal weight of gluten-free low FODMAP flour.

If you measure the gluten-free low FODMAP flour by volume, you will very likely end up with too much. If your recipe does not give you weight amounts for regular all-purpose flour, simply reduce each 1-cup of all-purpose flour by 2 tablespoons to $\frac{1}{4}$ cup of the gluten-free low FODMAP flour blend (depending on the blend). (So for every 1-cup of all-purpose flour you will use $\frac{3}{4}$ cup to $\frac{3}{4}$ cup plus 2 tablespoons of gluten-free low FODMAP flour blend.)

Low FODMAP Flour Blends with Xanthan Gum

Xanthan gum improves the texture of gluten-free baked goods in that it helps most faithfully recreate what the original, gluten-filled versions are like. We like the results that we get with Bob's Red Mill Gluten Free 1 to 1 Baking Flour, which does contain xanthan gum.

Low FODMAP Baking Basics

Xanthan gum, and guar gum for that matter, are low FODMAP, however some people like to avoid them for a variety of reasons. You can try using a gluten-free low FODMAP flour blend without xanthan gum, but the baked goods will not be the same as you see in our images. The texture and flavors will change. That said, feel free to experiment.

CHEMICAL LEAVENERS

Baking Soda vs. Baking Powder

Many a beginning baker has been tripped up by the mistaken belief that baking soda and baking powder are interchangeable. Both are chemical leaveners, and both share a leavening ingredient, but knowing when and how to use one or the other will ensure that your biscuits, muffins and cakes rise the way they should.

- **Baking soda** is a chemical leavener consisting of pure sodium bicarbonate. When it comes in contact with an acid (lemon juice, buttermilk, etc.), the two substances react to produce carbon dioxide, a bubbly gas that causes baked goods to rise. To prompt this reaction, recipes that call for baking soda also call for one or more acidic ingredients including yogurt, buttermilk, lemon juice, sour cream - or even natural cocoa, which is acidic.
- **Baking powder** is a combination of sodium bicarbonate, acid and some sort of starch (often cornstarch) to keep the two ingredients dry and non-reactive in storage. Baking powder is used in recipes that lack acidic ingredients.

Not all baking powder is gluten free. We specify using gluten-free baking powder if you are following a gluten-free diet. Read the labels!

We use Rumford Baking Powder in Test Kitchen, which is aluminum-free and double acting. We like its neutral flavor and leavening power.

Low FODMAP Baking Basics

Double the Power

What does “double-acting” mean? There are various formulas of baking powder, depending on the types of acid used. Some acids react when they come in contact with the liquid in a recipe; some react when they are hit with the heat of the oven; and some are “double-acting” and react twice, giving your baked goods an extra boost. Some contain aluminum and some don’t, so all of this means there are actually many different kinds of baking powder and you have to read labels.

There’s another significant difference between baking soda and baking powder. When it comes in contact with a moist and acidic ingredient, baking soda reacts immediately. So to take advantage of baking soda’s leavening powder, a baker should work quickly, getting those muffins into the oven as soon as the batter is mixed.

Don’t despair if you realize you are out of baking powder just when you need it. Replace each teaspoon of baking powder called for in your recipe with $\frac{1}{4}$ teaspoon of baking soda plus $\frac{1}{2}$ teaspoon cream of tartar. Of course this requires you to have cream of tartar around, but it is a classic substitution you should be aware of.

It’s trickier to substitute baking powder for baking soda and we do not recommend it. It’s worth a quick run to the grocery store for a new container of baking soda.

DAIRY

Is The Diet Dairy Free?

No, it is not. And, like gluten there can be some confusion around this. Dairy products, by their very definition, are made from mammal’s milk. The ones we are most concerned with are cow, sheep and goat’s milk. These products include milk itself as well as butter, yogurt, sour cream, and all kinds of cheeses from hard cheeses like cheddar and Parmesan to cream cheese and ricotta. **We use dairy products in baking and desserts all the time, so it is important to understand their place within the low FODMAP diet.**

Low FODMAP Baking Basics

Lactose, which is a high FODMAP sugar, is severely curtailed during the Elimination phase. Lactose is represented by the “D” in FODMAP. It stands for “disaccharide,” a sugar that is naturally present in milk and foods made from milk, and it requires the enzyme lactase for digestion. You might be surprised to learn that many dairy products are low in lactose, such as butter and hard cheeses such as cheddar, Swiss and Parmesan. This is why they are allowed on the low FODMAP diet.

So, to recap, **the low FODMAP diet isn't dairy free, but it is lower in lactose and you will often find lactose-free ingredients called for.**

Substituting Lactose-Free Dairy for Regular Dairy

There are many high lactose products that we want to use in our baking, such as sour cream, cream cheese and good old whole milk as well as types of cream. Luckily for us there are **lactose-free versions** available for many of these products, although this accessibility will vary depending on where you live. They **do not all act the same way in baking as their conventional counterparts.**

Notes on Lactose-Free Cream Cheese

We have had very good results with lactose-free sour cream, milk and half-and-half. Cream cheese is another story. The one brand available to us at this time in the U.S. is Green Valley Creamery, and while it is a great tasting product, with a smooth and creamy texture, it does not act like conventional cream cheese at all once beaten (or agitated in any way).

Do not substitute it 1 to 1 in your own traditional baked goods calling for conventional cream cheese. **Look up our recipes that feature it, as they were developed with it specifically. We have learned how to work with it and we love it** - whether we are eating it schmear'd on a low FODMAP bagel or incorporated into a cheesecake.

Low FODMAP Baking Basics

You Can Have Cream & Whipped Cream

For heavy cream, there are a few things to note. First of all, there is lactose-free heavy cream (about 35% to 40% fat) available in all parts of the world. We have not had access to it, so we do not know if it whips the same and acts the same in recipes when it is incorporated with other ingredients.

That said, **whipped cream, made from conventional heavy cream is given the low FODMAP Green Light by Monash University in amounts of ½ cup (125 ml/60 g)**. You can see it in all its glory in our **Strawberry Shortcakes**. As heavy cream doubles in volume, we can extrapolate that approximately ¼ cup (60 ml) of heavy cream can be eaten while on the low FODMAP diet. Of course, it is very high in fat, and that can be an issue for some with IBS. Also, we consider it an occasional treat.

Cottage Cheese & Ricotta

You might be surprised to see that cottage cheese is low FODMAP according to Monash in amounts of 4 (Australian) tablespoons or 36 g. And this is for the conventional type. That said, there is lactose-free cottage cheese readily available and we use both.

Ricotta is similar in that small amounts are low FODMAP. You could try 2 (Australian) tablespoons or 40 g and see how you do. There is no commercially prepared lactose-free ricotta available that we know of, but we have a **Low FODMAP Ricotta** at FODMAP Everyday®.

Making Perfect Whipped Cream

Whipped cream has been given the Green Light by Monash University in a generous ½ cup (125 ml/60 g) amount. Whipped cream is made from heavy whipping cream that is typically between 36% and 40% butterfat. The high fat value is what allows it to whip, whereas milk with its lower fat content, does not whip.

Since cream doubles in volume when whipped, many dietitians feel comfortable suggesting that you could try a ¼ cup (60 ml) amount. **As it is very high in fat, we all look at it as an occasional treat.**

Low FODMAP Baking Basics

Heavy cream and whipped cream figure into many different sweets and desserts, whether it is a dollop on top of pudding or as a component as when being folded into a mousse, so you should familiarize yourself with it as much as possible. You can whip cream by hand or with an electric mixer but how do you know when you are done whipping?

Various terms will be used to describe the specific texture that is required in a dessert. Two common descriptions will be “**softly whipped cream**” and “**stiffly whipped cream.**” The more you whip cream, the stiffer it gets - but there is definitely a point when it is **over-whipped**.



Softly whipped cream, seen on the left of the image above, is creamy, with a silky smooth texture and is what you want for dolloping on top of desserts and very often when you want to fold into other ingredients. It is the most commonly requested texture in recipes.

Occasionally a recipe will call for **stiffly whipped cream**, seen in the center of the image above. Sometimes when more structure is needed, such as in a mousse cake that will be sliced, a more stiffly whipped cream can be of great help.

Saving Over-Whipped Cream

And then there is **heavy cream that has been over-whipped** such as in the image above, far right. As you can see, the texture is curd-like and has lost its silky creaminess. There is no time when whipped cream like this would be beneficial. If you have over-whipped some cream, you can attempt to smooth it out by adding some liquid heavy cream and whisking it in gently until the desired texture is reached. Of course, it might not work and you will no longer have the amount of cream you started with that might have been dictated in a recipe. Look at this as a last-ditch effort.

When you are whipping cream, go slowly! You can always whip it more.

Low FODMAP Baking Basics

ALL ABOUT CHOCOLATE

How to Choose & Use Chocolate

When we reach for a piece of chocolate just to eat, it can be as easy as grabbing what's around, or simply purchasing what we feel like eating at the moment – **very dark bittersweet, a velvety milk chocolate or a fragrant white chocolate – and yes, they are low FODMAP in small portions.**

When we incorporate chocolate into a recipe, however, we need to think about how that chocolate harmonizes with the other ingredients, both in terms of flavor and texture. This wasn't always something we had to worry about or even have access to choices. Decades ago we typically had semisweet chocolate morsels in the pantry as well as some squares of unsweetened chocolate, both purchased at the supermarket.

Choices Were Limited to the Consumer

There was barely a choice of brand as choices were very limited. These chocolates worked; our chocolate chip cookies were fine as were our batches of fudge brownies. The recipes worked because recipe developers developed recipes with chocolates that were available, and then, those chocolates were what we all bought and used.

Now You Have to Educate Yourself Further

Well, the world has changed – big time! The choice of chocolate has never been greater and this is a boon to the chocolate lover and baker as we can pick and choose chocolates best suited to the recipe at hand.

But how do we choose?

High-end brands, as well as easily found commercial brands, now give us **cacao mass percentages right on the label. These will be represented by something that says "50%" or "65% cacao" or "55% cocoa;"** (the terms "cacao" and "cocoa" being interchangeable). We can now find numerous bittersweet and semisweet chocolate choices in the very same supermarkets that used to offer a very limited selection.

Low FODMAP Baking Basics

Use What Is Suggested

If a recipe tells you a cacao percentage (and ours will), it is **vitaly important to use the chocolate recommended or there is a very good chance that the recipe will not work**. The ratio of ingredients in every chocolate is different - the cacao percentage, cocoa butter and sugar in particular. Using different chocolates will give you variable results in recipes, and we cannot vouch for the outcome.

Take a look at the image below. Same recipe, same ingredients except a different chocolate used for each batch, which made the difference between luscious, truffle-esque success on the left and crumbly and dry on the right. (These are our **Ménage a Trois Cookies**, by the way.) Substituting one ingredient for another, especially in baking recipes, which are carefully calibrated with precise ratios, can mean the difference between a recipe working flawlessly, or failing.



PERFECT

WRONG

Use the "RIGHT" Chocolate

Low FODMAP Baking Basics

Chocolate & FODMAPs

Monash University has tested chocolate and has shared the following information:

- **Dark chocolate 85%** is low FODMAP at 20 g ($\frac{3}{4}$ ounce) portion
- **Dark chocolate** is low FODMAP at 30 g (1 ounce) portion
- **Milk chocolate** is low FODMAP at 20 g ($\frac{3}{4}$ ounce) portion
- **White chocolate** is low FODMAP at 25 g (scant ounce) portion

Read Chocolate Labels

High quality dark chocolate will contain cacao mass, cocoa butter, sugar and perhaps lecithin (an emulsifier) and vanilla. And soy lecithin, by the way, is OK for us FODMAPers. The FDA allows dairy in dark chocolate; I prefer not to use dark chocolates with dairy. The “dark chocolates” with dairy are what Monash has tested. The 85% chocolate that they tested does not contain dairy.

Milk chocolates will have the addition of dairy.

White chocolates will not have any cacao mass percentage component. A high quality white chocolate will contain cocoa butter, which is the natural fat from the cocoa bean. If it does not, then it will not contain any ingredient related to the cocoa bean.

Do not use any chocolates that contain any other kind of fat other than cocoa butter. If you see cottonseed oil, palm oil or any other fat, put the chocolate back on the supermarket shelf. These are actually chocolate “coatings.” not true chocolate and their flavor and texture will be sub-par. Ditto for chocolates with artificial anything or unnecessary preservatives.

If there is an exception to this, we will specify in the recipe.

Low FODMAP Baking Basics

Chocolate Chips vs. Bulk Chocolate

You know how when you make chocolate chip cookies the chocolate chips retain their shape? Have you ever thought about that? After all, they are baked in a very hot oven for 10 to 12 minutes or so...well, it is because they are formulated to hold their shape. This is why when you try to melt chocolate chips (also called morsels) you sometimes end up with a gloppy mess or at the very least a very thick mixture. **Don't try to melt them; they are not made for melting.**

Bulk chocolate that comes either in chunks sold by the pound or in bars or in "callets." "feves" or other kinds of "discs" are what you want for melting. Some of these smaller shapes might look like large chips, but they are small discs made to melt and measure easily. We use a lot of bulk chocolate so you will see chocolate very often listed by weight.

Buying Chocolate

FODMAP Everyday® resides in the U.S. and so we are most familiar with chocolate that is readily available here. These are the chocolates I use most often in the Test Kitchen from unsweetened, to dark, milk and white.

Not all of these will necessarily be available in your supermarket. Many if not all can be accessed online. I am a huge proponent of using high quality ingredients, and certainly when it comes to chocolate, I don't think it is worth wasting calories on bad chocolate!

When I recommend a particular chocolate in a recipe, please use it, otherwise we cannot guarantee that the recipe will work. At the very least, stick with the recommended cacao percentages.

Cocoas Are Not All The Same

There are basically two kinds of cocoa powder available to the baker: **natural and alkalinized**, which is often called Dutch-processed. In its natural state, cocoa has a fair amount of acidity, typically a pH of about 5 or 6. Recipes that call for and use **natural cocoa** will also usually call for baking soda, which will react with the acidic cocoa, neutralizing it and providing the right leavening power.

Low FODMAP Baking Basics

Alkalized, or Dutch-processed cocoa, has a pH of about 7 to 8. Bakers do not consider these two types of cocoa to be interchangeable and neither should you in baking recipes. If you are using cocoa to dust on top of a dessert or a truffle, you can use either, but if you are incorporating it into a recipe, follow all the steps, including using the ingredients that are called for.

Recommended Chocolate Products

Chocolate Chips, Morsels & Chunks (not for melting)

Dark:

- Callebaut Semisweet Mini Chips (44.9% cacao)
- Ghirardelli Bittersweet Chocolate 60% Cacao Baking Chips
- Guittard Extra Dark Chocolate Chips (63% cacao)
- Guittard Akoma Extra Semisweet Chocolate Chips (55% cacao)
- Guittard Real Semisweet Chocolate Chips (46% cacao)
- Scharffen Berger 62% Semisweet Dark Chocolate Baking Chunks
- Scharffen Berger 70% Bittersweet Dark Chocolate Baking Chunks
- Sunspire Chocolate Dream Semi-Sweet Baking Chips (vegan)

Milk:

- Guittard Milk Chocolate Maxi Chips (31% cacao)

White:

- Sunspire White Chocolate Chips
- Valrhona White Chocolate Chips (24% cocoa butter)

Low FODMAP Baking Basics

Chocolate Bars & Discs For Melting & Chopping

Unsweetened:

- Ghirardelli Unsweetened Chocolate 100% Cacao Baking Bar
- Guittard Unsweetened Baking Bar (100% cacao)
- Scharffen Berger 100% Unsweetened Dark Chocolate Baking Bar

Dark:

- Callebaut 811 Semisweet Block (54.5% cacao)
- Callebaut 811 Semisweet Callets (54.5% cacao)
- Ghirardelli Bittersweet Chocolate 60% Cacao Baking Bar
- Ghirardelli Semisweet Chocolate 60% Cacao Baking Bar
- Guittard Bittersweet Chocolate Organic Wafers (these melt beautifully; 74% cacao)
- Guittard Semisweet Chocolate Organic Wafers (these melt beautifully; 66% cacao)
- Guittard Bittersweet Baking Bar (70% cacao)
- Guittard Semisweet Baking Bar (64% cacao)
- Lindt Excellence Bar 70% Cocoa
- Lindt Excellence Bar 78% Cocoa
- Lindt Excellence Bar 85% Cocoa
- Scharffen Berger 62% Semisweet Dark Chocolate Baking Bar
- Scharffen Berger 62% Semisweet Dark Chocolate Bar
- Scharffen Berger 70% Bittersweet Dark Chocolate Baking Bar
- Scharffen Berger 70% Bittersweet Dark Chocolate Bar
- Scharffen Berger 82% Extra Dark Chocolate Bar
- Valrhona Equitoriale Dark Block (55% cacao)
- Valrhona Equitoriale Dark Discs (55% cacao)
- Valrhona Caraibe Dark Baking Bar (66% cacao)
- Valrhona Caraibe Dark Discs (these melt beautifully; 66% cacao)
- Valrhona Guanaja Baking Bar (70% cacao)
- Valrhona Guanaja discs (these melt beautifully; 70% cacao)

Low FODMAP Baking Basics

Milk:

- Scharffen Berger 41% Extra Rich Milk Chocolate Bar
- Guittard Milk Chocolate Organic Wafers (these melt beautifully; 38% cacao)
- Valrhona Jivara Baking Bar (40% cacao)
- Valrhona Jivara discs (these melt beautifully; 40% cacao)

White:

- Callebaut Belgian White Chocolate Block (25.9% cocoa butter)
- Guittard White Chocolate Wafers (these melt beautifully; 30% cocoa butter)
- Valrhona Ivoire Baking Bar (35% cocoa butter)
- Valrhona Ivoire discs (these melt beautifully; 35% cocoa butter)

Dutch-Processed Cocoa (alkalized):

- Bensdorp Dutch-Processed Cocoa
- Droste Cocoa Powder
- Guittard Cocoa Rouge
- Valrhona Cocoa Powder

Natural Cocoa (not alkalinized):

- Ghirardelli 100% Unsweetened Ground Cocoa
- Hershey's Cocoa 100% Natural Unsweetened
- Scharffen Berger 100% Unsweetened Dark Chocolate Cocoa Powder

We have put all of our recommended baking equipment and products in one easy to access [Amazon Shop](#). See our [Affiliate Disclosure](#) in the Introduction.

Low FODMAP Baking Basics

OTHER TIPS & TECHNIQUES

Measuring Flour & Dry Ingredients

All of our recipes provide you with both volume measure as well as weight to best accommodate all of you FODMAPers around the world. We live in the U.S. and the average home baker still measures by volume and that is what we do in the Test Kitchen.



Dip & Sweep

Flours and dry ingredients for these recipes as well as those at FODMAP Everyday® are measured using a “dip and sweep” method. For best results with our recipes, we recommend that you do the same. It will actually be more accurate than the weights as the weights are calculated afterwards with a chart, not from actual testing. First whisk your dry ingredient to aerate (this is in lieu of sifting) then use the exact size implement called for and “dip” it into the dry ingredient so that the ingredient is mounded. Use the flat edge of an icing spatula or the back of a knife to “sweep” the excess dry ingredient back into the container. You now have the measurement called for.

Cutting Cakes & Bar Cookies

Different baked goods require different cutting techniques, but the end result we strive for is always the same – we want even, clean cuts so that the baked good is presented to its best advantage.

Low FODMAP Baking Basics

Some cakes are sliced best with a thin-bladed slicing knife, others with a serrated knife, but in all cases it really helps if the knife is wiped clean in-between cuts with a warm, damp cloth.

Also, in general, cakes cut more easily and cleanly when cold, but if they are to be served at room temperature you have to weigh whether it is more important to present the whole room temperature cake to the guests, or if you can slice the cake ahead of time while cold and just present the individual slices already plated. (In the latter case, cover them with plastic wrap while they come to room temperature so that they don't dry out.)

To cut bar cookies cleanly and evenly, our preferred approach uses a metal bench scraper (as seen in the image to the right). Grab the tool firmly by the handle and press the long straight sharp edge straight down into the bars; repeat to make a complete cut either across or down the length of the pan by lifting and pressing, lifting and pressing. If the bars are sticky, wipe the blade clean between cuts with a warm, damp cloth.



Cutting in this fashion eliminates the drag created by pulling a knife through a pan of bars; the edges will be cleaner and give you prettier results. Also, since you can look down upon the bars and press and cut, it is easier to keep the lines straight. After you have cut your grid (8 by 5, 6 by 6, etc.), you can also use the bench scraper as a lever to pop the first one out and help get the subsequent ones out as well, although at this point, switching to a small offset spatula is usually best.

Low FODMAP Baking Basics

Large Platters

Occasionally we have an extra-large cake or an abundant array of pastries that we want to display and we do not have a large enough platter. Or rather, it is often hard to find platters with a large enough flat central area, which is helpful to show off our desserts to their best advantage. This following trick is one we came up with in our catering and wedding cake days when this need was frequent.

TIP: Visit The Glass Cutting Store

For very little money you can go to a glass store and have them cut a piece of glass (1/4-inch is a good thickness) to whatever size and shape you like and have them grind the edges, making them smooth. Then the fun begins. You are going to paint the bottom. Any decorative paint technique that you find in a craft book can be employed. Sponge it. Make it look like marble, or wood grain. Or just paint it a great solid color. I have had great results using metallic spray paints. You can paint it however you like, and the paint doesn't even have to be food safe, because it is underneath the glass, which is what will come into contact with your food. Have fun with this creative idea. Hand wash gently. And of course you could just leave it as plain clear glass.

Storing Desserts

Proper storage is critical for maximum dessert enjoyment. This might sound like an overstatement, but trust us, it is not. Our aim is to get you to consider storage as carefully as your preparation. It should not be an after-thought.

A tart filled with pastry cream and covered with fresh fruit left out at room temperature will become soggy and potentially dangerous to eat. A simple pound cake left out and exposed to the air will stale very quickly. Very specific instructions are given in individual recipes and if followed, your desserts will be the best they can be and last as long as possible.

Low FODMAP Baking Basics

We Are Separatists – When It Comes to Cookies!

In regards to cookies, at the very least, crisp should be stored with crisp and soft with soft, or they will all end up soft! The soft cookies lend moisture to crisp cookies if stored together. That said, we think the optimum situation is to store individual recipes by themselves following individual instructions. This way chocolate cookies will remain tasting like chocolate, pure butter cookies will retain that purity, spiced cookies will not lend their flavor and aroma to others, etc. Also, believe us when we say that some must be stored in single layers separated by parchment; it is because we learned the hard way that this extra step is helpful.

How to Make a Recipe Your Own

We always recommend that recipes be followed faithfully in order to achieve the best results – and to stay within low FODMAP guidelines. We are now going to suggest something that at first might seem contrary.

We have all had that culinary experience where we taste something and think to ourselves “I might prefer raspberries standing in for the strawberries.” “I wonder what would happen if I halve the sugar?” or “raisins would add something to this batter.” These are the seeds of a unique dessert creation.

We have taken pains to develop and write recipe for you that work, if the recipe is followed. However, each and every one of us has a unique palate and our own preferences and we are huge proponents of individual creativity.

Here is our potentially confusing statement: Yes, we still strongly suggest you make these recipes as written – at least once. Follow the recipes as described, but take detailed notes. We will go as far as to suggest you have a notebook devoted just to this process, which you can use every time you cook or bake. Write down your impressions of the recipe as you go along (“batter is nice and thick.” “needs more chocolate chips”) and again once you are finished (“didn’t need the icing.” “was easy to unmold”).

Low FODMAP Baking Basics

Be specific. With your oven and equipment did the cake bake in 25 minutes instead of 30? Would a dose of lemon zest add to the flavor of this recipe? Perhaps you would prefer nutmeg instead of cinnamon? Then go one step further and make notes for yourself as to how you want to approach the recipe next time. In this way you can begin to experiment and make the recipe your own.

When you make the recipe the second time, try your own suggestions, and then make notes again. If the recipe seems off-balance, always know you can go back to the original and veer off again from there. We absolutely encourage you to create your own versions. It is not only an engaging, stimulating creative process, but you get something delicious to eat in the end – that is all your own.

Of course, you still have to take FODMAPs into account and make sure that you are not veering into high FODMAP territory. Our article on [FODMAP Stacking](#) at FODMAPeveryday.com will be very helpful in this regard.

What Went Wrong?

Perhaps you have followed a recipe faithfully and still did not end up with results that you truly enjoy. Perhaps your tolerance for sweetness is different than ours, or your love of chocolate is tested by the richness of a particular dessert. In this case, perhaps that recipe is just not for you. On the other hand, deviations from the recipe might be the cause.

Measurements Affect Taste, Texture & More

Let's say you are making a cake. You use a measuring cup of suspect origin (perhaps the dollar store) and unbeknownst to you, it is not accurate. Your 1-cup of required sugar is actually being measured out at about 14 tablespoons. The resulting dessert will, of course, be less sweet, but it also will be affected texturally. Sugar is essential for giving baked goods a tender crumb, and in some cases, it can also help retain moisture.

Low FODMAP Baking Basics

Take Your Temperature

During baking, perhaps the oven temperature was not checked with a separate oven thermometer and it turns out the oven was running a few degrees high. When it is time for you to assess doneness, you don't have a toothpick handy, so you rely on the touch test and wait for the cake to spring back when pressed. The cake is being over baked. Then the cake was not inverted on a rack to cool properly, not was it well wrapped at stored at room temperature. When you sample the finished cake your first thought is, "hmm, this cake is dry; must be a bad recipe." Even though our point is to show you how at multiple times during the recipe process you might make an error, even just one of these errors would negatively affect the outcome.

SUBSTITUTION DOS AND DON'TS

In general, **don't!** I know that sounds harsh, but each and every baking recipe has been developed with very specific ratios and if you make substitutions there is no guaranteed outcome.

I have been developing recipes for 30 years and the number one reason people write to me when there is a problem stems from substitutions being made – and they still want to know why the recipe didn't work! I am not a magician. I am a damn good recipe developer. Follow my instructions and you will have success! I want you to succeed. Let me help you...

Here are some examples of substitutions you can make, and others that we do not recommend. **Of course, here we are talking about what works from a baking perspective; you must still watch your FODMAPs and take care not to overdo it.**

Substitution Dos

Flours: Use weight equivalents if going from all-purpose wheat based flour to gluten-free low FODMAP flour blends. Using a blend that contains xanthan gum will give you the best results, particularly in terms of texture with our recipes and with most conventional recipes. **As gums are not a FODMAP issue, we tend to use blends that contain them.**

Low FODMAP Baking Basics

Nuts & Dried Fruit: In general, this can work. A portion of walnuts can be substituted for a like amount of pecans; a like amount of raisins can be substituted for dried cranberries, for instance. Check nuts and dried fruit for FODMAPs!

Sugar & Brown Sugar: These can be substituted for one another cup for cup in most recipes.

Maple Syrup & Rice Syrup: Generally speaking, one liquid sweetener can be substituted for another, although their sweetening power is different, so you will have to experiment with the flavor and sweet balance in the final product.

Dairy: We use lactose-free whole milk, sour cream and yogurt all the time in our recipes and they work wonderfully as replacements for traditional dairy.

Lemon Juice: While we love the incomparably fresh flavor of fresh-squeezed lemon juice, we know that you don't always have lemons around and sometimes a recipe will call for just a teaspoon or a tablespoon. We do like one product: Minute Maid Premium 100% Pure Lemon Juice, which you will find in the freezer section of your U.S. supermarket. It is much fresher tasting than any bottled type that we have sampled.

Substitution Don'ts

Volume: Do not substitute equal volume amounts of all-purpose flour for gluten-free low FODMAP flour blends.

Xanthan Gum: If a recipe is developed with a low FODMAP GF flour blend that contains xanthan gum or another type of gum, do NOT expect the same results if you use a blend without.

Different Flours: Along the same lines, know that every different flour is going to have a different milled texture, a different protein content (or lack thereof) and will make a huge difference in the recipe. Use what is called for.

Granulated Sweeteners: do not substitute well for liquid sweeteners in general and vice versa.

Low FODMAP Baking Basics

Alternative Sweeteners: We have not developed or tested recipes with any alternative sweeteners (unless explicitly stated). We do not recommend substituting stevia, powdered dextrose or any sweetener other than what is listed in the recipe.

Salt: Do not substitute different kinds of salts for table salt, which is what most baking recipes are developed with. Some recipe developers use kosher salt and they will specify that; if this is the case, follow their lead. We use fine-grained table salt.

Full Fat vs Low Fat: I typically bake with full fat dairy. You could try lower fat options, but it will skew the recipe and I do not recommend it.

Lactose-Free: Do not substitute lactose-free cream cheese for conventional cream cheese in recipes.

Butter: Do not substitute unsalted butter for salted. I use unsalted in the Test Kitchen. Not only is the salt balance thrown off, but salted butter has a different water/moisture content.

Alt Dairy: When it comes to alt dairy, such as rice milk, almond milk and what have you, pay attention to what the recipe calls for. We typically use the unsweetened versions; please use the specifically recommended type or your recipe will not come out as intended.

Coconut Milk demands its own paragraph, as it comes in many different forms of packaging and not all have been low FODMAP approved. Canned coconut milk (full fat) are approved as are some UTH (shelf-stable) types but these days in the U.S. the refrigerator section is jam-packed with all kinds of coconut milks.



Low FODMAP Baking Basics

These are very different in ingredient content and texture than the canned type. You cannot substitute one for the other in recipes; the texture and the FODMAPs are different. Also, to accurately measure canned coconut milk, stir it very well before measuring as seen on the previous page. When you open a can you will very often see a distinct thick cream layer on top and a thinner milky layer below and they should be well blended prior to measuring.

Chocolate: When it comes to **chocolate**, use the type specified. If a recipe calls for 55% cacao dark chocolate, the recipe will not work with 70%, for instance.

Cocoa: With **cocoa**, it is best to use the kind called for. Natural cocoa and Dutch-processed cocoa will yield very different results in most baking recipes.

Equipment: Substitution don'ts extend to equipment as well. If a recipe calls for a 9-inch (23 cm) round pan and you decide to use an 8-inch (20 cm) square pan - or even an 8-inch (20 cm) round pan - the recipe might not work at all. At its best, it will be just okay and you will have wasted time and money on ingredients.

Ovens: Same goes for ovens. I bake and test recipes in a conventional radiant oven. Do not use a convection oven (unless specified). Your baking times will vary, sometimes hugely, and convection ovens can dry out baked goods.

Temperature of Ingredients: Pay attention to temperature. If I call for room temperature eggs or butter, which I do very often, do not substitute cold ingredients. The batter or dough (or whatever) will not come together properly and baked items will be going into the oven much colder than they should be, yielding poor results.

FODMAP  everyday

CHAPTER 2

Basic Recipes



CHAPTER 2

Basic Recipes

This chapter contains the basic recipes that you will return to again and again from flour blends, an all-purpose Pie Crust, a low FODMAP Pastry Cream, as well as cake and frosting recipes for you to mix and match.

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FODMAP Everyday® All-Purpose Low FODMAP Gluten-Free Flour Blend

**Prep Time:**

5 minutes

Makes:

About 4 cups (800 g)

Serving:

½ cup (50g)

Are you looking for a DIY low FODMAP, gluten-free flour blend that does include gums? Then this FODMAP Everyday® All-Purpose Low FODMAP Gluten-Free Flour is for you.

This blend is meant to mimic Bob's Red Mill Gluten Free 1 to 1 Baking Flour, which does contain xanthan gum, and which we like very much in the Test Kitchen.

FODMAP Everyday® All-Purpose Low FODMAP Gluten-Free Flour Blend

INGREDIENTS

- 1 cup (204 g) sweet white rice flour, such as Bob's Red Mill Sweet White Rice Flour
- 1 cup (160 g) brown rice flour, such as Bob's Red Mill Brown Rice Flour
- 1 cup (192 g) potato starch (not potato flour) such as Bob's Red Mill Potato Starch
- ½ cup (68 g) sorghum flour
- ½ cup (60 g) tapioca flour or tapioca starch
- 2 teaspoons xanthan gum

PREPARATION

1. Simply whisk the ingredients together very well. Store at cool room temperature in an airtight jar. Whisk again before measuring to use in recipes. Use within 3 months.

Gum-Free Low FODMAP Gluten-Free Flour Blend



Prep Time:
5 minutes

Makes:
About 3 cups (488 g)

Serving:
½ cup (81 g)

In our Test Kitchen we rely on a commercially available low FODMAP gluten-free flour blend as we appreciate the convenience and know that if you use our recommended choices, that you will get reliable results. That said, we know that many of you want to DIY and prefer a blend without any gums. This is our Gum-Free Low FODMAP Gluten-Free Flour Blend, which is easy to make and that we know you will enjoy.

Gum-Free Low FODMAP Gluten-Free Flour Blend

A Simple Blend

We have deliberately kept this flour blend very simple, with few ingredients, but your choice of ingredients makes a huge difference. Especially when it comes to rice flour.

Label Reading

If you have been eating gluten-free for a while and/or if you are a label reader you have probably noticed that rice flour, both white and brown, figure heavily into many GF blends and GF foods. But one rice flour is not necessarily like every other. If you read what GF bloggers and bakers are saying, many praise the quality of Authentic Foods Superfine Brown Rice Flour in particular.

Many companies say their brown rice flour is “super” fine or “extra” fine” but Authentic Foods version is actually finer than the rest. You can even tell by feel. This very fine raw texture translates to a very fine crumb in finished baked products. The gritty texture that some rice flours leave behind is absent.

Choose Your Ingredients Wisely

So, I do call for rice flours in our house blends and depending on your choice of your rice flour, the results are going to be varied. I like the Authentic Foods Superfine Brown Rice Flour very much. Unfortunately it is not as easy to find in brick and mortar stores where I live, so I have to plan ahead and purchase it online. I recommend that you try this recipe with the products suggested for best results.

According to Authentic Foods

I spoke with Aaron Rice, Vice President of the company – but as he said, he “does a little bit of everything.” And yes, Rice is his last name! He was very helpful and answered many questions, including offering a description of what their “AF Fiber Blend” consists of, so that we could determine whether it was low FODMAP. This fiber blend is used in two of their newer blends.

Gum-Free Low FODMAP Gluten-Free Flour Blend

Special Rice, Special Process – Premium Results

Aaron explained that the rice used in their packaged rice flour and their flour blends is a special variety (their source is in northern California) that they have been using since 1992. His company has studied the properties of rice flour in GF baking and have a proprietary approach for processing the rice, which creates desirable properties in the resulting flour – particularly in how it absorbs and interacts with moisture. If you have Authentic Foods Superfine Rice Flour on hand and another brand, from Arrowhead Mills for instance, you will see that there is a tangible difference in texture and grittiness.

INGREDIENTS

- 2 cups (320 g) Authentic Foods Superfine Brown Rice Flour
- $\frac{2}{3}$ cup (128 g) potato starch (not potato flour)
- $\frac{1}{3}$ cup (40 g) tapioca flour or tapioca starch

PREPARATION

1. Simply whisk the ingredients together very well. Store at cool room temperature in an airtight jar. Whisk again before measuring to use in recipes. Use within 3 months.

Gluten-Free Self-Rising Flour Blend



DF

GF

VGN

VEG

EZ

Prep Time:

5 minutes

Makes:

About 1 cup (175 g)

Serving:

½ cup (88 g)

Every now and then you might come across a recipe that requires self-rising flour. This is the low FODMAP Gluten-Free Self-Rising Flour Blend that we use.

Gluten-Free Self-Rising Flour Blend

INGREDIENTS

- 1 cup (200 g) [FODMAP Everyday® All-Purpose Low FODMAP Gluten-Free Flour Blend](#)
– OR –
- 1 cup (145 g) Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 1½ teaspoons baking powder; use gluten-free if following a gluten free diet
- ¼ teaspoon salt

PREPARATION

1. Simply whisk your choice of flour together with the baking powder and salt. Use right away or store for up to 1 month at room temperature in an airtight container. You can also freeze up to 6 months. Bring to room temperature before using in your recipe.

All-Butter Pie Crust

**Prep Time:**

10 minutes

Makes:Enough for a 9-inch
(23 cm) double crust pie**Serving:**

Recipe-dependent

This is our go-to piecrust, whether we are making a sweet pie like blueberry, or a savory potpie. It does not need to be chilled before rolling out and is incredibly easy to work with. Just use the ingredients called for and follow our directions and it will be easy as pie! I like to use Bob's Red Mill Gluten Free 1 to 1 Baking Flour for this recipe.

All-Butter Pie Crust

INGREDIENTS

- 2 large eggs, cold
- $\frac{1}{3}$ cup (75 ml) ice cold water
- $\frac{1}{2}$ teaspoon apple cider or distilled white vinegar
- 2 $\frac{1}{2}$ cups (363 g) low FODMAP, gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 1 tablespoon sugar, optional; use if making a sweet recipe
- $\frac{1}{2}$ teaspoon xanthan gum
- $\frac{1}{2}$ teaspoon salt
- 1 cup (2 sticks; 226 g) very cold unsalted butter, cut into tablespoon-sized pieces

PREPARATION

1. Whisk the eggs, water and vinegar together in a 2 cup (480 ml) measuring cup with spout and refrigerate until needed.

To Make by Hand:

1. Whisk together the flour, sugar, if using, xanthan gum and salt in a medium bowl to blend. Add the butter and cut in, using a pastry blender or two knives, until the butter is cut into assorted sized pieces ranging from approximately $\frac{1}{8}$ inch (3mm) to $\frac{1}{2}$ inch (12 mm). Sprinkle wet mixture over the dry and toss with fingers or a fork until evenly moistened and the dough just holds together if squeezed.

To Make in a Stand Mixer:

1. Put the flour, sugar, if using, xanthan gum and salt in the stand mixer bowl. Using flat paddle attachment, turn on low speed to blend dry ingredients. Add the butter and pulse on and off until the butter is cut into assorted sized pieces ranging from approximately $\frac{1}{8}$ inch (3 mm) to $\frac{1}{2}$ inch (12 mm). Sprinkle wet mixture over the dry and pulse on and off until dough is evenly moistened and the just holds together if squeezed.

All-Butter Pie Crust

PREPARATION CONTINUED

To Make with a Food Processor:

1. Put the flour, sugar, if using, xanthan gum and salt in the bowl of a food processor fitted with the metal blade attachment and pulse to combine. Add the butter and pulse on and off until the butter is cut into assorted sized pieces ranging from approximately $\frac{1}{8}$ inch (3mm) to $\frac{1}{2}$ inch (12 mm). Sprinkle wet mixture over the dry and pulse on and off until dough is evenly moistened and the just holds together if squeezed.

To Finish for All Techniques:

2. Empty dough onto work surface and use hands to bring together gently. Divide in half, form each portion into a ball and flatten. Unlike piecrusts made with wheat flour, we have found that you don't have to rest the dough! You can roll it out right away. Simply proceed as directed in individual recipes. You can also refrigerate or freeze the dough, although we like working with fresh best. Wrap each disc in plastic wrap and refrigerate up to 2 days or freeze for 1 month, in which case protect it further by placing in a plastic zipper-top bag; defrost in the refrigerator overnight. Let the dough soften at room temperature before rolling out, then proceed as directed in individual recipes.

To Blind Bake:

1. Some recipes will call for a partially baked (par-baked) or fully baked, yet unfilled piecrust. After dividing your dough in half, proceed as follows: Preheat oven to 375°F/190°C. Coat your pie plate of choice (size suggested in recipe) with nonstick spray. Roll dough out to about $\frac{1}{8}$ inch (3 mm) thickness on a lightly floured piece of parchment paper to a 12 to 13-inch (30.5 cm to 33 cm) round. Use parchment paper to lift dough and invert over prepared pan. Peel parchment away and discard. Carefully press dough into pie plate. Trim edges with scissors, fold under and crimp as desired. Line piecrust with aluminum foil and then fill foil with pie weights, dried beans or rice (this keeps the crust from bubbling up).

All-Butter Pie Crust

PREPARATION CONTINUED

2. Bake for about 8 to 10 minutes or until crust is beginning to set. Remove foil and weights and continue baking for a few minutes or until desired doneness. If you want to partially bake the crust because it will be going in the oven again with a filling, only bake until crust is dry, but not colored. If you want a fully baked crust, bake until golden brown, which could be another 5 to 10 minutes. Cool and proceed as individual recipes suggest.

Crostata & Tart Crust



Prep Time:

10 minutes

Makes:

Enough for 1 tart
or crostata

Serving:

Recipe dependent

For tarts, whether they are made in a fluted tart pan or a tart ring, we like this Crostata & Tart Crust the best. It is gluten-free, and low FODMAP of course, and very easy to work with.

Crostata & Tart Crust

INGREDIENTS

- 1 large egg, cold
- 3 tablespoons ice water
- ¼ teaspoon cider vinegar
- 1¼ cups low FODMAP, gluten-free all purpose flour such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 1½ teaspoons sugar
- Scant ½ teaspoon xanthan gum (see Tips)
- ¼ teaspoon salt
- ½ cup (1 stick; 113 g) cold unsalted butter, cut into small pieces

PREPARATION

1. Whisk together the cold egg, ice water and cider vinegar and keep in fridge until needed.
2. Place the flour, sugar, xanthan gum and salt in the bowl of a food processor fitted with the metal blade attachment and pulse to combine. Add the butter and pulse on and off until the butter is cut into very tiny pieces; the mixture should ultimately be a consistent meal texture, like coarse cornmeal. Sprinkle wet mixture over the dry and pulse on and off until dough is evenly moistened, then process on "ON" until dough begins to form in a ball above the blade. (This is more processing than you do with the All-Butter Pie Crust).
3. Empty dough onto work surface and use hands to bring together into a ball. It should be very smooth, hold together well and not be sticky at all. Proceed as directed in individual recipes. There is no need to chill the dough.

Crostata & Tart Crust

PREPARATION CONTINUED

Tips

- Recipe may be doubled if made in larger food processors (at least 11 cup size).
- When I double the recipe, I use $\frac{3}{4}$ teaspoon xanthan gum, hence the “scant $\frac{1}{2}$ teaspoon” listed above.

Pâte à Choux



Prep Time:
10 minutes

Baking Time:
30 minutes

Makes:
14 small cream puffs,
14 profiteroles,
or 10 éclairs

Serving:
2 puffs;
2 profiteroles;
1 éclair

Pâte à Choux is the classic basic recipe that forms the basis of cream puffs, éclairs, profiteroles and can also be fried to make a type of [Crullers](#) (we use a slightly different version in that recipe). The results are fancy but the preparation is easy – just follow the recipe with specific ingredients, mixing and baking techniques.

Pâte à Choux

INGREDIENTS

- ½ cup (120 ml) water
- 3 tablespoons unsalted butter, cut into pieces
- ⅛ teaspoon salt
- ½ cup low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 2 large eggs, at room temperature
- Pastry bag
- ½-inch (12 mm) plain round Decorating Tip, such as Ateco #806 or Wilton #1A

PREPARATION

1. Position rack in middle of oven. Preheat oven to 400°F/200°C. Line a half-sheet baking pan with parchment paper. Very lightly coat with nonstick spray; set aside.
2. Combine the water, butter and salt in medium sized saucepan. Bring to a rolling boil over medium-high heat, swirling a few times to make sure butter is melted, and immediately remove from heat.
3. Quickly stir in the flour all at once. Keep stirring with a wooden spoon until the batter comes together. Place over very low heat and keep stirring. You want the dough to dry out. This will take about 30 seconds; the pâte à choux should come cleanly away from the sides of the saucepan. Scrape dough into bowl of mixer fitted with flat paddle attachment. Don't worry about anything that stuck to the bottom of the pan.
4. Turn on low-medium speed and add eggs one at a time, allowing each egg to be absorbed before continuing. Turn speed to medium-high and keep beating until batter comes together and become smooth and sticky and firm enough to hold a shape when mounded with a spoon.
5. Scrape dough into pastry bag fitted with tip.

Pâte à Choux

PREPARATION CONTINUED

For Cream Puffs & Profiteroles:

1. Pipe out 14 puffs, about Ping-Pong or golf ball size, evenly spaced apart on baking pan. If the dough is sticky and resists coming away from the tip, simply use a sharp knife or even scissors to help. Dip fingertip in water and lightly press down any peak that has formed on the puffs; you want them to have a rounded appearance.

For Éclairs:

1. Pipe out 10 oblong shapes, about 3-inches (7.5 cm) long, evenly spaced apart on baking pan. If the dough is sticky and resists coming away from the tip, simply use a sharp knife or even scissors to help. Dip fingertip in water and lightly press down any peak that has formed on the éclairs; you want them to have a smooth appearance.

For Cream Puffs, Profiteroles and Éclairs:

1. Bake for about 20 to 30 minutes or until light golden in color, puffed and crisp. Insert a sharp knife into the side of each puff or éclair to allow steam to escape. Turn the oven down to 350°F/180°C and continue to cook for about 5 minutes. They should be high, rounded, light golden brown and dry.
2. Cool pan completely on rack. Puffs are ready to use. Alternatively, place in zipper-top freezer bags and freeze up to 1 month. Take care not to let them get crushed during storage. Defrost at room temperature. Fill and/or glaze as directed in individual recipes.

Buttermilk Quick Bread with Variations



GF

VEG

EZ

Prep Time:

10 minutes

Baking Time:

10 minutes

Makes:One 9-inch (23 cm)
loaf; 14 slices**Serving:**

1 slice

This recipe provides a basic Buttermilk Quick Bread recipe, which is actually quite lovely in its subtlety, as well as 9 different ways to create other loaves, both sweet and savory. I almost didn't call this "Buttermilk" since what we are really using is a soured milk that you make quite easily by combining lactose-free whole milk and either lemon juice or vinegar. After a 5-minute sit, this mixture thickens and can be used as you would true buttermilk.

Note that the icons refer to the basic Buttermilk Quick Bread version **only**. The image immediately below shows the Spicy Jalapeno Cheddar Bread.

Buttermilk Quick Bread with Variations

INGREDIENTS

- Scant 1 cup (240 ml) lactose-free whole milk, at room temperature
- 1 tablespoon lemon juice or apple cider vinegar
- 1¾ cups (254 g) low FODMAP gluten-free flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- ½ cup (50 g) sugar
- 2 teaspoons baking powder; use gluten-free if following a gluten-free diet
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup (57 g) unsalted butter, melted and cooled slightly
- 2 large eggs, at room temperature

PREPARATION

1. Position rack in middle of oven. Preheat the oven to 350°F/180°C. Line the inside of a 9 by 5-inch (23 cm by 12 cm) loaf pan with a strip of parchment paper, overhanging the short ends. Coat the inside of the pan and the parchment with nonstick spray.
2. Combine the milk and lemon juice (or vinegar) in a measuring cup and allow to sit for 5 minutes to thicken.
3. Meanwhile, whisk together the flour, sugar, baking powder, baking soda, and salt in a large mixing bowl; set aside. In a small bowl whisk together the thickened milk, melted butter and eggs until blended.
4. Pour the liquid ingredients over the dry flour mixture and gently stir and fold together. I like to use a large silicone spatula. Take care not to overmix.

Buttermilk Quick Bread with Variations

PREPARATION CONTINUED

5. Scrape batter into the prepared pan, pushing into the corners and smoothing the top. Bake for about 30 to 35 minutes or until bread is golden brown, the top will gently dome, the edges will just be pulling away from the sides of the pan and a bamboo skewer inserted into the center should just come out clean. Cool pan on rack for 15 minutes, then loosen the edges of the loaf from the pan by inserting a small spatula between the loaf and pan and run it all the way around the loaf. Use overhanging ends of parchment to gently lift the loaf out of the pan and place on rack to cool completely. Loaf is ready to eat but definitely slices best after an overnight rest. Loaf will keep for about 3 days wrapped well with plastic wrap at room temperature.



Quick Bread Variations

Use the basic recipe as a base, and then make these additions and changes to create all kinds of quick breads, both sweet and savory.

Bacon, Caraway, Cheddar Loaf: Reduce sugar to 2 tablespoons. Toss 3 strips of crumbled crisp cooked bacon, 1 tablespoon of caraway seeds and 2 ounces (55 g) of shredded cheddar with the dry flour mixture.

Blueberry Lemon Loaf: Toss 1 cup (170 g) fresh blueberries with the flour mixture in the main recipe. Increase sugar to $\frac{1}{2}$ cup (99 g). Also add 1 tablespoon lemon zest and 1 teaspoon vanilla to the wet mixture.

Brown Sugar Spice Loaf: Substitute $\frac{1}{2}$ cup (107 g) firmly packed light brown sugar for the sugar in the recipe. Add 1 teaspoon cinnamon, 1 teaspoon vanilla extract, $\frac{1}{2}$ teaspoon ginger, $\frac{1}{2}$ teaspoon nutmeg and $\frac{1}{4}$ teaspoon cloves to the wet mixture.

Buttermilk Quick Bread with Variations

PREPARATION CONTINUED

Cheese & Herb Quick Bread: Reduce sugar to 2 tablespoons. Toss 2 ½ ounces (70 g) shredded sharp cheddar or Swiss cheese, 2 tablespoons minced chives and 1 teaspoon dried thyme with the flour mixture. Then, scatter another 1 ounce (30 g) of cheese on top of the loaf.

Cranberry Orange Quick Bread: Toss 1 cup (160 g) dried cranberries with the flour mixture in the main recipe. Increase sugar to ½ cup (99 g). Add 1 tablespoon finely grated orange zest to the wet mixture, in addition to 1 tablespoon orange juice and ½ teaspoon vanilla extract.

Spicy Jalapeno Cheddar Bread: Reduce sugar to 2 tablespoons. Toss 2 ½ ounces (70 g) shredded sharp cheddar cheese, 2 tablespoons minced jalapeno, 2 tablespoons minced scallions, green parts only and ½ teaspoon cayenne with the flour mixture. Then, scatter another 1 ounce (30 g) of cheese on top of the loaf.

Sour Cream Snickerdoodle Quick Bread (seen on previous page): Use 1 cup lactose-free sour cream instead of the soured milk. Increase sugar to ½ cup (99 g). Add 1 teaspoon cinnamon and 1 teaspoon vanilla extract to the wet mixture. Stir together 1 ½ teaspoons sugar and ½ teaspoon cinnamon and sprinkle on top of loaf before baking.

Raisin Nut Loaf with Cinnamon Sugar: Toss ½ cup (57 g) chopped walnuts and ½ cup (83 g) raisins with the flour mixture in the main recipe. Increase sugar to ½ cup (99 g). Stir together 1 ½ teaspoons sugar and ½ teaspoon cinnamon and sprinkle on top of loaf before baking.

Lemon Yogurt Quick Bread: Use 1 cup (240 g) lactose-free whole milk yogurt instead of the soured milk. Increase sugar to ½ cup (99 g). Add 1 tablespoons finely grated lemon zest to the wet mixture, in addition to 1 tablespoon lemon juice.

Buttermilk Quick Bread with Variations

PREPARATION CONTINUED

If You Can Tolerate

Fructans: If you passed the Fructan Wheat Challenge, you can use unbleached all-purpose flour instead of the gluten free flour. The loaf will no longer be gluten free. Use weight equivalents for most accurate results with this substitution.

Lactose: If you have passed the Lactose Challenge, feel free to use conventional, purchased buttermilk and use that instead of the soured milk described above.

Everybody's Favorite Muffins



Prep Time:
10 minutes

Baking Time:
17 minutes

Makes:
12 muffins

Serving:
1 muffin

These get their name because the recipe provides a basic recipe, which you can then tailor to your liking: from snickerdoodle, to lemon poppy seed, raspberry almond, sour cream raisin and chocolate chip.

Everybody's Favorite Muffins

INGREDIENTS

- 2 cups (290 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 1 tablespoon baking powder; use gluten-free if following a gluten-free diet
- ½ teaspoon baking soda
- ⅛ teaspoon salt
- 6 tablespoons (¾ stick; 85 g) unsalted butter, at room temperature, cut into pieces
- ⅔ cup (135 g) sugar
- 1½ teaspoons vanilla extract
- 2 large eggs, at room temperature
- 1 cup (227 g) lactose-free sour cream

PREPARATION

1. Position rack in middle of oven. Preheat oven to 400°F/200°C. Coat 12 standard sized muffin wells with nonstick spray, or line with fluted paper cups; set aside.
2. Whisk together the flour, baking powder, baking soda and salt in a small bowl; set aside.
3. Beat the butter in a mixing bowl with an electric mixer on high speed until soft and creamy, about 2 minutes. Gradually add sugar and continue beating until light and fluffy, scraping down bowl once or twice. Beat in vanilla, then beat in eggs, one at a time, allowing the first one to be incorporated before adding the second. Batter should be smooth. Add the flour mixture and the sour cream alternately in 3 batches, ending with flour. Beat just until incorporated and smooth. Batter is ready to scoop into pans or you can vary the flavors as described below. Evenly divide the muffin batter in the prepared pan(s). The batter should come up about three-quarters of the way in the wells.

Everybody's Favorite Muffins

PREPARATION CONTINUED

4. Bake for about 14 to 17 minutes or until nicely domed and light golden brown and just until a toothpick inserted in the center shows a few moist crumbs clinging. Cool pan(s) on rack for 5 minutes, then unmold muffins and cool a bit more. Muffins can be served warm or at room temperature and are best if eaten the same day or within 24 hours. They can, however, be placed in a heavy plastic zipper top freezer bag and frozen for up to a month. Defrost at room temperature, or individually wrap in plastic wrap, pop into a lunch bag and they will be defrosted for lunch or a snack.

Muffin Variations

Lemon Poppy Seed: Beat 1 tablespoon poppy seeds, 1 tablespoon freshly squeezed lemon juice and 1 tablespoon lemon zest into batter instead of the vanilla essence. Bake as directed.

Snickerdoodle Muffins: Stir together $\frac{1}{4}$ cup (50 g) sugar, $\frac{1}{4}$ teaspoons cinnamon and $\frac{1}{8}$ teaspoon freshly ground nutmeg (optional) together in a small bowl. Generously sprinkle over muffin batter after you have filled the muffin cups. Bake as directed.

Raspberry Almond Muffins: Fold 1 cup (120 g) of fresh raspberries and $\frac{1}{4}$ cup (22 g) sliced almonds into batter right before scooping into prepared pan(s). Bake as directed.

Sour Cream Raisin: Fold $\frac{2}{3}$ cup (106 g) of raisins into batter right before scooping into pan(s). Sprinkle with 1 tablespoon sugar (regular or coarse), if desired (optional). Bake as directed.

Chocolate Chip Muffins: Fold $\frac{2}{3}$ cup (113 g) miniature semisweet chocolate morsels into batter right before scooping into pan(s). Bake as directed.

Everybody's Favorite Muffins

PREPARATION CONTINUED

If You Can Tolerate

Fructans: If you passed the Fructan Wheat Challenge you can sub in all-purpose unbleached flour for the gluten free flour, in which case the muffins will no longer be gluten free. Also, use the weight measurement and not the volume if you make this substitution for best results.

Lactose: If you have passed the Lactose Challenge, feel free to use conventional sour cream in lieu of the lactose-free.

Dédé's Tips:

CAKES, FROSTINGS & FODMAPS

This chapter contains several basic cake recipes, frostings and buttercreams for you combine any which way you like. Want a chocolate cake with vanilla buttercream? We've got that! Hankering for a yellow cake with chocolate frosting? Just scroll down below.

These cakes and frostings are meant to go together, which presents a FODMAP issue for you to be aware of. You have to be familiar with [FODMAP Stacking](#) (we have a great article at FODMAP Everyday®), which essentially is the awareness and understanding of how to combine several foods at one meal (cake and frosting) that contain FODMAPs, without going over your own personal high FODMAP load.

In other words, each cake recipe has a recommended serving size, as do all the frostings and buttercreams. Since you can mix and match these basics in a myriad of ways, you will have to be on your toes about the final serving size of your assembled cake. Please use your Monash University Low FODMAP Diet Smartphone App to help determine your total FODMAP intake at one sitting.

It is our belief that a slice of homemade cake, made with high quality ingredients – however small – is better than never being able to have cake at all, or eating a cake with suspect ingredients that you buy from a supermarket or bakery. While one-fourteenth of a cake (as an example) might seem miniscule, it is most likely plenty to satisfy you and not much different than 1 cupcake, which is a fine serving size.

As a starting point we recommend cutting round cakes into 14 servings, the rectangular cake into 24 servings and eating only 1 cupcake at a time.

White Layer Cake

**Prep Time:**

10 minutes

Baking Time:

35 minutes

Makes:

See below

Serving:

See below

Makes: either two 8-inch or 9-inch (20 cm or 23 cm) cake layers; a 13 by 9-inch (33 cm by 23 cm) pan; or 24 cupcakes. **Serving size** depends on which frosting or buttercream you use. As a starting point we recommend cutting round cakes into 14 servings, the rectangular cake into 24 servings and eating only 1 cupcake at a time.

This tender, light, white cake belongs in every baker's basic repertoire. White cakes are typically made with all egg whites. I found that the addition of the one whole egg, including the yolk, adds moisture and creates a better texture when using gluten-free flour blends. It does not add any appreciable color, so your cake will still be a "white" cake.

There are directions for 8 and 9-inch (20 cm and 23 cm) rounds as well as cupcakes and baking batter in a 13 by 9-inch (33 cm by 23 cm) pan.

White Layer Cake

INGREDIENTS

- 3 cups (435 g) low FODMAP gluten-free flour, such as Bob's Red Mill 1 to 1 Gluten Free Baking Flour
- 1 tablespoon plus 1 teaspoon baking powder; use gluten-free if following a gluten-free diet
- ½ teaspoon salt
- 5 large egg whites, at room temperature
- 1 large egg, at room temperature
- 1½ cups (360 ml) lactose-free whole milk, at room temperature
- 1 cup (226 g/2 sticks) unsalted butter, room temperature, cut into pieces
- 1½ cups (297 g) sugar
- 2 teaspoons vanilla extract

PREPARATION

1. Position a rack in the center of your oven. Preheat the oven to 350°F/180°C. Coat two 8- or 9-inch (20 or 23 cm) round cake pans with nonstick spray, line the bottoms with parchment rounds, then spray the parchment. (see Tips below if using the suggested alternative pans).
2. Whisk together flour, baking powder and salt in a medium bowl to aerate and combine; set aside. Whisk together the egg whites, whole egg and milk in a small bowl; set aside.
3. In a large bowl with an electric mixer on medium-high speed, beat butter until creamy, about 2 minutes. Add the sugar gradually and beat until very light and fluffy, about 3 minutes, scraping down the bowl once or twice. Beat in vanilla.

White Layer Cake

PREPARATION CONTINUED

4. Add the flour mixture in four additions, alternating with the egg/milk mixture. Begin and end with the flour mixture and beat briefly until smooth. Divide batter evenly in pans (or pour into one oblong pan) and smooth top(s) with offset spatula if necessary.
5. Bake for about 30 to 40 minutes for rounds or until a toothpick shows a few moist crumbs. The two different sized round pans will bake in a very similar time frame. The main difference will be that the larger round pans will form a thinner cake layer.
6. The cake will be tinged with light golden brown around the edges and top and will have begun to come away from the sides of the pan. Cool pan(s) on racks for 10 minutes. Unmold, peel off parchment, and place directly on rack to cool completely. Cake(s) are ready to fill and frost or use as is. Alternatively, place layers on cardboards and double wrap in plastic wrap; store at room temperature and assemble within 24 hours.

Tips

If using a 13 by 9-inch (33 cm by 23 cm) pan, coat with nonstick spray and line the bottom with parchment (if unmolding after); bake for 30 to 35 minutes and allow to cool in the pan on a wire rack, then unmold if desired. If making cupcakes, line 24 cupcake wells with fluted paper liners and fill each two-thirds full with the batter, then bake for about 20 minutes. Allow the pan to cool on a wire rack for 5 minutes, then unmold the cupcakes directly onto the rack to cool.

If You Can Tolerate

Lactose: If you passed the Lactose Challenge, you can use regular dairy milk in lieu of the lactose-free milk.

Fructans: If you passed the Fructan Wheat Challenge, you could use unbleached all-purpose flour instead of the low FODMAP gluten-free flour (in which case the cake will no longer be gluten-free). Use weight equivalents for the most accurate results with this substitution and not volume measures.

Yellow Layer Cake

**Prep Time:**

10 minutes

Baking Time:

35 minutes

Makes:

See below

Serving:

See below

Makes: either two 8-inch or 9-inch (20 cm or 23 cm) cake layers; a 13 by 9-inch (33 cm by 23 cm) pan; or 24 cupcakes. **Serving size** depends on which frosting or buttercream you use. As a starting point we recommend cutting round cakes into 14 servings, the rectangular cake into 24 servings and eating only 1 cupcake at a time.

This tender yellow cake is a standby basic recipe. Use if for birthdays or anytime you need a good basic yellow cake – just like Nana used to make. I give you ways to create this cake in several sizes and shapes, to be the most versatile for you. You will find information for making this cake in both either two 8-inch or 9-inch (20 or 23 cm) round pans as well as one 13 by 9-inch (33 by 23 cm) rectangular pan or even cupcakes. This batter makes 24 cupcakes, by the way.

Yellow Layer Cake

INGREDIENTS

- 2 ½ cups (363 g) low FODMAP gluten-free flour, such as Bob's Red Mill 1 to 1 Gluten Free Baking Flour
- 2 ½ teaspoons baking powder; use gluten-free if following a gluten-free diet
- ½ teaspoon salt
- 1 cup (226 g/2 sticks) unsalted butter, at room temperature, cut into small pieces
- 1 ⅔ cups (527 g) granulated sugar
- 2 teaspoons pure vanilla extract
- 4 large eggs, at room temperature
- 1 cup (240 ml) lactose-free whole milk, at room temperature

PREPARATION

1. Position a rack in the center of your oven. Preheat the oven to 350°F/180°C. Coat two 8- or 9-inch (20 or 23 cm) round cake pans with nonstick spray, line the bottoms with parchment rounds, then spray the parchment. (see Tips below if using the suggested alternative pans).
2. Whisk together the flour, baking powder, and salt in a medium-size bowl, to aerate and combine; set aside.
3. Beat the butter in a large bowl, with an electric mixer on medium-high speed, until creamy, for 2 to 3 minutes. Add the granulated sugar gradually and beat until very light and fluffy, for about 3 minutes, scraping down the bowl once or twice. Beat in the vanilla. Beat in the eggs, one at a time, scraping down after each addition, and allowing each egg to be absorbed before continuing. Add the flour mixture in four additions, alternating with the milk.

Yellow Layer Cake

PREPARATION CONTINUED

4. Begin and end with the flour mixture and beat briefly until smooth. Divide the batter equally among the prepared round pans. (see Tips below if using the suggested alternative pans).
5. Bake for 25 to 35 minutes, or until a toothpick inserted into the center of the cake shows a few moist crumbs. The two different sized round pans will bake in a very similar time frame. The main difference will be that the larger round pans will form a thinner cake layer.
6. The cake will have begun to come away from the sides of the pan. Allow the pans to cool on wire racks for 10 minutes. Unmold directly onto the wire racks, peel off the parchment, and allow to cool completely. The cake is now ready to fill and frost. Alternatively, place the layers on clean cardboard and double wrap in plastic wrap; store at room temperature if assembling within 24 hours.

Tips

If using a 13 by 9-inch (33 cm by 23 cm) pan, coat with nonstick spray and line the bottom with parchment (if unmolding after); bake for 30 to 35 minutes and allow to cool in the pan on a wire rack, then unmold if desired. If making cupcakes, line 24 cupcake wells with fluted paper liners and fill each two-thirds full with the batter, then bake for about 20 minutes. Allow the pan to cool on a wire rack for 5 minutes, then unmold the cupcakes directly onto the rack to cool.

If You Can Tolerate

Lactose: If you passed the Lactose Challenge, you can use regular dairy milk in lieu of the lactose-free milk.

Fructans: If you passed the Fructan Wheat Challenge, you could use unbleached all-purpose flour instead of the low FODMAP gluten-free flour (in which case the cake will no longer be gluten-free). Use weight equivalents for the most accurate results with this substitution and not volume measures.

Dédé's Tips:

HOW TO BAKE FABULOUS LOW FODMAP CAKES

Use **high-quality cake pans** such as Wilton's Decorator Preferred or Magic Line, for the most evenly baked cake layers.

Use an **oven thermometer** to make sure that your oven is calibrated properly.

Do not overbake your cakes. Use time cues and visual cues, both of which are given in recipes. The visual cues are the most important and we usually suggest baking until a wooden toothpick shows a few moist crumbs. There is residual pan heat after you remove the cakes from the oven so do not bake your cakes until the toothpick tests completely clean (unless that is the direction in the recipe).

Cool cake pans on cooling racks for proper air circulation. After initial cooling, run an icing spatula around the edges of the cake, pressing out against pan so as not to shave off any cake. Then, unmold cake layers onto the racks themselves, remove parchment, if applicable, and cool thoroughly. (Exceptions are noted in specific recipes). Proper cooling helps your cake's texture be as good as it can be.

Most of these **cakes can be made up to one day before filling/frosting/ assembling.** Place cake layers on cardboard rounds of same size (purchased at craft or cake-decorating store), then double wrap in plastic wrap and store at room temperature. Refrigeration will dry them out.

Follow storage instructions in individual recipes. If a cake is refrigerated, make sure to bring to room temperature before serving, except where noted. The butter in many of these cakes and frostings must soften to allow the best texture and flavors to come through.

Gluten-Free Vegan Chocolate Cake



Prep Time:
10 minutes

Baking Time:
35 minutes

Makes:
See below

Serving:
See below

Makes: either two 8-inch or 9-inch (20 cm or 23 cm) cake layers; a 13 by 9-inch (33 cm x 23 cm) pan; or 24 cupcakes. **Serving size** depends on which frosting or buttercream you use. As a starting point we recommend cutting round cakes into 14 servings, the rectangular cake into 24 servings and eating only 1 cupcake at a time.

This cake just happens to be vegan. You would never guess that there are no eggs or dairy. I think it is a perfect chocolate cake and the one I make most often, whether I am baking for FODMAPers, making a wedding cake, or just making a cake for a local bake sale. There are instructions for 8 and 9-inch (20 cm and 23 cm) rounds as well as a 13 by 9-inch (33 cm by 23 cm) pan and cupcakes!

Gluten-Free Vegan Chocolate Cake

INGREDIENTS

- 2 $\frac{3}{4}$ cups (399 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill 1 to 1 Baking Flour
- 2 cups (396 g) sugar
- $\frac{2}{3}$ cup (56 g) sifted natural cocoa
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 cups (480 ml) room-temperature water
- $\frac{2}{3}$ cup (165 ml) neutral flavored vegetable oil such as blended vegetable oil, canola, rice bran or sunflower, such as canola
- 2 tablespoons apple cider or distilled white vinegar
- 1 tablespoon vanilla extract

PREPARATION

1. Position a rack in the center of your oven. Preheat the oven to 350°F/180°C. Coat two 8- or 9-inch (20 or 23 cm) round cake pans with nonstick spray, line the bottoms with parchment rounds, then spray the parchment. (see Tips below if using the suggested alternative pans).
2. Whisk together flour, sugar, cocoa, baking soda and salt in a large bowl.
3. Whisk together water, oil, vinegar and vanilla in medium bowl.
4. Pour wet over dry and whisk until combined and smooth. Divide batter evenly in prepared pans. Firmly tap bottom of pan on work surface to dislodge any bubbles.
5. Bake for about 25 to 35 minutes or until a toothpick shows a few moist crumbs. Cool pan on rack for 15 minutes. Unmold the cake onto rack, peel off parchment and cool completely. Cake is ready to fill and frost. Alternatively, place layer on cardboard round and double wrap in plastic wrap; store at room temperature and assemble within 24 hours.

Gluten-Free Vegan Chocolate Cake

PREPARATION CONTINUED

Tips

If using a 13 by 9-inch (33 cm by 23 cm) pan, coat with nonstick spray and line the bottom with parchment (if unmolding after); bake for 30 to 35 minutes and allow to cool in the pan on a wire rack, then unmold if desired. If making cupcakes, line 24 cupcake wells with fluted paper liners and fill each two-thirds full with the batter, then bake for about 20 minutes. Allow the pan to cool on a wire rack for 5 minutes, then unmold the cupcakes directly onto the rack to cool.

If You Can Tolerate

Fructans: If you passed the Fructan Wheat Challenge, you could use unbleached all-purpose flour instead of the low FODMAP gluten-free flour (in which case the cake will no longer be gluten-free). Use weight equivalents for the most accurate results with this substitution and not volume measures.

Chocolate Cupcakes



Prep Time:
10 minutes

Baking Time:
20 minutes

Makes:
12 cupcakes

Serving:
1 cupcake

These chocolate cupcakes are super easy to prepare and we make them all the time for birthdays, bake sales, office parties and anytime we need cake to serve many! The recipe doubles very well. Pair this with our Vanilla Frosting for a diet compliant treat that aligns with all of Monash University's recommendations.

Chocolate Cupcakes

INGREDIENTS

- 2 ounces (55 g) dark chocolate (55% to 60%), very finely chopped (use vegan if following vegan diet)
- $\frac{1}{3}$ cup (29 g) sifted Dutch processed cocoa
- $\frac{3}{4}$ cup (180 ml) boiling water
- $\frac{3}{4}$ cup (109 g) low FODMAP gluten free all-purpose flour, such as Bob's Red Mill 1 to 1 Gluten Free Flour
- $\frac{3}{4}$ cup (149 g) sugar
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{3}$ cup (75 ml) vegetable oil
- 2 large eggs, at room temperature
- 2 teaspoons distilled white vinegar
- 2 teaspoons vanilla extract

Chocolate Cupcakes

PREPARATION

1. Position rack in center of oven. Preheat oven to 350°F/180°C. Line 12 cupcake wells with fluted paper cups; set aside.
2. Place very finely chopped chocolate and cocoa in a heatproof bowl. Pour the boiling water over the chocolate/cocoa mixture and allow to sit for 5 minutes. Whisk gently until chocolate is melted and mixture is combined. Cool until just tepid.
3. Meanwhile, place the flour, sugar, baking soda and salt in a large bowl and whisk to aerate and combine; make a well in the center. In another bowl whisk together the oil, eggs, vinegar and vanilla. Whisk the barely warm chocolate mixture into the oil mixture. Pour the wet mixture over the dry and whisk until well combined and smooth. The batter will be very liquidy. Divide batter in prepared cupcake wells (an ice cream scoop makes quick and clean work of this).
4. Bake cupcakes for about 15 to 20 minutes, rotating the pans front to back once during baking. When done, the tops should spring back when lightly pressed and a toothpick inserted in the center should show a few moist crumbs clinging. Place pan(s) on a cooling rack for 5 minutes, then unmold cupcakes and cool upright. (If you want to freeze cupcakes for future use, place in zip top bags with air removed and freeze for up to 1 month. Defrost in refrigerator.)
5. Frost cupcakes, if desired, once they are completely cooled. You can use a small offset spatula to create a casual look to apply frosting or use a pastry bag and star tip to create beautiful swirls. Frosted cupcakes are ready to serve or store in a single layer in an airtight container at room temperature and are best served within 24 hours.

Simple Vanilla Frosting

**Prep Time:**

10 minutes

Makes:

Enough for 12 cupcakes or
one 8-inch (20 cm) or 9-inch
(23 cm) layer cake

Serving:

12 servings

This frosting goes with so many different kinds of cakes and you can see it in action on top of our [Chocolate Cupcakes](#). It is an easy-to-make butter and confectioners' sugar based frosting with a nice hit of pure vanilla.

Simple Vanilla Frosting

INGREDIENTS

- 6 tablespoons ($\frac{3}{4}$ stick; 85 g) unsalted butter, at room temperature, cut into small pieces
- 3 cups (270 g) confectioners' sugar, whisked before measuring (plus extra as needed)
- 3 tablespoons lactose free whole milk, 2%, 1% or fat free (plus extra as needed)
- $\frac{3}{4}$ teaspoon vanilla extract

PREPARATION

1. In a large bowl with an electric mixer on medium-high speed, beat butter until creamy, about 2 minutes. Add half of the icing sugar gradually, beating until light and fluffy, about 3 minutes, scraping down the bowl once or twice. Add remaining sugar, milk and vanilla and beat on high speed until silky smooth. If it is too thin, add a little more icing sugar. If it is too thick add a little but more milk. Frosting is now ready to use and best if used immediately. Adjust texture as needed by adding a bit more confectioners' sugar or milk. Frosting may be refrigerated in an airtight container for 4 days. (Bring to room temperature and re-beat very well after storing).
2. Frost cupcakes or fill and frost cake once they are completely cooled. You can use a small offset spatula to create a casual look to apply frosting or use a pastry bag and star tip to create beautiful swirls.

Chocolate Frosting

**Prep Time:**

10 minutes

Makes:

Enough for 12 cupcakes or
one 8-inch (20 cm) or 9-inch
(23 cm) layer cake

Serving:

12 servings

Chocolaty, rich and creamy. This Easy Low FODMAP Chocolate Frosting is loaded with chocolaty, fudgy flavor with a smooth creamy texture. I treat it as a basic recipe in that it can be in your repertoire for when you need it. Need a topping for Chocolate Cupcakes? A Yellow Layer Cake? This Easy Low FODMAP Chocolate Frosting works in so many applications.

Chocolate Frosting

INGREDIENTS

- ½ cup (1 stick; 113 g) unsalted butter, at room temperature, cut into pieces
- 4 cups (360 g) confectioners' sugar, whisked before measuring (plus extra as needed)
- 4 ounces (115 g) unsweetened chocolate, melted and slightly cooled
- 1½ teaspoons vanilla extract
- ⅔ cup (165 ml) milk (plus extra as needed)

PREPARATION

1. In a large bowl with an electric mixer on medium-high speed, beat butter until creamy, about 2 minutes. Add a quarter of the sugar gradually (do this by eye), beating until beginning to combine, about 2 minutes, scraping down the bowl once or twice.
2. Add remaining confectioners' sugar, melted chocolate, vanilla and milk and beat on high speed until completely smooth and creamy. Keep beating until smooth and satiny! Frosting is now ready to use and is best if used immediately. Adjust texture as needed by adding a bit more confectioners' sugar or milk. Frosting may be refrigerated in an airtight container for 4 days. (Bring to room temperature and re-beat very well after storing).

Dédé's Tips:

HOW TO DECORATE FABULOUS LOW FODMAP CAKES

Our approach to decorating cakes is to bring decorative elements to the outside of the cake that relate to the flavors of the cake. Cakes containing chocolate might sport chocolate curls or a dusting of cocoa; lemon cakes could be crowned with candied lemon peel; cakes with a coffee flavor could be embellished with chocolate covered coffee beans – you get the idea. Along the same lines, we never put a mint leaf garnish on a cake that doesn't contain mint. (It makes no sense to me and is in fact a bit of a pet peeve). On the other hand, a white chocolate mint creation with a mint leaf would be fine.

When frosting a cake, there are six key points:

1. Use a cake turntable, cardboards of the same size and shape as the cake (for 9-inch (23 cm) cakes use 9-inch (23 cm) cardboard) and have icing spatulas at hand.
2. Make sure frosting is soft and spreadable. If it is just a little bit too cold or stiff it will not apply well. A consistency between peanut butter and mayonnaise is just right.
3. Always keep icing spatula gliding on top of frosting and do not let it touch the cake (or you will bring crumbs up into the frosting).
4. I usually recommend initially making a thin crumb-coat to seal in crumbs. The final frosting layer will apply much more easily.
5. Use cardboard edge to help guide your icing spatula for crumb-coat and smooth final coats.
6. If using a pastry bag, fill only halfway and make sure frosting is soft and creamy enough to flow smoothly through chosen tip.

Cooked Vanilla Frosting

**Prep Time:**

10 minutes

Baking Time:

2 minutes

Makes:

See below

Serving:8 servings; up to
½ cup (120 ml)

Makes: Enough to frost a double layer 8-inch (20 cm) or double layer 9-inch (23 cm) layer cake; about 4 cups (960 ml)

This Cooked Vanilla Frosting is classic for Red Velvet Cake, but you can use it anytime you want a not-too-sweet, old-fashioned white, vanilla frosting.

Cooked Vanilla Frosting

INGREDIENTS

- 1½ cups (360 ml) whole lactose free milk
- 4½ tablespoons (40 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 1½ cups (3 sticks; 345 g) unsalted butter, at room temperature, cut into pieces
- 1½ cups (297 g) sugar
- 1½ teaspoons vanilla extract

PREPARATION

1. Whisk together milk and flour in a small saucepan. Bring to a simmer over medium heat, whisking constantly. Once it simmers, continue whisking and cook 1 to 2 minutes or until thickened, smooth and glossy. It should be thick enough for you to be able to see whisk marks. Remove from heat and set aside. Stir occasionally until cool.
2. In a medium bowl with an electric mixer on medium-high speed, beat butter until creamy, about 2 minutes. Add sugar and beat on high speed until light and fluffy, scraping down the bowl once or twice. Beat in vanilla, then add cooled, cooked flour mixture and beat until smooth. Frosting is ready to use.
3. If the frosting is not silky smooth, it is because it is too cool. Either keep beating or remove about 1 cup (240 ml), zap in microwave for 10 seconds to soften, then add it back to the main batch and beat vigorously. Repeat as needed. Trust me. This can make the difference between the frosting being just okay and truly ultra silky.

Cream Cheese Frosting

**Prep Time:**

5 minutes

Makes:

See below

Serving:12 servings; about
a scant 1/3 cup (80 ml)

Makes: Enough for 12 cupcakes or one 8-inch (20 cm) or 9-inch (23 cm) layer cake; about 3 1/2 cups (840 ml) frosting

Our cream cheese frosting was developed with lactose-free cream cheese, so the ratios and preparation techniques are different from classic cream cheese frostings. You cannot take a standard cream cheese frosting recipe and just sub in the lactose-free cream cheese; it won't work. Learn from our trials and experience! This recipe works beautifully and we love this frosting with our [Carrot Cake](#), in particular – but also as a schmear on a slice of banana bread, as shown in the image.

Cream Cheese Frosting

INGREDIENTS

- 6 tablespoons ($\frac{3}{4}$ stick; 85 g) unsalted butter, at room temperature, cut into pieces
- 3 cups (270 g) sifted confectioners' sugar
- $\frac{1}{2}$ cup (113 g) Green Valley Creamery lactose-free cream cheese
- 2 teaspoons lemon juice, preferably freshly squeezed (see Tips)

PREPARATION

1. Beat the butter in a large bowl, using an electric mixer on medium-high speed, until very creamy and smooth, for about 2 minutes. Add the confectioners' sugar, lemon juice and cream cheese and begin by beating on low speed. As the frosting comes together and you aren't in danger of confectioners' sugar flying everywhere, turn speed up to high and beat until very creamy and smooth. Scrape down the bowl once or twice during the process to make sure everything is blended evenly and smoothly. The frosting is ready to use and best if used immediately.

Italian Meringue Buttercream

**Prep Time:**

20 minutes

Cooking Time:

10 minutes

Makes:

See below

Serving:

½ cup (120 ml)

Makes: This is plenty to frost a two-layer 8-inch (20 cm) cake, two-layer 9-inch (23 cm) cake, 24 cupcakes or a 13 by 9-inch cake (33 cm by 23 cm); about 5 cups (1.2 L)

This is plenty to frost a two-layer 8-inch (20 cm) cake, two-layer 9-inch (23 cm) cake, 24 cupcakes or a 13 by 9-inch cake (33 cm by 23 cm)

This is the buttercream that sort of made my writing career. My first book, *The Wedding Cake Book*, was all about wedding cakes for the avid home baker and Italian Meringue Buttercream was my choice of frosting. You can create an ultra-smooth surface for piping or you can create whorls and swirls. It is rich and buttery, but not as sweet as confectioners' based frostings and doesn't have any grit as those American style frostings can have.

Italian Meringue Buttercream

It is more complicated to make. But I have taught thousands of people to make this buttercream successfully – and I can teach you, too! The directions are lengthy, but they are meant to give you guidance at every step of the way. Make this when you want a sophisticated buttercream for almost any cake (or cupcake) you can imagine: white, yellow or chocolate.

It just so happens to be low FODMAP. This is my classic, tried and true recipe. I do suggest that you make this with a stand mixer.

A note on yield. This recipe begins with a meringue, which will be voluminous and light and fluffy. When you begin to add the butter the mixture will lose some volume and it is impossible to be exact as to how much, so the final yield is approximate. We hope you aren't eating buttercream by the spoonful and assume that you will be applying it to a cake. This means that you have to assess whatever cake that you pair it with for a total FODMAP load.

To add another wrinkle to the equation, you probably won't be using this entire batch of buttercream; I have made sure you have plenty, but do not feel as though you have to use it all. I mention all of this as ultimately your FODMAP intake it will largely be up to you to keep track of.

INGREDIENTS

- 1 ¼ cups (248 g) sugar, divided into 1 cup (198 g) and ¼ cup (50 g)
- ⅓ cup (75 ml) water
- 6 large egg whites, at room temperature
- ¾ teaspoon cream of tartar
- 2 ¼ cups (700 g/4 ½ sticks) unsalted butter, very soft, cut into pieces
- 1 tablespoon vanilla extract

Italian Meringue Buttercream

PREPARATION

1. Place 1 cup (198 g) of sugar and water in a small saucepan. Stir to wet sugar. Bring to a boil over medium-high heat, swirling pan occasionally. Dip pastry brush in cold water and wash down sugar crystals from the sides of the pot once or twice. Allow sugar mixture to simmer gently as you proceed with egg whites.
2. Meanwhile, place egg whites in a clean, grease-free mixing bowl and whip until frothy on low speed using the wire-whip attachment of a standing mixer. Add cream of tartar and turn speed to medium-high. When soft peaks form, add ¼ cup (50 g) sugar gradually. Continue whipping until stiff, glossy peaks form.
3. Bring the sugar/water mixture to a rapid boil and cook until it reaches 248°F to 250°F/120°C to 121°C. As syrup cooks, check visual cues to assess doneness if you do not have a thermometer: it starts out with a thin consistency and many small bubbles covering the entire surface. As the water evaporates, the mixture will become visibly thicker. Bubbles become larger and pop open more slowly. At this point the syrup definitely looks thickened, but it has not begun to color; this is the firm ball stage – if you drop a bit of the syrup into a glass of cold water it will form into a ball. When you squeeze the ball between your fingertips, it will feel firm and the syrup is ready.
4. With the mixer running, pour syrup in a thin, steady stream directly over the meringue. Do not pour any on the whip or the sides of the bowl. Whip meringue until cool to the touch; this could take several minutes. With the mixer running, add butter a couple tablespoons at a time. Keep beating until the buttercream is completely smooth and spreadable, somewhere in texture between peanut butter and mayonnaise. Beat in 1 tablespoon vanilla. The buttercream is ready to use and I highly suggest using right away.
5. You can refrigerate up to 1 week in an airtight container or freeze up to 1 month. If frozen, defrost in the refrigerator overnight and bring to warm room temperature before re-beating. Always re-beat before using. This is not as straightforward as it might seem. I have presented you with an entire “recipe” unto itself to describe what I call “reconstituting” Italian Meringue Buttercream.

Italian Meringue Buttercream

PREPARATION CONTINUED

Buttercream Variation

Espresso Buttercream: Dissolve $\frac{1}{4}$ cup (28 g) of instant espresso powder in 2 tablespoons of hot water and beat into recipe along with vanilla extract.



Dédé's Tips:

HOW TO RECONSTITUTE ITALIAN MERINGUE BUTTERCREAM

Italian meringue buttercream (IMBC) can be made ahead and refrigerated for up to a week or even frozen up to a month, but if it is not used right away when it is nice and creamy, there are a few extra steps you need to take. If the buttercream has been frozen, it should be defrosted in the fridge overnight. Refrigerated buttercream will be quite firm – as hard as a chilled stick of butter as seen above – and cannot be whipped smooth at this point. Follow these instructions to reconstitute it. Once softened, you can spread it smoothly and easily.

P.S. Although Italian Meringue Buttercream is made with a balloon whisk, we often use the flat paddle attachment of our stand mixer when we are bringing it back to life. It's your choice and experience will help you decide which attachment to use. Note that upon reconstituting Italian Meringue Buttercream, you most likely will lose a little volume.



One method is to take the container it is stored in and, if it is microwaveable, place it in the microwave on a very low power and heat in 15 second spurts, assessing softness each time. You want it to be brought to room temperature uniformly without melting the butter. This technique will depend on your familiarity with your microwave. Be patient and it will work. [Check out our YouTube video for guidance.](#)

Alternatively, have the bulk of the Italian Meringue Buttercream in your mixer bowl and microwave a small amount until very soft (too soft), then use it to “seed” the larger batch. The two portions will equalize one another. You might have to play with this technique and nuke a small amount a few times.

*Dédé's Tips:***HOW TO RECONSTITUTE ITALIAN MERINGUE BUTTERCREAM** CONTINUED

Another technique is to place a quantity of cold buttercream in the stainless steel bowl of your stand mixer and place it over an extremely low heat on top of the stove. A flame tamer can help immeasurably here, which is a flat disc that goes on top of your burner and reduces the amount of heat that reaches whatever is placed upon it. Hold the bowl with one hand and constantly stir the chunks of buttercream, folding the pieces over each other so that no one piece is constantly on the bottom receiving too much heat. Experience makes a difference here. Once you do this a few times, these instructions will make perfect sense. You want to warm the buttercream, but not melt the butter out. Be careful.

A subtler approach to the above is to do it over a water bath.

A fifth technique is to place a quantity of buttercream in your mixer bowl and aim a hair dryer on the outside of the bowl, and even directly on top of the IMBC. Watch carefully, and as described above, you want to warm it, not melt it.

After you have warmed up your buttercream, whip it with the flat paddle or balloon whisk until smooth and creamy. Heat again if it is still lumpy; chill if too soupy. It is best to be conservative and heat it slowly than to melt the butter and end up with sweet soup. Your buttercream is now ready to use.

The only time this didn't work in my over 30 years of playing with Italian Meringue Buttercream was when I had a batch that had been frozen and defrosted a few times. It seemed "tired" and just would not come back together. Other than that, it has worked. Every. Time. We hear people give up too early all the time. The issue is that it is usually still too cold. It will look lumpy and lack creaminess. If any of the above techniques aren't working, we promise it's just about temperature. Keep trying. It's either too cold or too warm. You can do it!

Dark Chocolate Ganache

**Prep Time:**

5 minutes

Cooking Time:

10 minutes

Makes:about 2 ½ cups
(600 ml)**Serving:**

2 tablespoons

Creamy Dark Chocolate Ganache is a super versatile recipe. At its most basic it is comprised of chocolate and cream. In its liquid state it can be poured over cakes as a glaze – or used to dip the top of a cupcake! At a spreadable room temperature it can be used as a frosting on cakes and cupcakes. Chilled, it can even be rolled into truffles! Make sure to use the cacao percentage called for in your chocolate.

Dark Chocolate Ganache

INGREDIENTS

- 1¼ cups (300 ml) heavy cream, plus extra
- 12-ounces (340 g) semisweet chocolate, finely chopped, preferably 50% to 55% cacao mass

PREPARATION

1. Place cream in a medium-size non-reactive saucepan and bring just to a boil over medium heat.
2. Remove from heat and immediately sprinkle chocolate into cream. Cover and allow to sit for 5 minutes; the heat of the cream will melt the chocolate. Gently stir the ganache until smooth. You may also combine the ingredients in a microwave-safe bowl and heat at 50% power until chocolate is about three-quarters melted. Remove from the microwave and stir gently until chocolate is melted and mixture is combined and smooth.
3. The ganache is now ready to use. Use in its liquid state as a glaze, poured over cakes or as a simple sauce for ice cream. It also makes a fine chocolate fondue. Or, allow to sit at room temperature for a few hours until it thickens slightly when it will be perfect for dipping cupcakes for a smooth look. After several hours or overnight it will reach a spreadable consistency (between mayonnaise and peanut butter) and you can use it to frost cakes, cupcakes and bars.
4. Refrigerate up to 1 week in an airtight container or freeze up to 1 month. You may re-warm ganache to its fluid state on low power in microwave or over very low heat in a heavy saucepan.

Lactose-Free Pastry Cream



Prep Time:
15 minutes +
4 hours chilling

Cooking Time:
5 minutes

Makes:
about 2 cups
(480 ml)

Serving:
 $\frac{1}{2}$ cup
(120 ml)

Pastry Cream is a basic recipe in classic patisserie, being found inside éclairs, cream puffs, Napoleons, as a base for fruit tarts and in so many other desserts and pastries. Our Lactose-Free Pastry Cream offers everything you want from a pastry cream – the silky texture, the rich mouthfeel and the flexibility – without what we want to avoid. BTW I think the vanilla bean adds complexity, but I do give you the option of simply using vanilla extract, which we hope you have in your pantry.

Lactose-Free Pastry Cream

INGREDIENTS

- 2 cups (480 ml) lactose-free whole milk
- ½ vanilla bean, split lengthwise (see Tips)
- 2 large eggs
- ½ cup (99 g) sugar
- 2 tablespoons cornstarch
- Pinch of salt
- 1 tablespoon soft unsalted butter, cut into tiny pieces

PREPARATION

1. Put the milk in a medium saucepan and scrape in the vanilla bean seeds. Add the vanilla bean pod to the pot as well. Whisk well to break up the seeds. Just bring to a boil over medium heat, remove from the heat, and allow to steep for 15 minutes. Discard the bean pod.
2. Meanwhile, whisk together the eggs, sugar, cornstarch, and salt in a heatproof bowl until very smooth.
3. Drizzle about one-quarter of the warm milk over the egg mixture, whisking constantly. Add the remaining warm milk and whisk to combine. Immediately pour the mixture back into the saucepan, and cook over low-medium heat until it begins to simmer and bubbles appear around the edge. Cook, whisking constantly to prevent scorching, for about 1 minute. The pastry cream should be thick enough to see whisk marks, but still satiny smooth and fluid. Remove from the heat and whisk in the butter.
4. Proceed as called for in individual recipes or cool and refrigerate until needed. See Tips below; stir the pastry cream a couple of times as it cools down to dissipate heat. When almost at room temperature, scrape into an airtight container, press plastic wrap directly onto the surface, snap on the cover, and refrigerate for at least 4 hours or until thoroughly chilled. Refrigerate for up to 3 days.

Lactose-Free Pastry Cream

PREPARATION CONTINUED

Tips

If you would like to use vanilla extract instead of the vanilla bean, simply whisk 1 teaspoon of vanilla extract into the pastry cream along with the butter.

Pastry cream is very perishable. By stirring occasionally while cooling to release the heat, you will cool it down most effectively, and you will be able to get it into the refrigerator more quickly. However, the firmness of the pastry cream is setting up during cooling as well, so stir very gently. My approach is to make one gentle rotation of a wooden spoon or spatula a couple of times during cooling, nothing more. If you are immediately scraping it into a pre-baked tart shell, it will cool very quickly as the layer is so thin.

If You Can Tolerate

Lactose: If you have passed the Lactose Challenge, feel free to use conventional whole milk instead of the lactose-free.

Lemon Curd



Prep Time:
5 minutes
plus 6 hours
chilling

Cooking Time:
10 minutes

Makes:
3 cups
(720 ml)

Serving:
 $\frac{1}{4}$ cup
(60 ml)

We know, we know, the term “curd” doesn’t exactly conjure up an image of something luscious, but that’s exactly Lemon Curd is. It is thick, satiny, tart and sweet and can be used to fill tart crusts, spread between cake layers or even just on a low FODMAP English muffin.

Lemon Curd

INGREDIENTS

- 4 large eggs, at room temperature
- 2 large egg yolks, at room temperature
- 1½ cups (298 g) sugar
- ½ cup (120 ml) freshly squeezed lemon juice
- 12 tablespoons (1½ sticks; 170 g) unsalted butter, at room temperature, cut into pieces
- 1 teaspoon finely grated lemon zest, optional

PREPARATION

1. Place the eggs, yolk, sugar, and lemon juice in a medium sized, heavy-bottomed saucepan and whisk together to break up the eggs. Add the butter and cook over medium-low heat, whisking frequently. When the mixture begins to bubble around the edges, lower the heat and whisk constantly until the mixture thickens and reaches 180°F/82°C. (The temperature is more important than the time it takes, and the cream itself should not boil.)
2. The curd will thicken and form a soft shape when dropped from a spoon. It will also begin to look a bit translucent. If desired, stir in the zest after removing from the heat. Let cool to room temperature, stirring occasionally to release the heat. Refrigerate for at least 6 hours or up to 1 week in an airtight container.

Royal Icing

**Prep Time:**

10 minutes

Makes:Approximately 1 ½ cups
(315 ml) icing**Serving:**

2 tablespoons

Royal Icing is the classic icing used for decorated sugar cookies, which use our [Rolled Sugar Cookies](#) as a base. There are three thicknesses of the same icing: a **thicker icing** is used for making dramatic 3-D decorations – like hair on gingerbread people, for instance. It should be thick enough to hold distinct shapes.

The medium texture is used to make a retaining wall for when you want to completely ice the cookie, as seen in our images and for embellishments on already dry icing (this is the texture you see in our images that is creating lines and sometimes embellished with coarse sugar).

The thin version is used to flood and cover cookies completely.

Royal Icing

INGREDIENTS

Thick Royal Icing:

- 3 cups (270 g) sifted confectioners' sugar
- 3 large egg whites (see Tips)
- Gel or paste food coloring

Medium Royal Icing:

- 3 cups (270 g) sifted confectioners' sugar
- 3 large egg whites (see Tips)
- 1 tablespoon water
- Gel or paste food coloring

Thin Royal Icing:

- 3 cups (270 g) sifted confectioners' sugar
- 3 large egg whites (see Tips)
- 2 tablespoons water
- Gel or paste food coloring

Royal Icing

PREPARATION

Have cookies baked and cooled as directed in our classic [Rolled Sugar Cookies](#).

For Any Royal Icing:

Place confectioners' sugar and egg whites (or substitute), and water, if using, in a clean and grease-free bowl. Whip on high speed with electric mixer until thick and creamy, about 6 minutes. (If using a stand mixer, use the balloon whip attachment). Tint, if desired, with food coloring. Use a toothpick to pick up small amounts of color; you can always add more.

Thicker Icing:

Is used for bold 3-D type effects like hair anything that you need to stand out in clear relief and detail. A dab of thick icing will be stiff enough to hold a peak. If piped through a star tip it will cleanly hold its shape.

Medium Icing:

Can be used to pipe a complete border around the cookies' edges (to form a retaining wall, which will then be filled with Thin textured icing). Medium icing can also be used to create some details to already dry icing (such as adding eyes to an already iced and dry cookie). A dab of medium textured icing will hold its shape when piped.

Thinner Icing:

Is used to cover cookies completely, or to cover partial sections that have been outlined with a thick textured border. Two colors (or more) of thin icing can be swirled together to create a marbled effect. It will have the texture of thick cream.

Royal Icing

PREPARATION CONTINUED

To Ice Rolled Sugar Cookies:

1. If you want to completely cover the cookies, Make both Medium and Thin textured icing in the same color. Scrape the Medium into a pastry bag fitted with coupler and a very small round tip (such as Ateco #2) and pipe an outline, either all around the edge of the cookie, or to define a section you want to cover with icing. Make sure to create a solid line all the way around. Allow to dry, then fill the outlined section with the same color Thin icing. Allow the icing to flow into the area within the outlined area.
2. If you want to add sparkle, you can sprinkle on coarse sugar to the wet icing.
3. After this thin icing dries, you can embellish with thicker textured icings. We used a Medium texture for the lines on our snowflakes, scarves and buttons on our snowmen and tree decorations. See photographs for ideas.
4. Cookies may be stored at room temperature in an airtight container for up to 1 month; these are best stored in single layers separated by waxed or parchment paper.

Tips

- I like to use plastic disposable decorating bags because they are new and pristine. We use Royal Icing for its hardening qualities, which would be compromised if it came to contact with any fat. Used pastry bags can be hard to get squeaky clean.
- You can further embellish iced cookies by sprinkling sugar and colored sugars on still wet icing, or embedding gold and silver dragées (a small silver/gold ball for decorating cookies or a cake) or red-hot candies in wet icing.
- Royal Icing is made with raw egg whites. If you prefer, you can use powdered egg whites, which are available in any well-stocked supermarket in the bakery supplies aisle. Reconstitute according to manufacturer's instructions. You can also occasionally find containers of pasteurized egg whites in the refrigerated dairy aisle of the supermarket.

FODMAP  everyday

CHAPTER 3

Muffins, Quick Breads, Popovers, Scones & A Shortcake



CHAPTER 3

Muffins, Quick Breads, Popovers, Scones & A Shortcake

No need to go without classic baked goods like Muffins, Quick Bread and Scones. We have the best low FODMAP versions for you in this chapter as well as Popovers and Strawberry Shortcake.

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Cornbread Muffins



Prep Time:
10 minutes

Baking Time:
18 minutes

Makes:
12 muffins

Serving:
1 muffin

Classic southern cornbread is not sweet and is very corny. Northern cornbread is considered an abomination by purists, being much sweeter and softer. Most of the cornbread we are all used to, whether we are buying cornbread muffins in bakeries or a square served alongside our chili in a restaurant, is northern style cornbread.

Cornbread Muffins

And while there are some things that we are purists about (such as where our fish comes from or our water) this recipe shows off our preference in corn muffins (a little sweet). And most importantly, it's a butter vehicle! A warm cornbread muffin, with a pat of really good butter melting over it...heaven.



INGREDIENTS

- 1½ cups (360 ml) lactose-free whole milk, at room temperature
- 1 tablespoon plus 1 teaspoon lemon juice
- 1¾ cups (242 g) fine stoneground yellow cornmeal
- 1 cup (145 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- ⅓ cup (66 g) sugar
- 1 tablespoon plus 1 teaspoon baking powder; use gluten-free if following a gluten-free diet
- 1 teaspoon salt
- 4 tablespoons (57 g) unsalted butter, melted
- ¼ cup (60 ml) neutral flavored vegetable oil such as blended vegetable oil, canola, rice bran or sunflower
- 2 large eggs, at room temperature

Cornbread Muffins

PREPARATION

1. Stir the milk and lemon juice together in a medium-sized bowl and allow to sit for 5 minutes to thicken while oven preheats.
2. Whisk together the cornmeal, flour, sugar, baking powder and salt in a large mixing bowl to aerate and combine. Make a small well in the center and set aside.
3. Whisk the melted butter, vegetable oil and eggs into the thickened milk until combined. Pour this wet mixture into the well of the dry mix and whisk together just until combined. Divide evenly into prepared pan.
4. Bake for about 14 to 18 minutes or just until a toothpick inserted in the center comes out clean. Cool pan(s) on rack for 2 minutes, then unmold onto rack. Muffins are ready to eat while warm or cool to room temperature and store in airtight containers at room temperature for up to 2 days; they do dry out a bit. Muffins may also be frozen in heavy zip top bags for up to 1 month.

Lower Fat, Reduced Sugar Banana Bread



GF

VEG

EZ

Prep Time:

10 minutes

Baking Time:

1 hour

Makes:One 8-inch (20 cm)
loaf; 10 slices**Serving:**

1 slice

We heard you loud and clear! Many of you have asked for some recipes with reduced sugar. This Lower Fat, Reduced Sugar Banana Bread has so much going for it: you can whip it up in less time than it takes to preheat the oven, it can be made by hand in a bowl with a wooden spoon, it is tall and moist, very banana-y and dare I say it? I think I like it even better than our original approach, which you can see in our [Recipe for Banana Bread Muffins](#) at FODMAP Everyday®.

For this recipe we have reduced the fat by one-third and halved the sugar.

Lower Fat, Reduced Sugar Banana Bread

Note that I call for a 8 ½ inch x 4 ¼ inch (21.5 cm x 10.5 cm) loaf pan. This dimension will give you the nice tall, square shape you see in the images. You could use a 9-inch by 5-inch (23 cm x 12 cm) loaf pan, but the Banana Bread will end up being much more squat. Also, watch your baking times as it will bake more quickly.



Use Very Ripe Bananas

Just make sure to use very ripe bananas – they should have no green on them at all and should be sporting a nice coat of black freckles and a very strong, sweet banana aroma. Don't worry about the FODMAPs. If you stick to the suggested portions, this recipe is low FODMAP. The addition of light brown sugar, with its slightly caramel-like flavors, enhanced the tropical banana taste. Feel free to use the walnuts or pecans if you like a bit of crunch – or go for straight banana bread flavor and texture and leave them out.

INGREDIENTS

- 1½ cups (218 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ⅓ cup (75 ml) neutral flavored vegetable oil, such as canola
- ¼ cup (50 g) sugar
- ¼ cup (54 g) firmly packed light brown sugar
- 2 large eggs, at room temperature
- 1½ cups (360 ml) fork-mashed banana (about 3 medium very ripe bananas.)
- 1 teaspoon vanilla extract
- 1 cup (99 g) toasted walnut or pecan halves, finely chopped (optional)

Lower Fat, Reduced Sugar Banana Bread

PREPARATION

1. Position rack in the center of your oven. Preheat to 350°F/180°C. Coat an 8 ½ inch x 4 ¼ inch (21.5 cm x 10.5 cm) loaf pan with nonstick spray.
2. Whisk the flour, baking soda and salt together in a large bowl and set aside.
3. Whisk the oil, sugar and brown sugar in a medium bowl until thoroughly combined. Whisk in eggs, one at a time, until incorporated. Whisk in banana and vanilla.
4. Pour wet ingredients over dry ingredients and whisk gently just until combined, finishing off with a rubber spatula. Gently fold in walnuts and/or chocolate morsels at this time, if using.
5. Scrape batter into loaf pan and bake for about 50 minutes to 1 hour. A toothpick should just test clean when inserted in center of bread, the top will be golden and risen and the edges will just be pulling away from the sides of the pan.
6. Cool pan on rack for 10 minutes, then turn bread out and cool completely on rack. Bread is ready to eat, however it slices best after being wrapped in plastic wrap and allowed to sit at room temperature overnight. Bread will keep for about 4 days. If you want to freeze it, double wrap a cooled loaf in plastic wrap, then slip into a heavy zip top bag. Freeze for up to one month. It will defrost very quickly at room temperature.

If You Can Tolerate

Fructans: If you passed the Fructan Wheat Challenge, you can sub in all purpose unbleached flour for the gluten-free flour. Note that the banana bread will no longer be gluten-free. Use weight equivalents for most accurate results with this substitution.

*Dédé's Tips:***BAKING FABULOUS MUFFINS & CUPCAKES**

What muffins and cupcakes have in common is that they are all individual cakes baked in cupcake/muffins tins, either of standard size or miniature. There is something special about getting a whole cake to oneself, even if it's diminutive in nature. To make them even more distinctive, you can choose from a large selection of paper liners; there is so much more out there than the expected pastel colored ones from the supermarket. They instantly give the cakes a more polished look, and you can easily find ones simple, whimsical or elegant in both standard and miniature size.

These tiny cakes require very careful baking as even 1 minute too long or too little, especially for the mini size, can make the difference between a moist result and one that is very dry. Follow the time frames suggested in the recipes but also pay careful attention to the visual cues.

Also, pans will make a huge difference. Flimsy cupcake/muffin pans that do not conduct heat evenly are a recipe for disaster from the get-go. We use heavyweight, nonstick pans. We like them because of their even heating capabilities and they also have a broad area on either end that make it easy to grab while wearing a hot-mitt.

Believe it or not, whether or not you use paper liners – and what liners you choose – will also affect baking times. If you use paper liners, the cupcakes or muffins, in general, will take a tad longer to bake than if the batter is baked directly in the pans. This is because the paper insulates the batter a little bit. However, if you use aluminum or other foil-type liners, they conduct heat and the cupcakes or muffins will be done sooner than later – and might dry out your cupcake or muffins a tad.

Cranberry Quick Bread

**Prep Time:**

10 minutes

Baking Time:

1 hour

Makes:One 9-inch (23 cm)
loaf; 12 slices**Serving:**

1 slice

This is Cranberry Quick Bread reimagined as a low FODMAP, gluten-free newfangled favorite. While dried cranberries are featured on the Monash University Low FODMAP Diet smartphone app, fresh cranberries are, as of now, absent.

If, however, you dive into Monash's website you will find that they have their very own recipes containing cranberries and they discuss their FODMAP content; we also communicated with the Monash researchers about cranberries for our own kitchen research. We go into this in-depth on FODMAP Everyday® in our [Cranberries](#) article in our [Explore an Ingredient](#) section, which we invite you to read. Suffice it to say that if you adhere to the serving sizes recommended below, you will have a classic low FODMAP treat.

Cranberry Quick Bread

INGREDIENTS

- Scant $\frac{3}{4}$ cup (180 ml) lactose-free whole milk, at room temperature
- 1 tablespoon lemon juice
- $1\frac{3}{4}$ cups (254 g) low FODMAP gluten-free all-purpose flour such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 1 teaspoon baking powder; use gluten-free if following a gluten-free diet
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{3}{4}$ cup (149 g) sugar
- 6 tablespoons ($\frac{3}{4}$ stick) unsalted butter, melted and cooled
- $\frac{1}{4}$ cup (60 ml) orange juice
- 2 teaspoons finely grated orange zest
- 1 large egg, at room temperature
- 1 cup (106 g) cranberries, fresh or frozen, roughly chopped
- $\frac{1}{2}$ cup (25 g) toasted walnut halves, finely chopped
- $\frac{1}{4}$ cup (40 g) dried cranberries, roughly chopped

Cranberry Quick Bread

PREPARATION

1. Position rack in the center of your oven. Preheat to 350°F/180°C. Coat a 9-inch by 5-inch (23 cm x 12 cm) loaf pan with nonstick spray, line with parchment paper along the bottom with overhang on the two short ends; set aside.
2. Measure milk into a measuring cup, stir in lemon juice and allow to sit for 5 minutes to thicken.
3. Meanwhile, whisk together the flour, baking powder, salt and baking soda in a small bowl. Once the milk is thickened, pour it into a large mixing bowl. Whisk in the sugar, melted butter, orange juice and zest and until incorporated. Whisk in egg until mixture is smooth.
4. Pour wet ingredients over dry ingredients and fold together just until a few floury streaks remain, then fold in both kinds of cranberries and the nuts.
5. Scrape batter into prepared loaf pan and bake for about 50 to 60 minutes. A toothpick should test clean when inserted in center of bread, the top will be golden and risen and the edges will just be pulling away from the sides of the pan. Cool pan on rack for 10 minutes, then turn bread out and cool completely on rack. Wrap in plastic wrap and let sit at room temperature at least overnight before slicing. Bread will keep for about 4 days.

Zucchini Bread

**Prep Time:**

10 minutes

Baking Time:

55 minutes

Makes:One 8-inch (20 cm)
loaf; 14 slices**Serving:**

1 slice

Ah, Zucchini Bread – now here is a classic! We love zucchini and it is low FODMAP in amounts of $\frac{1}{2}$ cup (66 g). Also note that it is sometimes referred to as “marrow” in some European recipes. And yes, sometimes we have had enough zucchini sliced into stews and stir-fries, made into zoodles or shredded and added to omelets that we need more ideas. That’s when we are especially thankful for this Zucchini Bread.

Choose Your Sugar

Both white granulated sugar and brown sugar are both low FODMAP and I can never decide which one I like better in this recipe. You can use either, as the ingredient list suggests.

Zucchini Bread

INGREDIENTS

- 1½ cups (218 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill 1 to 1 Baking Flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon baking powder; use gluten-free if following a gluten-free diet
- 2 large eggs, at room temperature
- 1 cup (198 g) white sugar or firmly packed light brown sugar (213 g)
- ½ cup (120 ml) neutral flavored vegetable oil such as blended vegetable oil, canola, rice bran or sunflower
- 1½ teaspoon cinnamon
- 1 teaspoon vanilla extract
- 4 ounces (115 g) zucchini grated to make 1 cup (I like to grate on large holes of a box grater)
- ½ cup (50 g) toasted walnut halves, chopped

Zucchini Bread

PREPARATION

1. Position rack in the middle of the oven. Preheat oven to 350°F/180°C. Coat the inside of a 8-inch by 4-inch (20 cm by 10 cm) loaf pan with nonstick spray, line with a strip of parchment paper over-hanging on the two short ends, spray paper and set pan aside.
2. Whisk together the flour, baking soda, salt and baking powder together in a small bowl to aerate and combine; set aside.
3. In a larger bowl, whisk together the eggs, oil, cinnamon and vanilla until blended. Stir in the dry mixture until almost combined, then add the zucchini and nuts and finish stirring/folding together. Scrape into prepared pan and level top.
4. Bake for about 45 to 55 minutes or until a toothpick inserted in the center comes out with a few crumbs clinging. The top will dome slightly and the edges will just be pulling away from the edges of the pan. Cool pan on rack for 10 minutes, then unmold loaf onto cooling rack, peel parchment away and cool loaf thoroughly. Zucchini bread is ready to eat or wrap in plastic wrap and store at room temperature for about 3 days. You can also slip the wrapped loaf into a heavy zip-top bag and freeze for up to a month.

Gluten-Free Popovers



Prep Time:
10 minutes

Baking Time:
45 minutes

Makes:
12 popovers

Serving:
1 popover

Popovers are easy to make yet, of all the baked goods, they seem to have the most variable results. Well, Parisian macarons are like that, too. Popovers are simple, macarons are complex yet they both share the fact that you can make them the same way two, three, four times in a row and they will come out differently every time! This happens to the best of us.

But don't worry, any which way these are a fabulous gluten-free addition to your baking repertoire – just be ready to serve right when they come out of the oven.

Gluten-Free Popovers

INGREDIENTS

- 1 cup (145 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- ½ teaspoon salt
- 5 large eggs, at room temperature
- 1 cup (240 ml) lactose-free whole milk, at room temperature
- 2 tablespoons unsalted butter, melted and divided

PREPARATION

1. Coat 12 muffin tins (inside and tops) with nonstick spray. Position rack in hottest area of oven, most likely the upper third and place prepared muffin pan(s) in oven to preheat along with the oven. Preheat oven to 450°F/230°C.
2. Whisk flour and salt together in a small bowl to aerate and combine.
3. Whisk eggs in a mixing bowl until very well blended. Whisk in milk and 1 tablespoon of melted butter. Whisk in the flour mixture very well until mixture is smooth.
4. When oven reaches temperature, quickly and carefully remove muffin tin from oven and very quickly brush the remaining 1 tablespoon of butter inside the tins. Quickly pour the batter into the hot tins, dividing equally. Immediately place pan(s) in oven and bake for 20 minutes. Turn heat down to 350°F/180°C and bake for 10 minutes more. At this point you will want to check them. If you have a good view through an oven window, use it! You can open the oven briefly to check, if necessary. The popovers are done when they are puffed up and golden brown. They might need 5 or 10 more minutes of baking
5. Remove pan(s) and place on rack. Pierce the sides of each popover to release steam and serve immediately.

Rhubarb Scones

**Prep Time:**

15 minutes

Baking Time:

18 minutes

Makes:

10 scones

Serving:

1 scone

We love a good scone with our hot morning beverage. The one tip I will share with you is to try and eat these as fresh as possible, when they are at their best. The rhubarb is tart, there is a sugary topping and there is plenty of butter creating a flaky texture. They do also freeze well – reheat before serving in a low oven or toaster oven.

Rhubarb Scones

INGREDIENTS

- 10 ounces (280 g) fresh rhubarb, cut into dice
- ½ cup (99 g) sugar, divided
- 2 ¼ cups (326 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 1 tablespoon baking powder; use gluten-free if following a gluten-free diet
- Heaping ¼ teaspoon salt
- ½ cup (1 stick; 113 g) cold unsalted butter, cut into pieces
- ¾ cup (180 ml) cold lactose-free whole milk
- ¼ teaspoon vanilla extract
- 2 tablespoons raw sugar, optional

Rhubarb Scones

PREPARATION

1. Position rack in upper level in oven. Preheat oven to 425°F/220°C. Line a half-sheet baking pan with parchment paper; set aside.
2. Toss the diced rhubarb with ¼ cup (50 g) of sugar in a bowl and set aside for 10 minutes, stirring occasionally.
3. Whisk together the flour, reserved ¼ cup (50 g) of sugar, baking powder and salt in a large bowl to aerate and combine.
4. Scatter the butter over the flour mixture and cut butter into flour mixture by hand with a pastry blender until butter is the size of small raisins. Scrape rhubarb and any juices onto this mixture and fold in a few times with a broad silicone spatula. Drizzle milk over and use a combo stirring/folding action to incorporate everything until a soft dough begins to form.
5. Transfer dough to a lightly floured surface. Bring dough together with lightly floured hands, as needed. Use floured hands to pat down into a circle about 10-inches (25 cm) across. Sprinkle dough evenly with raw sugar, if using. Cut scones into 10 wedges; separate wedges and transfer them and space them out evenly on prepared pan.
6. Bake for about 15 to 18 minutes or until beginning to take on some color. The edges will be slightly more golden. Cool pan on rack for about 5 to 10 minutes. Scones can be served warm or at room temperature. I do like scones best the day they are made, but you can loosely wrap in foil and store at room temperature overnight. For longer storage, place cooled scones in a heavy freezer safe zip top bag and freeze up to 1 month. Defrost overnight in fridge or reheat gently in microwave or toaster oven.

Pumpkin Cranberry Scones

**Prep Time:**

10 minutes

Baking Time:

25 minutes

Makes:

8 scones

Serving:

1 scone

These Pumpkin Cranberry Scones are a seasonal treat that uses canned pumpkin as well as fresh cranberries. Not too sweet, a little bit tart from the cranberries and a gorgeous color reminiscent of fall – or a sunset! The cinnamon butter is optional, but a fabulous addition.

Pumpkin Cranberry Scones

INGREDIENTS

Cinnamon Butter (optional):

- 4 tablespoons (57 g) unsalted butter, softened
- 2 teaspoons maple syrup
- Scant 1 teaspoon cinnamon
- Pinch salt

Scones:

- ¼ cup (60 ml) cold lactose-free whole milk
- 1 teaspoon lemon juice
- 2 cups (290 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour, plus extra
- ½ cup (99 g) sugar
- 2 teaspoons baking powder; use gluten-free if following a gluten-free diet
- ½ teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon freshly grated nutmeg
- ¼ teaspoon baking soda
- ⅛ teaspoon ground cloves
- ¼ teaspoon salt
- 12 tablespoons (1½ sticks; 170 g) chilled unsalted butter, cut into pieces
- ½ cup (118 g) canned pure pumpkin purée, such as Libby's
- 1 cold large egg
- ½ cup (53 g) fresh cranberries, roughly chopped
- Large coarse sugar, optional

Pumpkin Cranberry Scones

PREPARATION

1. Position rack in upper third of the oven. Preheat oven to 400°F/200°C. Line a rimmed half-sheet baking pan with parchment; set aside.

For the Cinnamon Butter:

1. If using, simply stir all the ingredients together in a small bowl. Can be made ahead and refrigerated up to 3 days, covered with plastic wrap. PS: It looks decorative packed into a small crock or ramekin.

For the Scones:

1. Combine milk and lemon juice in a mixing bowl and allow to sit for 5 minutes to thicken.
2. Meanwhile, place flour, sugar, baking powder, cinnamon, ginger, nutmeg, baking soda, cloves and salt in a mixing bowl and whisk to combine. Using a hand-held pastry blender, two butter knives or your fingertips work in the butter until the mixture resembles a very coarse, crumbly meal. Larger pockets of butter are to be encouraged here and there.
3. Whisk the thickened milk together with the pumpkin and egg. Pour over the dry mixture and fold over a few times with a large silicone spatula. Add cranberries and mix just until everything is combined. Scrape out onto prepared pan and use very lightly floured hands to pat dough into a round about 1-inch (2.5 cm) thick. Use a sharp knife to cut into 8 wedges. (Dip knife in flour if it is sticking, wiping clean between cuts). Separate wedges so that they are evenly spaced on pan. The scones can be left plain or sprinkle some with the optional coarse sugar.
4. Bake for about 15 to 25 minutes or until lightly colored top and bottom. Cool pan on rack for 5 minutes. Warm scones are ready to serve with optional Cinnamon Butter.

Strawberry Shortcake with Buttermilk Biscuits



Prep Time:
20 minutes

Baking Time:
12 minutes

Makes:
8 shortcakes

Serving:
1 shortcake

Hands-down my favorite summer dessert! Flaky, rich biscuits, luscious whipped cream and juicy no-FODMAP strawberries! Make these shortcakes when berries are at their best.

Strawberry Shortcake with Buttermilk Biscuits

INGREDIENTS

Biscuits:

- ½ cup (120 ml) lactose free whole milk, chilled
- 1½ teaspoons lemon juice, preferably freshly squeezed
- 1 large egg, chilled
- 1½ cups (7.5 g) low FODMAP gluten free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 3 tablespoons sugar
- 1 tablespoon baking powder; use gluten-free if following a gluten-free diet
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup (1 stick; 113 g) unsalted butter, chilled, cut into pieces

Strawberry Filling:

- 1 quart (590 g) strawberries, preferably small to medium sized, divided
- ¼ cup (50 g) sugar, divided
- 1½ teaspoons lemon juice, preferably freshly squeezed

Whipped Cream Topping:

- 1½ cups (360 ml) heavy cream, chilled
- 2 tablespoons sugar

Strawberry Shortcake with Buttermilk Biscuits

PREPARATION

For the Shortcakes:

1. Position rack in center of oven. Preheat oven to 425°F/220°C. Line a baking sheet pan with parchment paper; set aside.
2. In a small bowl combine the milk and lemon juice and allow to sit for 5 minutes to thicken, then whisk in egg; set aside.
3. In a large mixing bowl, whisk together the flour, sugar, baking powder, baking soda and salt to aerate and combine. Cut in the butter with a pastry blender or two knives until the butter ranges in size from large flat raisins to small peas. (You can also do this in a stand mixer with the flat paddle attachment, pulsing on and off).
4. Add the wet mixture to the dry ingredients and gently bring together by stirring with a wooden spoon just until combined. Very gently pat out the dough on a very lightly floured surface to a 7 by 4 inch (17 cm by 10 cm) rectangle. Cut into 8 equal pieces then gently use your hands to shape each piece into a round biscuit about $\frac{3}{4}$ to 1 inch (2 cm to 2.5 cm) thick. Arrange the biscuits on the prepared pan, equally spaced apart.
5. Bake for about 8 to 12 minutes or until tops and bottoms are just tinged with color and biscuit is baked all the way through. Place pan on a cooling rack until biscuits are completely cool, at which point they are ready to use. Alternatively, store at room temperature for up to 8 hours, loosely wrapped in foil.

Strawberry Shortcake with Buttermilk Biscuits

PREPARATION CONTINUED

For the Filling:

1. Remove the stems from the strawberries and discard. Roughly chop half of them and combine with 3 tablespoons of the sugar in a saucepan. Stir well to combine and cook over medium heat, stirring frequently, until the fruit is bubbling and juicy, about 5 minutes. The juices should darken and concentrate. Cool completely. Halve or quarter the remaining berries (depending on size, you might even want to slice them; they should be bite size). Toss these raw berries with the remaining sugar and the lemon juice in a bowl and allow to sit, stirring occasionally, until the juices exude and the sugar dissolves, about 15 minutes. Fold the two berry mixtures together. Use immediately or refrigerate for up to 3 hours in an airtight container.

For the Assembly:

1. Right before serving, combine the cream and sugar for the topping and beat with an electric mixer on high speed just until mixture is visibly thickened, then reduce the speed and continue to whip just until very soft peaks form. Do not over- whip or you will lose the silky texture.
2. Pry the shortcakes in half horizontally with a fork. Place the bottom halves, cut side up, on 8 dessert plates or in shallow bowls. Spoon over a good quantity of strawberries and juice, top with a generous dollop of cream, and crown with the top of the biscuit. Allow to sit for about 5 minutes for the juices to penetrate the biscuit. Serve immediately.

FODMAP  everyday

CHAPTER 4

Cookies, Bars & Brownies



CHAPTER 4

Cookies, Bars & Brownies

Cookies, bars and brownies are among the easiest low FODMAP baked goods and this chapter even has several exclusive recipes.

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CHAPTER 4

Cookies, Bars & Brownies

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*Dédé's Tips:***HOW TO BAKE FABULOUS LOW FODMAP COOKIES & BARS**

Always measure out cookie batter accurately. Your cookies will all be the same size and all bake within the same time frame.

For best uniformity, use a correctly sized scoop to dollop our cookies as suggested in recipes. We love Zeroll scoops.

Always use exact size brownie/bar pan called for. Batter baked in a 9-inch (23 cm) pan, when an 8-inch (20 cm) was called for will not be their best.

Use the time cues and visual cues when mixing and baking for best results.

Switch pans front to back halfway through baking time for even baking, especially with cookies. Their small size makes them very susceptible to hot spots in your oven.

Do not overbake – the number one problem with baking cookies is overbaking. They are small and overbake quite easily.

Baking cookies even one minute extra can be the difference between chewy and crispy.

Cool cookies properly. There is a lot of residual heat on baking pans so if the recipe calls for transferring to a cooling rack at a particular time, please follow directions.

If your cookies cannot afford to take on any residual heat while cooling, slide the parchment paper onto a cooling rack immediately.



*Dédé's Tips:***HOW TO BAKE FABULOUS LOW FODMAP
COOKIES & BARS** CONTINUED

Make sure cookies are cooled completely before placing in a storage container or the heat might create condensation.

Store cookies according to individual instructions. In general, store crisp cookies separately from soft, chewy cookies. Soft cookies will lend moisture to crisp cookies, making them soggy. I store each recipe in separate containers so there is no flavor transfer (in other words, chocolate cookies separate from simple buttery shortbread).

To keep cookies crisp store them in an airtight container. You can also save the small silica packets that come with some vitamins, drugs or foods. Just place them in the airtight container and they will absorb excess moisture (to a degree).

Chocolate Chunk Cookies



Prep Time:

10 minutes, plus
4 hours chilling

Baking Time:

12 minutes

Makes:

About 2 dozen
cookies

Serving:

1 cookie

Looking for a low FODMAP version of the classic chocolate chip (or chunk) cookie? This is it! Try your hardest to stick with the 1 cookie serving size.

Chocolate Chunk Cookies

INGREDIENTS

- 2 $\frac{1}{3}$ (338 g) cups low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks; 226 g) unsalted butter, at room temperature, cut into pieces
- 1 cup (213 g) firmly packed light brown sugar
- $\frac{1}{2}$ cup (99 g) sugar
- 2 teaspoons vanilla extract
- 2 large eggs, at room temperature
- 12 ounces (340 g) dark chocolate, cut into approximately $\frac{1}{2}$ inch (12 mm) pieces (about 2 cups); we like 60% to 70% cacao
- 1 $\frac{1}{3}$ cups (132 g) toasted walnut or pecan halves, chopped (optional)

Chocolate Chunk Cookies

PREPARATION

1. Whisk together flour blend, baking soda and salt to aerate and combine; set aside. Beat butter with electric mixer on medium-high speed in a large bowl until creamy.
2. Add brown sugar and sugar and beat until lightened, about 3 minutes, scraping down bowl as needed. Beat in vanilla, then beat in eggs one at a time allowing each one to be incorporated before adding the next. Beat in the dry mixture until a few streaks of flour remain. Add chocolate (and nuts, if using) and beat just until combined. Cover the bowl and chill for at least 4 hours but preferably overnight.
3. Position racks in upper and lower thirds of oven. Preheat oven to 375°F/190°C. Line two baking sheets with parchment paper.
4. Form golf ball sized balls and place the cookies 8 per pan, spaced evenly apart. No need to press them down.
5. Bake for about 9 to 12 minutes or until lightly browned with the edges firmer than the centers, which should be soft. The cookies firm up tremendously upon cooling. Cool cookies completely on pans set on racks. (Make subsequent batches with cooled pans.) Cookies are best served the same day but may be stored at room temperature in an airtight container for up to 3 days.

Vegan Peanut Butter Cookies



Prep Time:
5 minutes

Baking Time:
15 minutes

Makes:
21 cookies

Serving:
1 cookie

The original recipe combines peanut butter, sugar and an egg. It is so easy, you can memorize the recipe after making it just one time. So what happened was that I wanted to make the recipe and bring you some variations but low and behold, I was out of eggs!

Now, maybe you can relate. Perhaps this has happened to you. But here's the thing – it had never happened to me! I buy eggs by the dozens. A typical amount in the Test Kitchen would be about 4 to 5 dozen at a time, so running out was just plain bizarre.

Vegan Peanut Butter Cookies

But I was determined to make these cookies and then the classic vegan “flax egg” came to mind. I did have flax seeds and flax eggs are simply ground flax seeds and water. I started getting excited. What if I re-created this recipe as a vegan version and threw in the intended variations? Score!

You can also make these with egg, if you like, for a more traditional approach. Of course the recipe will then not be vegan; your choice.

Your choice of peanut butter style is important and I have been specific in the instructions; please follow my recommendations.

I have also given you variations for plain, jam-filled or chocolate chip, as seen in the image.

INGREDIENTS

- 2 tablespoons ground flax seeds
- 2 tablespoons plus 1 ½ teaspoons water, at room temperature or warm
– OR –
- 1 large egg (in which case cookies are not vegan)
- 1 cup (270 g) smooth, lightly salted natural peanut butter such as Smucker’s, or a no-stir style with palm oil (not hydrogenated fat)
- 1 cup (198 g) sugar
- Scant ¼ cup (75 g) low FODMAP jam, optional, such as Smucker’s Natural Fruit Spread
- ½ cup (85 g) miniature vegan chocolate chips, optional

Vegan Peanut Butter Cookies

PREPARATION

1. Position rack in middle of oven. Preheat the oven to 350°F/180°C. Line two baking sheet pans with parchment paper; set aside.
2. Stir the ground flax seeds and water together in a small bowl and let sit for 5 minutes to thicken slightly. This is your “flax egg.”
3. Place the peanut butter, sugar, “flax egg” (or large egg) in a medium-size bowl and beat with an electric mixer on high speed or beat vigorously with a wooden spoon until blended well. Scrape down bowl once or twice.

For Plain:

1. Use two spoons or a small ice cream scoop to drop large walnut sized cookies evenly spaced on prepared sheet pans. Make a crisscross impression on top of the dough with a fork, pressing down gently as you go. Cookies should be flat and fairly even in thickness.
2. Bake for 10 to 15 minutes or until cookies are dry on the surface and just a tad soft when touched. The bottoms should be golden. Take care when checking as they are fragile at this time. They will firm up upon cooling. Place pans on racks to cool completely.
3. Store the cookies in an airtight container at room temperature for up to 4 days.



Vegan Peanut Butter Cookies

PREPARATION CONTINUED

For Jam-Filled:

1. Use two spoons or a small ice cream scoop to drop large walnut sized cookies evenly spaced on prepared sheet pans. Now you need something small and round to make circular impressions in the dough. You could use your thumb or forefinger but I like to use the round handle of a wooden spoon. Any which way, make a small round imprint down in the dough, going about halfway down. The circle should be about ½ inch (12 mm) across.
2. Bake for 10 to 12 minutes or until cookies are beginning to take on a little bit of color. The impressions might have filled in somewhat. Simply re-press and use two spoons to scrape/scoop about ½ teaspoon of jam into the depressions. Return to the oven for about 2 to 5 more minutes or until cookies are done. They should be dry on the surface and just a tad soft when touched. The bottoms should be golden. Take care when checking, as they are fragile at this time. They will firm up upon cooling. Place pans on racks to cool completely.
3. Store the cookies in a single container in an airtight container at room temperature for up to 4 days.

For Chocolate Chip:

1. Beat miniature chips into the prepared dough, then proceed as follows. Use two spoons or a small ice cream scoop to drop large walnut sized cookies evenly spaced on prepared sheet pans. Make a crisscross impression on top of the dough with a fork, pressing down gently as you go. Cookies should be flat and fairly even in thickness.
2. Bake for 10 to 15 minutes or until cookies are dry on the surface and just a tad soft when touched. The bottoms should be golden. Take care when checking as they are fragile at this time. They will firm up upon cooling. Place pans on racks to cool completely.
3. Store the cookies in an airtight container at room temperature for up to 4 days.

Decadent Chocolate Brownies



Prep Time:
15 minutes

Baking Time:
35 minutes

Makes:
40 brownies

Serving:
1 brownie

These brownies are made in one big pan, allowing you to add nuts to part of the batter – kind of like two-recipes-in-one! And they use 3 kinds of chocolate – hence the decadence. Stick to our serving sizes to keep them low FODMAP.

Decadent Chocolate Brownies

INGREDIENTS

- ½ cup plus 1 tablespoon low FODMAP all-purpose gluten free flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 1½ teaspoons baking powder; choose gluten-free if following a gluten-free diet
- ½ teaspoon salt
- 1 cup (2 sticks; 226 g) unsalted butter, at room temperature, cut into pieces
- 8 ounces (225 g) dark chocolate, finely chopped, preferably 50% to 60% cacao mass
- 3 ounces (85 g) unsweetened chocolate, finely chopped
- 1 cup (198 g) plus 2 tablespoons sugar
- 4 large eggs, at room temperature
- 1 tablespoons vanilla extract
- 2 teaspoons instant coffee or espresso powder
- 6 ounces (170 g) dark chocolate morsels, standard sized or mini, divided
- ⅔ cup (75 g) lightly toasted pecan or walnut halves, finely chopped, optional

Decadent Chocolate Brownies

PREPARATION

1. Position rack in center of oven. Preheat oven to 350°F/180°C. Line a 13 by 9-inch (33 cm by 23 cm) baking pan with parchment paper or aluminum foil then coat with nonstick spray; set aside.
2. Whisk flour, baking powder and salt together in a large bowl to aerate and combine; set aside.
3. Melt butter, 8 ounces of chopped dark chocolate and unsweetened chocolate in a medium bowl over simmering water or in a microwaveable bowl. Stir until smooth and combined; cool to lukewarm.
4. In a large bowl, gently whisk together the sugar, eggs, and vanilla. Gently whisk the lukewarm chocolate mixture into the egg mixture then fold in the dry mixture just until a few floury streaks remain. Fold in about three quarters of the chocolate chips.
5. Scrape batter into prepared pan. If you want to make half of your brownies with nuts, scatter the nuts over half of the batter as shown. Use a small offset spatula to press them down into the batter a little bit. Sprinkle the reserved chips over the other half of the brownies, or over the entire top if not using nuts.
6. Bake for about 30 to 35 minutes, rotating pan front to back once during baking, until a toothpick inserted in the middle comes out with moist crumbs clinging. Do not overbake. Cool on rack. Cut into an 8 by 5 grid (40 bars). These brownies are best eaten within 3 days. Store in airtight container at room temperature in single layers separated by parchment paper or foil. May be frozen up to 1 month, double wrapped in plastic and then foil.

Browned Butter Pecan Blondies



GF

VEG

EZ

Prep Time:
20 minutes

Baking Time:
25 minutes

Makes:
25 blondies

Serving:
1 blondie

Browning butter adds a fabulous nutty flavor that works fantastically well in this recipe. The browned butter is a base for the blondie batter and used to toast the pecans. If you like a nutty blondie, this is your bar!

Browned Butter Pecan Blondies

INGREDIENTS

- ½ cup plus 2 tablespoons (1 stick; 113 g) unsalted butter, cut into pieces
- 1 cup (100 g) pecan halves
- 1¼ cups (182 g) low FODMAP gluten-free all-purpose flour, Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- Heaping ½ teaspoon baking powder (use gluten-free if following a gluten-free diet)
- Heaping ¼ teaspoon salt
- 1 cup (213 g) firmly packed light brown sugar
- 2 teaspoons vanilla extract
- 1 large egg, at room temperature

PREPARATION

1. Position a rack in the middle of the oven. Preheat the oven to 350°F/180°C. Line an 8-inch (23 cm) square pan with aluminum foil or parchment, then coat with nonstick spray.
2. Melt the ½ cup (113 g) butter in a small saucepan over low-medium heat until golden brown and fragrant; take care not to burn. Remove from heat, pour into a large mixing bowl and cool until just warm.
3. Melt the remaining 2 tablespoons of butter in a nonstick skillet over medium heat and add pecans. Toss around to brown butter and lightly toast pecans; remove from heat and cool.
4. Meanwhile whisk the flour, baking powder, and salt together in a small bowl to aerate and combine; set aside.

Browned Butter Pecan Blondies

PREPARATION CONTINUED

5. Whisk the brown sugar and vanilla into the browned butter until combined, then whisk in the egg. Fold in the flour mixture until a few floury streaks remain, then fold in the nuts just until combined. Scrape into prepared pan and smooth top with a small offset spatula.
6. Bake for 20 to 25 minutes or until a toothpick inserted in the center shows a few moist crumbs clinging when removed. The bars should be light golden brown, slightly puffed, and the edges will have just begun to come away from the sides of the pan. Cool in the pan on a rack for 10 minutes, pull up on foil or parchment to remove bars from pan, then cool bars on rack completely. Peel away foil or parchment and cut into a 5 by 5 grid (25 bars). Store at room temperature for up to 3 days in an airtight container in single layers separated by aluminum foil parchment paper. Individually wrapping the bars will keep them as fresh as they can be. Bars can also be individually wrapped and frozen for up to a month, which makes them very easy to grab on the go. They defrost very quickly.

If You Can Tolerate

Fructans: If you have passed the Fructan Wheat Challenge you could substitute unbleached all-purpose flour for the gluten free flour. Note that the recipe will no longer be gluten-free. Use weight equivalents for most accurate results if making this substitution.



Rolled Sugar Cookies

**Prep Time:**

10 minutes
+ 1 hour chilling

Baking Time:

10 minutes

Makes:

2–3 dozen cookies,
depending on size

Serving:

1 cookie

Everyone needs a recipe for rolled sugar cookies – and that includes those of us following the low FODMAP diet. Whether we are making holiday Christmas cookies or are planning to make some other shape – hearts for Valentine’s Day, shamrocks for St. Patrick’s Day, tiny chicks for Easter, etc. – a good, basic rolled sugar cookie should be in your repertoire.

This version has everything you want: it is easy to make, easy to handle and tastes delicious. And you get to create your own edible artwork! We offer you an easy approach to decorating, and a more elaborate one.

Rolled Sugar Cookies

INGREDIENTS

- 2 cups (290 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- ¼ teaspoon salt
- ½ cup (113 g) unsalted butter at room temperature, cut into pieces
- 1 cup (198 g) sugar
- 2 teaspoons vanilla extract
- 1 large egg

PREPARATION

1. Whisk flour and salt together in a small bowl to aerate and combine; set aside.
2. Place butter in bowl of mixer and beat with flat paddle on medium-high speed until creamy, about 2 minutes. (Or use hand-held electric mixer, beaters and a large bowl). Add sugar gradually and continue beating until light and fluffy, about 3 minutes, scraping down the bowl once or twice; beat in vanilla extract. Add egg and beat well until combined, again scraping down the bowl once or twice.
3. Turn machine off, add about one third of the flour, then turn machine onto low-speed. Gradually add remaining flour, mixing just until blended, scraping down bowl once or twice. Form into a very flat disc, wrap in plastic wrap and refrigerate at least 1 hour or until firm enough to roll. Dough may be refrigerated overnight but it is easier to work with when just chilled.
4. Meanwhile, position racks in lower and upper oven. Preheat oven to 350°F/180°C. Line two cookie sheet pans with parchment paper.

Rolled Sugar Cookies

PREPARATION CONTINUED

5. Remove cookie dough from refrigerator and roll out to $\frac{1}{4}$ inch (6 mm) thickness on lightly floured parchment paper; I like to lightly flour the rolling pin too. Cut out cookies with shapes of choice. Transfer cookies to prepared pans placing $1\frac{1}{2}$ inches (4 cm) apart. Decorate with colored sugars or regular sugar either in decorative patterns or freeform using photograph below for ideas. Leave unadorned if you will be decorating with [Royal Icing](#) after cooling.
6. Bake for about 8 to 10 minutes or until edges have just begun to turn light golden brown. Slide parchment onto racks to cool cookies completely. Cool pans between batches and repeat with remaining dough. Cookies may be stored at room temperature in an airtight container for up to 1 month.



Tips

You will probably want to make cookies of all sizes and shapes, and I encourage you to do so! Just make sure that similarly sized cookies are on the same pan so that the baking times are even.

These cookies are sturdy and pack well. Consider sending a care package to a loved one who is following the diet and missing their holiday treats! They also make great host gifts, homemade gifts for teachers, and work perfectly as part of a cookie swap.

Dédé's Tips:

BAKING LOW FODMAP COOKIES ON HALF-SHEET PANS

After baking literally thousands of cookies at our homes, in our bakery and while researching books on cookies, I have found the best tools and techniques for the task.

Commercial style aluminum jellyroll pans, also referred to as half-sheet pans, have repeatedly given us the best results. They do not warp, they are inexpensive and sturdy and because they conduct heat so evenly, burned cookie bottoms have become a thing of the past. The fact that they have a lip is no detriment, in my opinion, and in fact, since they can also be used for thin layers of cake batter, or rounds of meringue and dacquoise, they are more versatile. I am not partial to air-cushioned pans as they sometimes prevent browning so efficiently, that hardly any takes place at all; some browning is necessary to bring out the best flavor in many cookies.

USING PARCHMENT PAPER TO PREVENT OVERBAKING

Parchment paper is used for several reasons. It provides a nonstick surface for your cookies and makes cleanup easier. But our favorite reason is one you might not have thought of. When baking cookies, we must always take into consideration that the pans will hold residual heat, and the cookies will continue to bake even after they come out of the oven.

If you have miscalculated your baking time, and your cookies are done, possibly bordering on being overdone, you can remove the pan from the oven, grasp the edge of the parchment paper, and in one swift motion transfer the cookies, still on the paper, onto a cooling rack. In this way, you have removed them from the pan, which was still a heat source, and effectively ceased any further baking. It is a great technique that has saved many a batch for us.

Happy Birthday Cookie



Prep Time:
15 minutes

Baking Time:
30 minutes

Makes:
20 wedge

Serving:
1 wedge

FODMAPers have birthdays, too! Sometimes we want a cake, but sometimes a gigantic chocolate chip, sprinkle-laden cookie is the way to go. Our low FODMAP Happy Birthday Cookie is perfect to bring to school or office – much more portable than a frosting covered cake! Easy to make too. Get the kids involved and get those candles ready!

Happy Birthday Cookie

INGREDIENTS

- $\frac{3}{4}$ cup (1 $\frac{1}{2}$ sticks; 170 g) unsalted butter, melted
- 1 $\frac{1}{3}$ cups (284 g) firmly packed light brown sugar
- $\frac{1}{3}$ cup (65) sugar
- 1 large egg, at room temperature
- 1 large egg yolk, at room temperature
- 1 tablespoon vanilla extract
- 2 cups (290 g) low FODMAP gluten-free flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 $\frac{1}{4}$ cups (213 g) miniature chocolate morsels, divided
- $\frac{1}{4}$ cup (40 g) plus 1 tablespoon rainbow jimmies/sprinkles, divided

Happy Birthday Cookie

PREPARATION

1. Position rack in middle of oven. Preheat oven to 350°F/180°C. Coat the inside of a 10-inch (25 cm) springform pan with nonstick spray; line the bottom with parchment paper and spray parchment, too.
2. Whisk melted butter with sugars in a large mixing bowl. Whisk in egg and yolk until smooth and well combined, then whisk in vanilla. Fold in flour, baking soda and salt until a few floury streaks remain, then fold in 1 cup (170 g) of the mini chocolate chips and 1 tablespoon of the sprinkles. Spread batter into prepared pan, leveling the top with an offset spatula.
3. Bake for about 25 to 30 minutes or until Happy Birthday Cookie is golden brown and a toothpick inserted in the center just tests clean. Cool pan completely on rack. Unmold cookie from pan and use a broad sturdy spatula to pry it from the parchment paper and place on a serving platter.
4. Melt remaining $\frac{1}{4}$ cup (43 g) of chocolate chips in microwave or over simmering water. Spread melted chocolate around edge of cooled cookie and immediately sprinkle the rainbow jimmies on top so that they adhere, gently pressing into place.
5. TA-DA! Light the candles and sing Happy Birthday! Cut into wedges, like a cake, to serve.

One-Bowl Gluten-Free Oatmeal Chocolate Chip Cookies & Oatmeal Raisin Cookies



Prep Time:
10 minutes

Baking Time:
12 minutes

Makes:
36 cookies

Serving:
1 cookie

This recipe for One-Bowl Gluten-Free Oatmeal Chocolate Chip Cookies has been extremely popular on our site. I think it is partially because it can be made quite easily in one bowl but don't overlook that fact that combination of butter, brown sugar, oatmeal, cinnamon, nuts and raisins is irresistible! This recipe is easy enough for those of you who don't think you are bakers!

One-Bowl Gluten-Free Oatmeal Chocolate Chip Cookies & Oatmeal Raisin Cookies

INGREDIENTS

- 1 cup (2 sticks; 226 g) unsalted butter, melted
- 1 ½ cups (284 g) firmly packed light brown sugar
- 2 teaspoons vanilla extract
- 1 ½ teaspoons cinnamon
- 2 large eggs, at room temperature
- 2 ½ cups (208 g) old-fashioned rolled oats; use gluten-free if following a gluten-free diet
- 1 ¼ cups (181 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup (170 g) miniature semisweet chocolate morsels
- ⅔ cup (75 g) chopped, toasted walnuts, optional
- ½ cup (83 g) raisins

One-Bowl Gluten-Free Oatmeal Chocolate Chip Cookies & Oatmeal Raisin Cookies

PREPARATION

1. Position racks in upper and lower third of oven. Preheat oven to 325°F/165°C. Line two cookie sheet pans with parchment paper.
2. In a large bowl whisk together the melted butter and brown sugar until blended. Whisk in the vanilla, cinnamon and eggs until the mixture is smooth and well combined. Use a sturdy wooden spoon to stir in the oats, flour, baking soda and salt until blended. Stir in morsels and nuts, if using, and raisins.
3. Drop cookie dough by generously rounded tablespoons 2 inches (5 cm) apart on cookie sheets; flatten cookies slightly. Bake for about 10 to 12 minutes, rotating pans halfway through, or until edges and tops have just begun to turn light golden brown. The cookies will be a bit soft in the center. Place pans on racks to cool cookies completely. Store cookies at room temperature in airtight container for up to 5 days.

Tips

If you want to make **Oatmeal Raisin Cookies**, simply leave the chocolate chips out and increase raisins to 1 cup (166 g).

If You Can Tolerate

Fructans: If you have passed the Fructan Wheat Challenge, feel free to use regular all-purpose flour. Use the weight equivalent for best results.

Rugelach



Prep Time:
15 minutes +
2+ hours chilling

Baking Time:
30 minutes

Makes:
24 rugelach
cookies

Serving:
1 rugelach

If you are familiar with this recipe from our site, FODMAP Everyday®, you know that I went on and on about how challenging it was to develop this recipe for rugelach. I was not going to stop until I came up with a flaky pastry, made with lactose-free cream cheese. I finally did it and here it is for you!

This is a persnickety recipe; I implore you to follow the recipe exactly, from ingredient recommendations, to baking pans, to visual cues, etc. If you follow my directions you will be rewarded with Low FODMAP Gluten Free Rugelach that to most of those who tried them are indistinguishable from the classics you might get at the deli or Jewish bakery.

Rugelach

INGREDIENTS

Rugelach Cream Cheese Dough:

- 2 ¼ cups (326 g) low FODMAP, gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- ½ teaspoon xanthan gum
- ¼ teaspoon salt
- 1 cup (2 sticks; 226 g) unsalted butter, at room temperature, cut into pieces
- ½ cup (99 g) sugar
- ½ teaspoon vanilla extract
- 8 ounces (225 g) Green Valley Creamery lactose-free cream cheese, chilled

Raisin Walnut Filling (enough for full batch of dough):

- 1 cup (166 g) raisins
- ¾ cup (75 g) toasted walnut halves, finely chopped
- ½ cup (99 g) sugar
- ½ cup (107g) firmly packed light brown sugar
- ½ teaspoon cinnamon
- 7 tablespoons (99 g) orange marmalade, such as Smucker's Natural Fruit Spread

Chocolate Raspberry Pecan Filling (enough for full batch of dough):

- 6 ounces (170 g) finely chopped semisweet or bittersweet chocolate (preferably 60% to 65% cacao mass) or miniature semisweet chocolate morsels
- ¾ cup (75 g) toasted pecan halves, finely chopped
- ½ cup (50 g) sugar
- ½ cup (54 g) firmly packed light brown sugar
- ½ teaspoon cinnamon
- 7 tablespoons (99 g) raspberry jam, Smucker's Natural Fruit Spread

Rugelach

INGREDIENTS CONTINUED

Topping:

- 2 tablespoons cup lactose-free whole milk
- 2 tablespoons sugar
- 1 teaspoon cinnamon

PREPARATION

For the Dough:

1. Whisk together the flour, xanthan gum and salt in a medium bowl to aerate and combine; set aside.
2. In standing mixer's bowl, beat butter with flat paddle until light and creamy on high speed, approximately 3 minutes. Add sugar gradually and continue beating until fluffy. Beat in vanilla. Add cream cheese and gently beat on medium speed just until it is combined. (You can make this with a hand-held electric mixer but the dough is heavy and mixing times will be longer).
3. Add dry mixture in 2 to 3 batches, beating briefly between each addition, scraping down the bowl once or twice. Beat until just combined.
4. Divide dough in half and wrap each piece in plastic wrap, shaping into a flat, round disc. Refrigerate at least two hours, or overnight.

For the Fillings:

For the Cinnamon Raisin, toss the raisins, walnuts, sugar, brown sugar and cinnamon together in a small bowl; set aside. For the Chocolate Raspberry Pecan, toss the chocolate, pecans, sugar, brown sugar and cinnamon together in a small bowl; set aside.

Rugelach

PREPARATION CONTINUED

For Assembly:

1. Line two baking sheet pans with parchment paper and coat paper with nonstick spray. Roll out each piece of dough between lightly floured parchment paper into a large circle, approximately $\frac{1}{8}$ -inch (3 mm) thick. Spread half of the marmalade or raspberry jam over each disc thinly and evenly using a small offset spatula. Scatter half the dry filling of your choice evenly all over dough.
2. Using a sharp knife or a pizza cutter (my choice), divide each circle into 12 wedge-shaped pieces (like cutting a pie). Starting at the broad, outer edge, roll each piece up and place 2-inches (5 cm) apart on prepared pans with center point underneath each rugelach to help it hold its shape. Gently coax each rugelach into a crescent shape, if desired. Refrigerate for 30 minutes, or, cover with plastic wrap and chill overnight.

Make the Topping:

1. While the rugelach is chilling, pour milk into a small bowl and combine sugar and cinnamon in a separate small bowl; set aside.
2. Position racks in upper and lower area of oven. Preheat oven to $350^{\circ}\text{F}/180^{\circ}\text{C}$. Brush rugelach very lightly with milk and top with a sprinkling of cinnamon-sugar.
3. Bake for approximately 20 to 30 minutes, rotating the pans front to back, and upper to lower halfway through. The rugelach should be puffed and very lightly golden brown. These bottoms burn easily, so be careful not to overbake, but some of the marmalade and sugar mixture will ooze out of the rugelach and caramelize and you do want that! Remove from oven, place baking sheets on rack and let cookies cool on pan.
4. These are best eaten the day they are made, but may be stored at room temperature in an airtight container for up to 4 days.

Tips

You can make the chocolate variation without any nuts, but the filling doesn't hold together quite as well. The finished rugelach will look a little messier, but still be very tasty.

Ménage a Trois



Prep Time:
10 minutes

Baking Time:
10 minutes

Makes:
24 cookies

Serving:
1 cookie

WARNING: Major chocolate fix ahead! Our Ménage à Trois Cookies are so named because they combine 3 kinds of chocolate – white, milk and dark – in one incredibly creamy, luscious, truffle-like cookie. They actually use 4 different chocolates because there is unsweetened chocolate in there as well.

Are these low-FODMAP? Well, Monash allows up to 30 g of dark chocolate per serving and suggests white chocolate be consumed in 25 g portions and milk chocolate at servings of 20 g, but they probably never intended us to eat all of these at once! Please eat one and see how you do. We have calculated the FODMAPs and one will be okay – and deeply satisfying as well.

Ménage a Trois

INGREDIENTS

- ¼ cup (36 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- ¼ teaspoon baking powder; use gluten-free if following a gluten-free diet
- ½ teaspoon salt
- 6 ounces (170 g) semisweet chocolate (maximum of 55% cacao), finely chopped
- 2 ounces (55 g) unsweetened chocolate, finely chopped
- 6 tablespoons (¾ stick) unsalted butter, at room temperature, cut into tablespoon-sized pieces
- ¾ cup (149 g) sugar
- 2 large eggs
- 1 ½ teaspoons vanilla extract
- 12 ounces (340 g) semisweet or bittersweet chocolate chunks (equals about 2 cups; ½-inch size)
- 4 ounces (115 g) milk chocolate chunks (equals about ¾ cup; ½-inch (12 mm) size)
- 4 ounces (115 g) white chocolate chunks (equals about ¾ cup; ½-inch (12 mm) size)

Ménage a Trois

PREPARATION

1. Preheat oven to 350°F/180°C. Line 2 baking sheet pans with parchment paper.
2. Whisk flour, baking powder and salt together in a small bowl to aerate and combine; set aside.
3. Melt semisweet and unsweetened chocolates together with butter in top of double boiler or in microwave. Stir occasionally until smooth. Cool slightly to a warm room temperature.
4. Place sugar, eggs and vanilla in stand mixer's bowl and beat on high-speed using balloon whip attachment. Beat until light and fluffy, approximately 2 to 5 minutes. (You can use a regular bowl and electric hand mixer, too. Just go with the visual cues.) Gently fold in the barely warm chocolate/butter mixture until a few chocolate streaks remain. Fold the flour mixture into the batter until just combined.
5. Toss all of the chocolate chunks together in a bowl and remove about one quarter of them and reserve – just do that by eye. Fold the large portion of the chocolate chunks into the batter. Drop by generously rounded tablespoons 2-inches (5 cm) apart on prepared sheets. Take reserved chocolate chunks and press at least one of each type onto each cookie top, so that they will show off the white/milk/dark chocolate trio when baked.
6. Bake for about 10 minutes or until tops look and feel dry but the insides are still soft and creamy. The edges will be slightly firmer than the rest of the cookies. They firm up tremendously upon cooling; **do not overbake**. Place sheet pans on racks to cool cookies completely. Make sure these cookies stay flat while cooling. They are delicate while warm; do not try to move them until completely cooled. Cookies are ready to eat or can be stored flat in single layers separated by waxed (or parchment) paper in an airtight container for up to 2 days (see Tips).

PREPARATION CONTINUED

Tips

There are three major things to pay attention to with this recipe. It can be a picky recipe, but the results are world-class bakery worthy:

1. Follow directions. Fold where it says fold. Make sure everything is the temperature that is recommended.
2. For the semisweet chocolate that is melted for the batter, do NOT go over 55%. Higher percentage cacao will wreak havoc and leave you with a dry crumbly cookie. I use a 52% Callebaut in the Test Kitchen. For the chocolate chunks that are folded in you can use whatever you like and I often use a combo of a few.
3. Do not overbake. They should look and feel soft to the touch when you pull them from the oven. They continue to “bake” on the hot sheet pan as they cool down. Do not try to lift them off the pan until they are completely cool.

These are delicate. Make sure to store them in single layers and keep the layers flat! They will keep longer than 2 days, but the texture will be less creamy and become more crumbly.

Dédé's Tips:

HOW TO MAKE GORGEOUS, ROUND BAKERY-STYLE LOW FODMAP DROP COOKIES

Whether you buy cookies at a bakery or from the supermarket in a box, chances are they are all uniform in size and shape. Professionals have some easy techniques that you can employ at home so that your cookies will be as perfectly formed. Many drop cookie recipes call for cookies to be formed by generous or rounded “teaspoons” or “tablespoons.”

After years of baking it finally occurred to me that these ever-present instructions were not very clear. Are we supposed to use a cereal teaspoon? A measuring teaspoon? Are we supposed to measure the dough flush with the top of the spoon? My Mom taught me to gather up a generous amount of chocolate chip cookie dough with a cereal teaspoon and then to scrape it off with another teaspoon.

But the blobs of dough were much larger than the teaspoon itself, so while calling this a “generous” or “rounded teaspoon” measure was somewhat descriptive, my cookies might very well have been quite different from what was expected by the recipe developer; there was little consistency in size.

This is important for three reasons: firstly the yield of a recipe depends on how a cookie batter or dough is measured. If you are expecting two dozen cookies, it is very disappointing to end up with a varying amount, especially if it's less!

Secondly, if cookies are measured to the correct size, not only will you get the appropriate yield, but they will bake in the suggested time frame, which of course is geared toward that particular size cookie. Properly baked cookies depend on precise baking times. Thirdly, you will be rewarded with a batch of cookies that are all round, beautifully formed and pretty much the same size and shape, which looks much more professional on the cookie tray.

We use ice-cream style scoops (also called food dishers) to form drop-style cookies. In our recipes that call for rounded teaspoons we use a Zeroll #100 scoop; for rounded tablespoons we use a Zeroll #40. To use these tools, I scoop up cookie batter and scrape off the dough to be flush with the top of the scooper's bowl. Zeroll also has larger sizes, which also great for placing batter into muffins and cupcake tins.

Chocolate Chip Coconut Macaroons

**Prep Time:**

10 minutes

Baking Time:

25 minutes

Makes:

18 macaroons

Serving:

1 macaroon

These are good old-fashioned coconut macaroons – not the fancy almond flour and meringue based Parisian macarons. Different spelling, different pronunciation and these are the ones that are super easy to make. I like using a combination of unsweetened coconut, to temper the cookie's sweetness, as well as sweetened flaked coconut for the incomparable chew that it provides.

Chocolate Chip Coconut Macaroons

INGREDIENTS

- 4 large egg whites, at room temperature
- $\frac{3}{4}$ cups (149 g) sugar
- 1 teaspoon vanilla extract
- $1\frac{1}{2}$ cups (5 ounces/140 g) unsweetened grated coconut
- $1\frac{1}{2}$ cups (4 ounces/115 g) sweetened flaked coconut
- $\frac{1}{2}$ cup (3 ounces/85 g) miniature semisweet chocolate morsels

PREPARATION

1. Preheat oven to 375°F/190°C. Line two baking sheet pans with parchment paper; coat paper lightly with non-stick spray.
2. Whisk together the egg whites, sugar and vanilla in top of a double boiler (not over hot water yet) until combined. Add both types of coconut and fold in until coconut is completely coated with the egg white mixture.
3. Place top of double boiler over simmering water with the water just touching the bottom of the part that is holding the cookie mixture. Stir the mixture constantly; the sugar will dissolve and the mixture will become glossy and warm to the touch in about 3 minutes. Allow to cool and stir in morsels.
4. Drop 2 tablespoon sized mounds about 2 inches (5 cm) apart on prepared pans. Do not flatten. Coax them into a neat shape with fingers if needed by pressing any stray shreds around the edges into the cookie mound.
5. Bake for about 12 minutes or until the edge of the macaroons and some of the coconut shreds on top have turned light golden brown. Cool pans on racks. Coconut macaroons may be stored at room temperature in an airtight container for up to 4 days.

Cacao Nib Almond Meringues

**Prep Time:**

10 minutes

Baking Time:

2 ½ hours

Makes:

about 40 cookies

Serving:

1 cookie

These crunchy meringues features sliced almonds and cacao nibs. Cacao nibs are pure chocolate; they are what all chocolate bars are made from. They are slightly bitter, which we love for the way it tempers the sweetness of the meringue. These are crispy, crunchy, a tad chewy and quite sophisticated. They are not the most portable, as they are delicate.

Whenever you whip egg whites, make sure to use completely clean utensils. Any vestige of fat will prevent the egg whites from forming the meringue. We often use the same bowls and beaters to cream butter, so you have to make sure they are squeaky clean!

Note that almond extract has not been tested. We have done very well with it, but you might want to leave it out, or sample it to see if it agrees with your digestion.

Chocolate Chip Coconut Macaroons

INGREDIENTS

- 3 large egg whites, at room temperature
- ¼ teaspoon cream of tartar
- ⅓ cup (65 g) granulated sugar
- ½ cup (45 g) sifted confectioners' sugar
- ½ teaspoon vanilla extract
- ⅛ teaspoon almond extract (optional)
- 2 tablespoons sifted Dutch-processed cocoa
- 2 tablespoon cacao nibs
- ½ cup (43 g) sliced almonds, preferably blanched, but you can use natural



PREPARATION

1. Position racks in upper and lower third of oven. Preheat oven to 200°F/95°C. Line two baking sheets with parchment paper; set aside.
2. Beat egg whites with electric mixer on high speed until foamy. Add cream of tartar and continue to beat until soft peaks form. Gradually add granulated sugar and beat until firm peaks form, about 2 to 3 minutes longer. Beat in confectioners' sugar, vanilla extract and almond extract if using. Fold in the cocoa and the cacao nibs, leaving streaks of cocoa.
3. Drop by generously rounded teaspoon on prepared pans 2 inches (5 cm) apart. Scatter almonds over the meringues. Bake meringues for about 2 to 2½ hours or until completely dry to the touch. Cool pans on racks completely before trying to remove the cookies. They continue to crisp as they cool. Cookies may be stored at room temperature in an airtight container for up to 2 weeks.

One-Bowl Oatmeal White Chocolate Chunk Espresso Cookies with Hazelnuts



Prep Time:
10 minutes

Baking Time:
12 minutes

Makes:
36 cookies

Serving:
1 cookie

These cookies can be whipped up in the time it takes to preheat the oven. They are oatmeal cookies, but they are so much more. Instant espresso powder is whisked in along with a good amount of vanilla extract and white chocolate and toasted hazelnuts stud the dough throughout. These are a little fancy, but just as easy to make as good old-fashioned oatmeal cookies.

Did you know that white chocolate is considered low FODMAP at ½ ounce per 15 g? This recipe makes 36 cookies, so you can rest assured that even with the nuts and oats that our serving size is safe to try.

One-Bowl Oatmeal White Chocolate Chunk Espresso Cookies with Hazelnuts

And speaking of white chocolate, only buy the best. Cocoa butter should be the only fat listed on the label. Do not use white chocolate that has cottonseed oil, palm oil or any fat other than pure cocoa butter included in the ingredients; the taste and texture will be sub-par.

INGREDIENTS

- 1 cup (2 sticks; 226 g) unsalted butter, melted
- 1 $\frac{1}{3}$ cups (284 g) firmly packed light brown sugar
- 1 tablespoon instant espresso powder
- 2 teaspoons vanilla extract
- 2 large eggs, at room temperature
- 2 $\frac{1}{2}$ cups (208 g) old-fashioned rolled oats; use gluten-free if following a gluten-free diet
- 1 $\frac{1}{4}$ cups (181 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 8 ounces (225 g) white chocolate, cut into small chunks
- $\frac{3}{4}$ cup (105 g) peeled hazelnuts, chopped

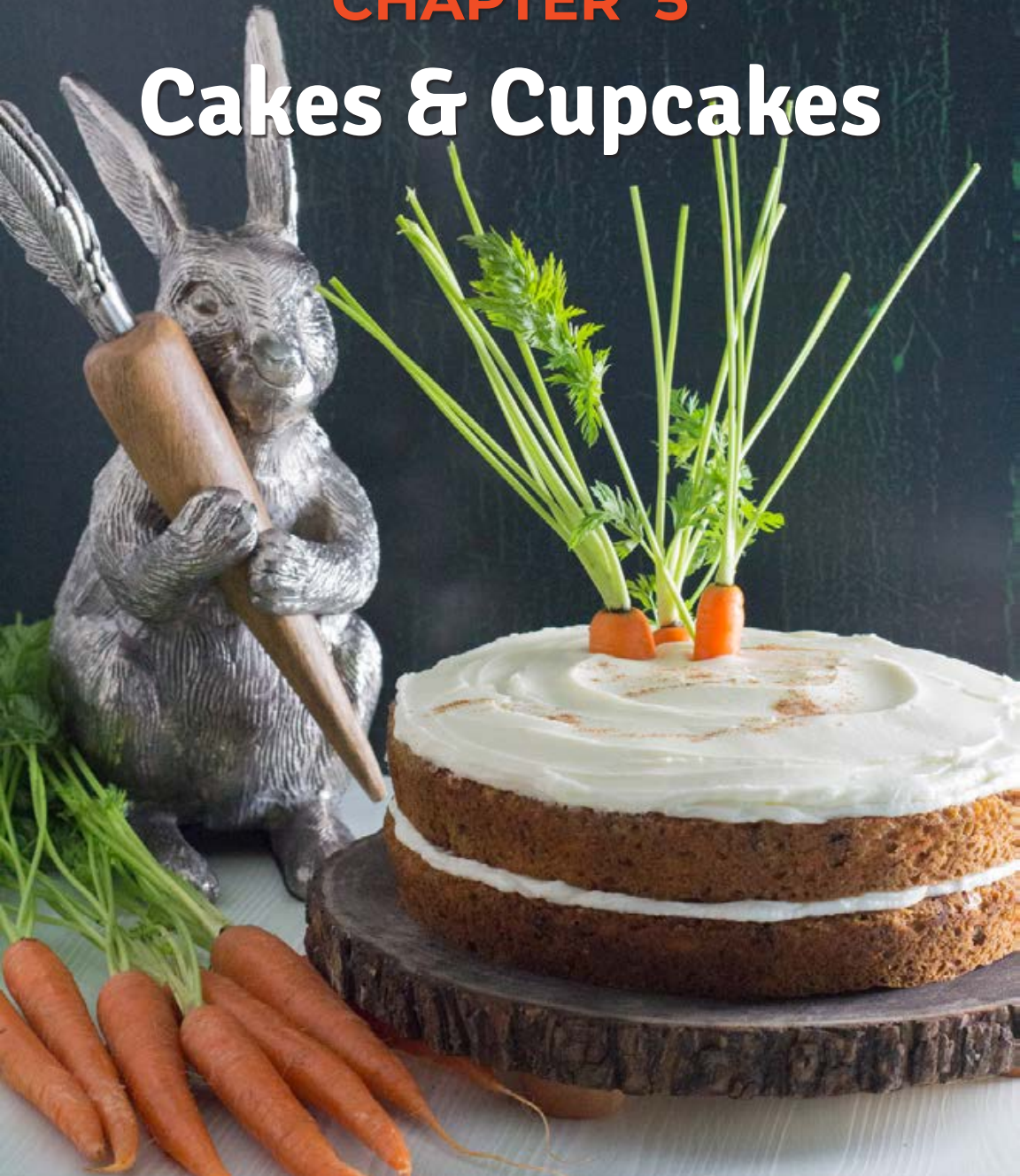
One-Bowl Oatmeal White Chocolate Chunk Espresso Cookies with Hazelnuts

PREPARATION

1. Position racks in upper and lower third of oven. Preheat oven to 325°F/165°C. Line two cookie sheet pans with parchment paper.
2. In a large bowl whisk together the melted butter and brown sugar until blended. Whisk in the espresso powder, vanilla and eggs until the mixture is smooth and well combined. Use a sturdy wooden spoon to stir in the oats, flour, baking soda and salt until blended. Allow to cool, if still hot from melted butter. Stir in chocolate and nuts.
3. Drop cookie dough by generously rounded tablespoons 2 inches (5 cm) apart on cookie sheets; flatten cookies slightly. Bake for about 10 to 12 minutes, rotating pans halfway through, or until edges and tops have just begun to turn light golden brown. The cookies will be a bit soft in the center. Place pans on racks to cool cookies completely. Store cookies at room temperature in airtight container for up to 5 days.

CHAPTER 5

Cakes & Cupcakes



CHAPTER 5

Cakes & Cupcakes

From small bite-sized cupcakes to a Flourless Chocolate Cake, classic Carrot Cake and special occasion cakes, this chapter has it all.

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Teeny Tiny Low FODMAP Coconut Cupcakes



20 minutes

15 minutes

32 mini cupcakes

1 cupcake

Sometimes goodness does come in small packages (says the just-shy-of-5'1"-baker). Like these Teeny Tiny Low FODMAP Coconut Cupcakes, which are just a couple of bites big. Portion control is very much part of the low FODMAP diet and these have that built in! They combine a light cake enhanced with unsweetened coconut and then the frosting is made with sweetened long shred coconut.

The frosting is a cooked, flour based frosting that we love. It is not too sweet.

Teeny Tiny Low FODMAP Coconut Cupcakes

INGREDIENTS

Cupcakes:

- 1½ cups (217 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- ½ teaspoon salt
- ¼ teaspoon baking soda
- ½ cup (1 stick; 113 g) unsalted butter, at room temperature, cut into small pieces
- 1 cup (198 g) sugar
- 2 teaspoons vanilla extract
- 2 large eggs, at room temperature
- ½ cup (120 g) lactose-free sour cream
- ⅓ cup (1 ounce; 30 g) unsweetened grated coconut (also called desiccated)

Frosting & Decoration:

- ¾ cup (180 ml) lactose-free whole milk
- 2 tablespoons plus 1 teaspoon low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- ¾ cup (1½ sticks; 170 g) unsalted butter, at room temperature, cut into small pieces
- ¾ cup (149 g) sugar
- ¾ teaspoon vanilla extract
- 1¾ cups (5 ounces/130 g) sweetened long shred coconut

Teeny Tiny Low FODMAP Coconut Cupcakes

PREPARATION

For the Cupcakes:

1. Position rack in middle of oven. Preheat oven to 350°F/180°C. Line 32 mini-cupcake wells with mini fluted paper liners; set aside.
2. Whisk together the flour, salt and baking soda together in a small bowl to aerate and combine; set aside.
3. Cream butter with electric mixer in a large mixing bowl on high speed, until creamy. Add the sugar and continue beating until smooth and creamy, about 3 minutes, scraping down bowl as needed. Beat in vanilla and egg until incorporated.
4. Add the flour mixture and the sour cream and beat on medium speed until a few floury streaks remain. Add $\frac{1}{3}$ cup coconut and beat until batter ingredients are combined.
5. Divide the batter in prepared cupcake tins and bake for about 12 to 17 minutes or until a toothpick inserted in the middle of a cupcake shows a few moist crumbs clinging. The cupcakes will dome, and will remain fairly pale. Cook cupcake tin on rack for 5 minutes, then remove cupcakes from pan and cool directly on rack until cooled.

Teeny Tiny Low FODMAP Coconut Cupcakes

PREPARATION CONTINUED

For the Frosting:

1. Whisk the milk and flour together in a small saucepan. Bring to a simmer over medium heat, whisking constantly. Once it simmers, continue whisking and cook for 1 to 2 minutes or until thickened, smooth and glossy. It should be thick enough for you to be able to see whisk marks. Remove from heat and set aside, whisking occasionally until cool.
2. Meanwhile, in a medium bowl with an electric mixer on medium-high speed, beat butter until creamy, about 2 minutes. Add sugar and beat on high speed until light and fluffy, scraping down the bowl as needed. Beat in vanilla, then add cooled, cooked flour mixture and beat until smooth.
3. Frosting is ready to use. If the frosting is not silky smooth, it is because it is too cool. Either keep beating or remove about ½ cup (120 ml), zap in microwave for 5 seconds to soften, then add it back to the main batch and beat vigorously. Repeat as needed. Don't be afraid to "work" this frosting. It can make the difference between the frosting being just okay and truly ultra silky.

For the Decoration:

1. Frost each mini cupcake with about 1 tablespoon of frosting and top with sweetened long-shred coconut. Mini cupcakes dry out very easily due, in part, to their diminutive size. These are best eaten the day they are made. They can be held for 24 hours at room temperature in a single layer in an airtight container. Do not refrigerate and definitely serve at room temperature.

If You Can Tolerate

Fructans: If you have passed the Fructan Wheat Challenge, you can use conventional all-purpose flour, using the weight as your guide.

Lactose: If you have passed the Lactose Challenge, feel free to use regular whole milk for the frosting.

Carrot Cake

**Prep Time:**

25 minutes

Baking Time:

35 minutes

Makes:One 9-inch (23 cm)
cake; 24 slices**Serving:**

1 slice

We couldn't have a baking book without a carrot cake! First of all, it is a classic that everybody loves. Second, it is easy to make and thirdly – CARROTS! Did you know that carrots have no detectable FODMAPs? That's right! And the frosting? Cream cheese – lactose-free, of course!

As you can see in the images, I offer you two different approaches to frosting the cake: either leave the sides bare, or, apply a thin veil of cream cheese frosting to them.

Carrot Cake

INGREDIENTS

Cake

- 2 cups (290 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 2 teaspoons baking powder; use gluten-free if following a gluten-free diet
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (240 ml) vegetable oil, such as canola or rice bran
- $\frac{3}{4}$ cup (149 g) sugar
- $\frac{1}{2}$ cup (107 g) firmly packed light brown sugar
- 4 large eggs, at room temperature
- 2 teaspoons cinnamon
- 1 teaspoon vanilla extract
- 1 pound (455 g) carrots, scrubbed, stem ends trimmed and discarded, finely grated
- $\frac{3}{4}$ cup (125 g) raisins
- $\frac{3}{4}$ cup (75 g) toasted walnut halves or whole pecans, chopped

Frosting

- One batch [Cream Cheese Frosting](#), ready to use

PREPARATION

For the Cake:

1. Position rack in middle of oven. Preheat the oven to 350°F/180°C. Coat two 9 x 2-inch (23 cm x 5 cm) round cake pans with nonstick spray, line bottoms with parchment rounds, then spray parchment.
2. Whisk the flour, baking powder, baking soda and salt together in a large mixing bowl to aerate and combine; set aside.

Carrot Cake

PREPARATION CONTINUED

3. Whisk together oil, sugar and brown sugar until well blended in a mixing bowl. Whisk in eggs one at a time until mixture is smooth and combined. Whisk in cinnamon and vanilla, then use a large, sturdy spatula to fold in the carrots, raisins and nuts.
4. Pour wet ingredients over dry and fold in until combined. Divide batter evenly in prepared pans and smooth batter with an offset spatula.
5. Bake for about 30 to 35 minutes or until a toothpick shows a few moist crumbs. Cool pans on racks for 10 minutes. Unmold, peel off parchment, and place directly on racks to cool completely. Layers are ready to fill and frost. Alternatively, place layers on cardboards and double wrap in plastic wrap; store at room temperature and assemble within 24 hours.

Apply the Frosting:

1. Decide which frosting application you are going to use, either naked on the sides, or a thin application of frosting to the sides. For either approach, place one cake round on serving platter. Spread frosting on top of this bottom cake layer, going all the way to the edges. Place second layer on top.
2. If you want to leave the cake sides bare (as seen below), apply the remaining frosting just to the top of the uppermost layer, leaving the sides naked and pristine.
3. If you want to schmear the sides with a thin veil of frosting (as seen above), simply do just that! I like to use a small straight icing spatula. Apply a thin layer to the sides and be a little more generous for the top.
4. The cake is done and needs no additional décor. If you want to replicate the images, simply by some slender fresh carrots with their tops attached and trim the carrots themselves and then press them into the frosting right before serving. Some extra cinnamon can be sprinkled on top to look like dirt, if you like.
5. The cake may be served immediately, or refrigerated for up to 2 days under a cake dome (so as to not disturb the frosting). Bring to room temperature before serving.

Carrot Cake

PREPARATION CONTINUED

Tips

I have a love/hate relationship with freshly squeezed lemon juice. Well, “hate” is too strong of a word but let’s just say it can be complicated. The fact is that nothing compares to the bright, clean flavor of freshly squeezed lemon juice, yet I do understand that it is common not to have fresh lemons around and/or they can be pricey. And when there is a recipe like this where the lemon juice amount is small, it is nice to have a convenience product to use.

There is one, and only one, lemon juice product that I recommend and that is the frozen Minute Made Premium 100% Pure Lemon Juice. It has an incomparably fresh lemon flavor with no preservatives or additives; no other bottled or commercially available lemon juice comes close. It is a recipe developer’s favorite and we think you will like it, too.



Buy a couple of bottles. Have one in the fridge and one in reserve in the freezer. Look for a black and yellow box in the freezer section near the concentrated juices. Inside is a 7.5 ounce/221.8 ml bright yellow squeeze bottle that is easy to find once stored in the refrigerator and easy to handle. You can easily squeeze out 1 teaspoon, if that is what you need. Once defrosted it lasts for 8 weeks (refrigerated) and there is even a little area on the bottle where you can write in the date when it was initially defrosted.

Red Velvet Layer Cake

**Prep Time:**

20 minutes

Baking Time:

45 minutes

Makes:One 8-inch (20 cm)
cake; 14 slices**Serving:**

1 slice

Many years ago it seemed as though the world (well, those in the U.S.) went red velvet crazy! Which is funny because Red Velvet Layer Cake is not new, but there has been a resurgence of interest and there is no signs of it lessening.

It is a cake made with a tiny bit of cocoa and a fair amount of red dye. In my opinion, calling it a chocolate cake is a bit of a misnomer. Many people like it with cream cheese frosting, in which case you can use that recipe found within the carrot cake recipe.

The actual traditional frosting is a flour and milk based [Cooked Vanilla Frosting](#), which I prefer and can be found in the Basics section. We use low FODMAP, gluten-free flour and lactose-free milk, of course.

Red Velvet Layer Cake

INGREDIENTS

Cake

- 1 cup (240 ml) whole lactose-free milk, at room temperature
- 1 tablespoon plus 1 teaspoon apple cider or distilled white vinegar
- 2 cups (290 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 1 tablespoon natural cocoa
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup (1 stick; 115 g) unsalted butter, at room temperature, cut into pieces
- 1½ cups (297 g) sugar
- 1 teaspoon vanilla extract
- 2 tablespoons red liquid food coloring
- 2 large eggs, at room temperature

Frosting

- One batch [Cooked Vanilla Frosting](#)

Red Velvet Layer Cake

PREPARATION

For the Cake:

1. Position rack in center of oven. Preheat oven to 350°F/180°C. Coat the insides of two 8-inch by 2-inch (20 cm x 5 cm) round cake pans with nonstick spray, line bottoms with parchment rounds, then spray parchment.
2. Combine milk and vinegar and let sit for at least 5 minutes to thicken.
3. Meanwhile, whisk together flour, cocoa, baking soda and salt in a medium bowl to combine and aerate; set aside.
4. In a large bowl with an electric mixer on medium-high speed, beat butter until creamy, about 2 minutes. Add the sugar gradually and beat until very light and fluffy, about 3 minutes, scraping down the bowl once or twice. Beat in vanilla and red food coloring.
5. Beat in the eggs one at a time, scraping down after each addition, allowing each egg to be absorbed before continuing. Add the flour mixture in four additions, alternately with the soured, thickened milk. Begin and end with the flour mixture and beat briefly until smooth. Divide batter evenly in pans.
6. Bake for about 30 to 35 minutes or until a toothpick shows a few moist crumbs clinging. The cake will have begun to come away from the sides of the pan. Cool pans on racks for 5 minutes. Unmold, peel off parchment, and place directly on racks to cool completely. Layers are ready to fill and frost. Alternatively, place layers on cardboard rounds and double wrap in plastic wrap; store at room temperature if assembling within 24 hours.

For the Assembly:

1. Fill and frost the cake layers with prepared Cooked Vanilla Frosting and decorate as desired. This frosting is stiff enough to pipe, even though I chose to just use an icing spatula to make swirls in the image. Cake may be served immediately or stored at room temperature for up to 3 days in a covered container.

Flourless Chocolate Cake

**Prep Time:**

15 minutes

Baking Time:

30 minutes

Makes:One 9-inch (23 cm)
flourless chocolate
cake; 14 slices**Serving:**

1 slice

Over the 30 years that I have been making desserts for restaurants and bakeries, a flourless chocolate cake has always been on the menu. This version is very similar to ones I have made over the decades and I never get tired of it. The key is using really good chocolate. Do not skimp and please use the chocolates that are listed for best texture and flavor. Serve plain, with a few berries or even a dollop of whipped cream. This is a fabulous Passover dessert.

Flourless Chocolate Cake

INGREDIENTS

- 2 tablespoons sifted Dutch-processed cocoa, divided
- 9 ounces (255 g) 60% dark chocolate, finely chopped
- ½ cup (113 g) unsalted butter, at room temperature, cut into pieces
- ½ cup (99 g) plus 2 tablespoons sugar, separated
- 1 teaspoon vanilla extract
- ½ teaspoon instant espresso powder
- Pinch of salt
- 5 large eggs, at room temperature, separated
- ¼ teaspoon cream of tartar

Flourless Chocolate Cake

PREPARATION

1. Position rack in middle of oven. Preheat oven to 350°F/180°C. Coat the inside of a 9-inch (23 cm) springform pan with nonstick spray and dust with 1 tablespoon of the cocoa. Tap out any excess cocoa and set prepared pan aside.
2. Melt the chocolate and butter together in the top of a double boiler or microwave, with gentle heat, until about three-quarters of the way melted. Remove from heat and gently stir until completely melted and combined and smooth. Whisk in ½ cup (99 g) sugar, vanilla, espresso powder and pinch of salt. Set aside until just warm to the touch in a large bowl (if it isn't already).
3. Whisk egg yolks into butter/chocolate mixture until combined. Beat egg whites with an electric mixer on high speed in a clean, grease-free bowl until frothy. Add cream of tartar and continue beating until soft peaks form; gradually add 2 tablespoons of sugar and keep beating until stiff, but not dry, peaks form. Fold about one-quarter of the egg whites into the butter/chocolate mixture to begin to lighten it, then fold in remaining whites until batter is a uniform chocolaty color. Scrape batter into prepared pan.
4. Bake for about 20 to 30 minutes or until a toothpick shows many moist crumbs (more than you would usually see with a layer cake). The top of the cake will swell and most likely sport a crackly top crust, which is expected. Place on rack to cool for 10 minutes. Run a thin icing spatula around the outer edge of the cake, then release springform ring and remove. Cool cake completely. Serve in small slices, with a small dollop of unsweetened whipped cream or a few raspberries, if you like. Cake can be stored at room temperature overnight. You can refrigerate the cake for a couple of days and bring to room temperature before serving, but the texture will not be as delicate.

Tips

When I begin to fold the meringue (whipped whites) into the batter I like to use a folding action, but use a whisk to perform the action. This preserves the air in the whites and the lightness of the batter. Then, I finish folding them in with a large, broad silicone spatula.

Pumpkin Cheesecake in a Gingersnap Crust

**Prep Time:**

20 minutes +
overnight chilling
after baking

Baking Time:

1 hour and 30
minutes

Makes:

One 9-inch (23 cm)
cheesecake;
18 slices

Serving:

1 slice

Baking with lactose-free cream cheese has a learning curve – but I have done all the experimentation for you! You do need to use Green Valley Organics Lactose-Free Cream Cheese for this Pumpkin Cheesecake recipe for the ratios to work. You will be rewarded with a silky smooth, pumpkin colored and flavored cheesecake, gently spiced on top of a gingersnap crust. Perfect for a holiday crowd.

Pumpkin Cheesecake in a Gingersnap Crust

INGREDIENTS

Crust:

- One 7-ounce package Tate's Bake Shop Gluten-Free Ginger Zinger Cookies or enough low-FODMAP cookie crumbs of choice to measure 1 $\frac{1}{3}$ to 1 $\frac{1}{2}$ cups (315 ml to 360 ml)
- 2 tablespoons unsalted butter, melted

Cheesecake:

- Four 8-ounce (227 g) containers Green Valley Creamery Lactose Free Cream Cheese, at room temperature
- $\frac{3}{4}$ cup (149 g) sugar
- 1 cup (269 g) canned [pumpkin purée](#)
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground cloves
- $\frac{1}{4}$ teaspoon freshly grated nutmeg
- $\frac{1}{2}$ teaspoon vanilla extract
- 5 large eggs, at room temperature, whisked very well in a bowl
- 1 cup (227 g) Green Valley Creamery Lactose Free Sour Cream, at room temperature

Pumpkin Cheesecake in a Gingersnap Crust

PREPARATION

For the Crust:

1. Position rack in center of oven. Preheat oven to 375°F/190°C. Coat the inside of a 9-inch (23 cm) springform pan with nonstick spray. Double wrap the outside of the pan with extra-wide aluminum foil, bringing the foil all the way up and around the sides of the pan to the top edge; set aside.
2. Grind the cookies to a fine crumb in a food processor fitted with a metal blade. Alternatively, place in heavy zip top bag and crush well with a rolling pin. Use a rolling and a smashing action to get the job done. Stir in melted butter to evenly moisten crumbs. Press crust mixture firmly into an even layer covering the bottom of the prepared pan.
3. Bake for about 10 to 12 minutes or until light golden brown. You want the cookies to dry out a bit. Remove crust from oven and set aside on rack. Turn oven down 325°F/165°F.

For the Cheesecake:

1. Meanwhile, prepare the cheesecake batter. Lactose-free cream cheese acts differently from regular cream cheese so please follow our technique: place one container of cream cheese in a mixing bowl and blend on low speed with an electric mixer until creamy and smooth. Add sugar, pumpkin purée, spices and vanilla and blend very briefly on low speed. Pour in eggs a little bit at a time, mixing just enough to incorporate and no more. Mixture might be very liquid at this point; that's okay. Add remaining cream cheese and beat just until combined, about 30 seconds to 1 minute. If the cream cheese is resisting being combined with the initial mixture, use a large balloon whisk and combine by hand using a folding action. Make sure mixture is well combined but do not overmix. Gently whisk in sour cream by hand. Scrape cheesecake batter over crust.

Pumpkin Cheesecake in a Gingersnap Crust

PREPARATION CONTINUED

2. Place aluminum foil wrapped pan in a large roasting pan. Add very hot tap water to roasting pan to come up sides of springform pan about 1-inch (2.5 cm). Bake for 1 hour to 1 hour and 5 minutes. Cake should be set along the edges and slightly jiggle in the center. Turn oven off, leaving cake in oven for 15 minutes more. Remove from oven. Dip the tip of a small paring knife in warm water and use it to run around the top edge of the cake (going down about ½ inch/12 mm) to loosen it from the pan; this will prevent the sides from pulling away from the pan, which can create cracks. Remove cake pan and remove foil. Refrigerate overnight or up to 48 hours. Dip a small icing spatula in warm water, shake dry, and run all the way around the outer edge of the cake going all the way down to the bottom to loosen cake from pan. Release springform, remove and place cake on a display plate.
3. Cake is ready to serve or may be refrigerated until serving time, preferably within the day. Cheesecake is best served cold. Use a long, thin bladed knife dipped in hot water to make cuts and wipe clean between cuts. The cake can be refrigerated for up to 3 days, although the crust will lose its crispness.

Rustic Rhubarb Cake

**Prep Time:**

10 minutes

Baking Time:

50 minutes

Makes:One 9-inch (23 cm)
cake; 12 slices**Serving:**

1 slice

This Rustic Rhubarb Cake is the sleeper of the book. Not that much to look at, and yet...and yet...I have had lucky recipients tell me that it is one of the best things they have ever tasted. Yes, you read that right. It is a little crunchy on the outside and almost custardy – moist on the inside. Tender, buttery cake accented with tart and juicy rhubarb – perfect alongside a hot cup of tea or coffee. If you like rhubarb you have to make this cake. You. Have. To. Trust. Me.

Some rhubarb is red, some is pink and some has a lot of green to it. The redder varieties make a prettier cake, I think. Trim away any leaves or tough ends. The stalks can vary in width tremendously. They cook most evenly in this recipe when they are about 1-inch (2.5 cm) or less in diameter. If they are thicker, simply cut them lengthwise to size. You will be cutting the lengths as you fit them into the pan, which will become clearer when you reach that step in the recipe.

Rustic Rhubarb Cake

INGREDIENTS

- $\frac{3}{4}$ cup (109 g) plus 2 tablespoons low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour plus extra
- $\frac{3}{4}$ teaspoon baking powder; use gluten-free if following a gluten-free diet
- $\frac{1}{4}$ teaspoon salt
- $1\frac{1}{4}$ cups (248 g) sugar plus 1 tablespoon, divided
- 2 large eggs, at room temperature
- 1 large egg yolk, at room temperature
- $\frac{1}{4}$ cup (57 g) unsalted butter, melted
- $\frac{1}{4}$ cup (61 g) lactose-free sour cream or full fat yogurt
- 1 tablespoon vanilla extract
- 1 teaspoon lemon zest
- 12 ounces (340 g) rhubarb

Rustic Rhubarb Cake

PREPARATION

1. Position rack in center of oven. Preheat oven to 350°F/180°C. Coat the inside of a 9-inch (23 cm) round springform pan with nonstick spray and dust with the extra flour, tapping out any excess. Set aside.
2. Whisk the $\frac{3}{4}$ cup (109 g) plus 2 tablespoons of the flour together with the baking powder and salt in a small bowl to aerate and combine; set aside.
3. Beat the $1\frac{1}{4}$ cups (248 g) of sugar, eggs and egg yolk with an electric mixer in a large bowl for a few minutes or until very thick and fluffy and pale yellow. Beat in vanilla and lemon zest, then beat in the melted butter and sour cream very gently.
4. Fold the dry mixture into the batter and scrape into prepared pan, spreading it so that it is even and level. Lay the raw rhubarb, side by side, across the top of the batter, trimming to fit the pan as you go. Each piece of rhubarb should reach from one edge to the other and you can use a couple of pieces to assemble each "stripe" of rhubarb. Sprinkle top with remaining 1 tablespoon of sugar.
5. Bake for about 40 to 50 minutes or until cake is golden brown and a toothpick inserted in the center tests clean. Cool on rack for 10 minutes, then run a small icing spatula between the cake and the pan (pressing out towards the pan) to loosen the cake. Remove the sides of the springform pan and cool cake a bit more. This cake is best barely warm or at room temperature. We like to serve this cake the day it is made. It can be stored overnight at room temperature loosely covered with foil.

Pineapple Upside Down Cake



Prep Time:
15 minutes

Baking Time:
40 minutes

Makes:
One 9-inch cake
(23 cm); 8 slices

Serving:
1 slice

Here we have taken a classic and given it a low FODMAP makeover. Our Pineapple Upside Down Cake is gluten-free and just as delectable as the traditional – butter and brown sugar, mingling with juicy pineapple, what's not to love? And don't be afraid of the unmolding process. If some of the fruit or topping stick to the pan, you can just scrape them off carefully and put them into place. No one will know.

Pineapple Upside Down Cake

INGREDIENTS

- 5 tablespoons (71 g) unsalted butter, cut into pieces
- $\frac{3}{4}$ cup (160 g) firmly packed light brown sugar
- 7 slices (245 g total) canned pineapple from a 20-ounce/567 g can (in juice, not sugar syrup) drained on paper towels
- 7 dried cranberries or fresh raspberries, optional
- 2 large eggs, separated
- $\frac{3}{4}$ cup (149 g) sugar
- $\frac{1}{4}$ cup (60 ml) lactose-free milk, whole or 2%
- $\frac{3}{4}$ cup (109 g) low FODMAP, gluten-free all-purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- $\frac{1}{2}$ teaspoon baking powder; use gluten-free if following a gluten-free diet
- $\frac{1}{8}$ teaspoon salt

Pineapple Upside Down Cake

PREPARATION

1. Position rack in center of oven. Preheat oven to 350°F/180°C.
2. Melt the butter in a 9-inch (23 cm) nonstick skillet over medium heat, then add the brown sugar, stirring to combine. Simmer for about 1 minute. Remove from heat and make sure mixture is spread evenly over the bottom of the pan. Arrange 6 pineapple slices around the edges and one in the middle (see image). Place one dried cranberry or fresh raspberry inside each pineapple ring, if using.
3. Vigorously whisk egg yolks and sugar together until combined, thickened and creamy. Whisk in the milk, then the flour, baking powder and salt until well combined.
4. Beat the egg whites in a clean, grease-free bowl with an electric mixer on high speed until stiff but not dry. Fold one-quarter of the whites (you can do this by eye) into the batter to lighten it, then fold in the rest. Pour batter over pineapple and spread evenly over fruit in pan.
5. Bake for about 35 to 40 minutes or just until a toothpick tests clean. Loosen the edges of the cake from the pan and invert onto a large, flat serving plate. If any pineapple, cranberries or raspberries stick to the pan, simply pry them loose and put them into place. Serve as soon as possible. Cake is best served the same day and may be served warm or at room temperature.

Easy Streusel Coffeecake

**Prep Time:**

10 minutes

Baking Time:

35 minutes

Makes:One 8-inch cake
(20 cm); 25 squares**Serving:**

1 square

I like coffeecake. I mean, I really like coffeecake. **So much so that I developed an entire video course on them called [Coffee Shop Cakes through Craftsy](#), an online video platform.** In the course I show you how to make all kinds of cakes from classic pound cakes to blueberry Bundts, lemon cakes, marble cakes and of course a few streusel coffeecakes. None of those are specifically low FODMAP, but this Easy Streusel Coffeecake is.

Made with real butter and sugar, but using lactose-free milk and a low FODMAP flour blend, this Easy Streusel Coffeecake is redolent with cinnamon and vanilla, has a tender cake crumb and a crunchy streusel topping. This is easy enough to make in the morning and then serve ultra-fresh for brunch.

For a grander, ring-shaped coffee cake, check out our [Cinnamon Streusel Coffee Cake](#) at FODMAP Everyday®.

Easy Streusel Coffeecake

INGREDIENTS

Streusel:

- 4 tablespoons (½ stick; 57 g) unsalted butter, cut into pieces
- ⅓ cup (65 g) sugar
- 2 teaspoons cinnamon
- ¼ teaspoon salt
- ¾ cup (109 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill 1 to 1 Gluten-Free Baking Flour

Cake:

- 1¾ cups (254 g) low FODMAP gluten-free all-purpose flour, such as Bob's Red Mill 1 to 1 Gluten-Free Baking Flour
- 2 teaspoons baking powder; use gluten-free if following a gluten-free diet
- ½ teaspoon salt
- ½ cup (1 stick; 113 g) unsalted butter, at room temperature, cut into pieces
- ⅔ cup (131 g) sugar
- 2 teaspoons vanilla extract
- 2 large eggs, at room temperature
- 1 cup (240 ml) lactose-free whole milk, at room temperature

Easy Streusel Coffeecake

PREPARATION

1. Position rack in center of oven. Preheat oven to 350°F/180°C. Coat the insides of an 8-inch (20 cm) square cake pan with nonstick spray; set aside.

For the Streusel:

1. Melt the butter in a medium microwave safe bowl. Whisk in the sugar, cinnamon and salt then stir in the flour until clumps form; set aside.

For the Cake:

1. Whisk together flour, baking powder and salt in a medium bowl to combine and aerate; set aside.
2. In a large bowl with an electric mixer on medium-high speed, beat butter until creamy, about 2 minutes. Add the sugar gradually and beat until very lightened, scraping down the bowl once or twice. Beat in vanilla. Beat in the eggs one at a time, scraping down after each addition, allowing each egg to be absorbed before continuing. Add the flour mixture in two additions, alternately with the milk. Begin and end with the flour mixture and beat briefly until smooth. Scrape about half of the batter into the prepared pan and spread into an even layer. Scatter about ½ cup of the streusel evenly over the batter (this is about a handful; calculate by eye). Top with remaining batter, gently spreading into an even layer. Top evenly with remaining streusel.
3. Bake for about 30 to 35 minutes or until a toothpick shows a few moist crumbs clinging. The cake will have begun to come away from the sides of the pan and the streusel will be golden. Cool on rack for at least 10 minutes. Cut into a 5 by 5 grid to make 25 servings and serve warm, or cool to room temperature and serve. Cake may be stored at room temperature overnight, well wrapped with plastic wrap.

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CHAPTER 6

Pies, Tarts, Crisps & Cobblers



CHAPTER 6

Pies, Tarts, Crisps & Cobblers

This chapter is built around our basic [All-Butter Pie Crust](#) and [Crostata & Tart Crust](#) and offers everyday pies, holiday and seasonal pies and tarts as well as a crisp and a cobbler.

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Dédé's Tips:

PIE CRUST 101 FOR THE PERFECT PIE

I learned to make pies at the knee of my maternal Nana. Not everyone had that advantage, so we created Pie Crust 101. My Nana Dora didn't measure. Her piecrusts always came out perfectly. I'm talking serious Norman Rockwell territory. Flaky crusts, delicious flavor, oozing pie fillings, steam emitting from the vents as the pies emerged from the oven. I don't remember whether she cooled them on a windowsill, but let's just imagine that she did.

Easy As Pie? It Can Be!

The truth of the matter is that making rolled piecrusts scares people. Which is funny, since there is a saying, "Easy as pie!" Many would argue that point. But maybe that's because they never had a pie master to learn from. Our FODMAP Everyday® Pie Crust 101 to the rescue!

I have made thousands of pies in my day and have learned a thing or two. I am here for you to have pie success! Let me be your pie muse...




Top 10 Pie Making Tips

1. **Read the Recipe:** Sometimes fillings need to chill. Sometimes oven temperatures start high and get turned down at some point. Know what you are getting into.
2. **Choosing Gluten-Free Flour:** The majority of our pies will be gluten-free and the choice of flour makes a huge difference in your piecrust. We use Bob's Red Mill Gluten Free 1 to 1 Baking Flour, which contains xanthan gum. We also have some additional xanthan added to our [All-Butter Pie Crust](#) recipe. All of these facts make a difference in how easy your crust will be to roll out – and how flaky it will be in the end!

Dédé's Tips:

PIE CRUST 101 FOR THE PERFECT PIE CONTINUED

- 3. Choose Your Pie Plate Material:** We use ovenproof glass, such as Pyrex, in the Test Kitchen. I find that they conduct heat very well, I can see the browning of the crust and they provide very reliable results. As an alternative, I will occasionally use a heavy ceramic, such as the Emile Henry, but they are pricey. The Pyrex, or equivalent, are inexpensive and easy to find. I am not partial to metal pie plates and I never use disposable foil. Your choice of material will affect how heat is conducted and how well your crust bakes – and a well-baked crust is a huge part of pie enjoyment.
- 4. Size Counts:** Use the proper size pie plate as suggested in each recipe. A 9-inch (23 cm) pie plate is not the same as a deep-dish pie plate, which is typically 9 ½ (24 cm) inches wide and also deeper; they are not interchangeable. Pie recipes are developed specifically and the filling of one might overfill or under-fill the wrong pie plate. This not only throws off visuals and baking time but also ultimately the texture and quality of the final product as well. You can see in the images below how there truly is a difference.
- 5. Prep Your Plate:** We always coat our pie plates with nonstick spray for an easier time upon cutting and serving.
- 6. Know Your Dough:** Our All Butter Pie Crust does not need to be chilled before it is rolled out and in fact, will be much more difficult to work with if you do chill it. Again, follow directions.

Dédé's Tips:

PIE CRUST 101 FOR THE PERFECT PIE CONTINUED

7. **Easy Rolling:** Roll out on lightly floured parchment paper. This reduces sticking and also allows you to pick up the crust and easily transfer it to your pie plate. This hand roller, seen below, is one of our favorite tools. After you have rolled out your crust with your standard



size rolling pin, it sometimes needs a little finessing. This hand-held device makes quick work of evening out the dough, helping create a nice round shape and generally is just a huge help. Trust me.

8. **Hot, Hot Hot:** Make sure the oven is preheated properly. Many pies need a very hot oven in order to set the crust quickly.
9. **Raw, Par-Baked, Fully Baked:** Individual recipes will tell you about how to proceed. Many fruit pie recipes such as our Low FODMAP Blueberry Pie, call for raw dough. Other recipes such as our Maple Pumpkin Pie call for a partially baked crust – before the filling is added – to ensure a crisp bottom. This is called par-baking, pre-baking or blind baking. Full instructions are given in our article, Blind Baking Pie Crusts.
10. **Make, Bake and Eat:** Take advantage of do-ahead steps as many pies are best served as close to baking time as possible.

Now go into the kitchen and master that piecrust!

We wish you flaky success and are here for you with any questions.

Blueberry Pie

**Prep Time:**

20 minutes

Baking Time:

1 hour

Makes:One 9-inch (23 cm)
pie; 20 slices**Serving:**

1 slice

You can have Blueberry Pie on the low FODMAP diet, in small portions. And homemade is always best! Ours uses our All-Butter Pie Crust, which happens to be gluten-free and low FODMAP. My approach makes a juicy pie, as the thickeners are just enough to hold the fruit barely together.

Always use the correct size pie plate called for – in this case one that measures 9 inch (23 cm) in diameter by 1 ¼ inches (3.2 cm) deep.

Blueberry Pie

INGREDIENTS

Crust:

- One batch [All-Butter Pie Crust](#), ready to roll

Blueberry Filling and Crust Topping:

- 3 dry pints (1653 ml) fresh blueberries, washed, picked over and patted dry
- ¼ cup (28 g) cornstarch
- 1 cup (198 g) sugar, plus extra
- 1 teaspoon fresh squeezed lemon juice
- 1 tablespoon unsalted butter, cut into large pieces
- 1 tablespoon lactose free whole milk, 2%, 1% or fat free, optional

PREPARATION

1. Position one oven rack at highest position or wherever your oven is hottest and another rack lower down. Preheat oven to 400°F/200°C. Line the bottom of your oven with a sheet of aluminum foil to catch drips. Coat a 9-inch (23 cm) pie plate with nonstick spray; set aside.

Roll The Crust:

1. Place pie crust onto work surface and use hands to bring together gently. Divide in half, form each portion into a ball and flatten. This dough may be rolled out right away either on a lightly floured surface or between two pieces of parchment paper.
2. Roll out bottom crust to a 13-inch (33 cm) diameter circle and about ⅛ inch (3 mm) thick; gently fit into pie plate.



Blueberry Pie

PREPARATION CONTINUED

For the Filling & Crust Topping:

1. Place about one-quarter of the blueberries (just eyeball it) in a mixing bowl with cornstarch. Use a potato masher to mash the berries to encourage some moisture to combine with the cornstarch. Add remaining berries, 1 cup (198 g) of sugar and the lemon juice. Fold together very well to mix. Allow to sit for 15 minutes, folding well once or twice.
2. Pile fruit mixture into piecrust. Dot with butter. Refrigerate while rolling out top crust.
3. Roll out top crust on lightly flour dusted surface to about a 12-inch (30.5 cm) diameter and $\frac{1}{8}$ inch (3 mm) thick and place on top of berries. Seal edges of both crusts together and trim away any excess, leaving about a 1-inch (2.5 cm) overhang. Fold both edges under and crimp. Use a sharp paring knife to make steam vents and a center hole in the top crust. Brush top of pie with milk and sprinkle with extra sugar if you like.
4. Place pie in oven on hottest rack and bake for 30 minutes. Check to see how pie is browning, rotating pie from front to back for even baking. Cover loosely with aluminum foil at any point to prevent over-browning. Continue to bake for approximately 20 to 30 minutes more or until crust is golden brown and filling is bubbling. Cool pie on wire rack for at least 30 minutes before serving to allow juices to thicken.
5. Serve warm or at room temperature, with or without lactose-free vanilla ice cream or a dollop of lactose-free yogurt (for breakfast!). Pie may be stored at room temperature overnight lightly covered with foil.

Fresh Strawberry Tart

**Prep Time:**

25 minutes

Baking Time:

25 minutes

Makes:One, 10-inch (25 cm)
tart; 16 slices**Serving:**

1 slice

A simple and visually stunning tart that truly highlights FODMAP free strawberries. Our Basic Crostata & Tart Crust, crisp and buttery, is filled with fresh strawberries and a glaze made from crushed fresh strawberries – that's it! Make when strawberries are at their utmost best.

We garnished ours with edible flowers, which have not been tested for FODMAPs. You can leave them out of the equation, of course, or present as we did and remove flowers as you serve.

Fresh Strawberry Tart

INGREDIENTS

Crust:

- 1 batch [Crostata & Tart Crust](#), ready to roll

Filling:

- 2 quarts (1.4 kg) small to medium sized strawberries, washed, dried and hulled, and divided
- 1 cup (198 g) sugar
- 3 tablespoons cornstarch
- ½ cup (120 ml) water
- ½ teaspoon lemon juice

PREPARATION

1. Position rack in hottest area of oven. Preheat oven to 375°F/190°C. Coat the inside of a 10-inch (25 cm) loose bottom tart pan with nonstick spray.

For the Crust:

1. Roll the Crostata & Tart Crust out on a lightly floured surface or between two pieces of parchment paper to about ⅛ to ¼-inch in thickness (3mm to 6 mm). Transfer to prepared pan and press all along the bottom and sides. Trim flush with top edge. Freeze for 15 minutes while oven preheats. Line tart with foil and pie weights and bake for 15 minutes or until pastry is set and beginning to color, then remove foil and weights and bake for about 10 minutes for or until it is an even light golden brown all over. Cool completely on rack.

Fresh Strawberry Tart

PREPARATION CONTINUED

For the Filling:

1. Separate out 8-ounces (225 g) of the berries, roughly chop them and set aside. Whisk the sugar and cornstarch in a medium sized saucepan, then whisk in water and lemon juice until combined. Scrape in all of the chopped berries and any juice. Bring to a boil over medium heat, mashing with a potato masher occasionally, then adjust heat and simmer vigorously for a minute or two until thick and glossy, whisking as needed. Press through a wire meshed strainer, pressing solids with a silicone spatula to extract as much fluid glaze as possible. Discard any solids and cool glaze until barely warm.
2. Meanwhile, leave the smaller berries whole and halve any very large ones. Place these berries in a large mixing bowl, then scrape glaze over and use a large silicone spatula to fold together well, making sure that all the berries get a nice glossy coating of glaze.
3. Scrape berries out into cooled tart shell and spread evenly, gently mounding in center. Refrigerate until set, about 1 hour. Tart is best eaten the day it is made. Serve slightly chilled or at room temperature. We garnished with edible flowers; you can also offer the optional lightly sweetened whipped cream, if desired heeding a maximum of ½ cup (125 ml) whipped cream per serving.

Lemon Tart in a Shortbread Crust

**Prep Time:**

10 minutes +
2 hours chilling

Baking Time:

17 minutes

Makes:

One tart;
14 slices

Serving:

1 slice

This tart is a study in simplicity. A crisp, not-too-sweet crumbly crust with a silken, tart lemon curd filling. The filling is from our Basic section. For the crust you have two choices. You can follow the instructions below using purchased gluten-free shortbread cookies ground up to make a pat-in crust or, you could dive back into the Basics section and make the Crostata & Tart Crust and blind bake it. Simply pour the Lemon Curd into the blind baked crust as directed in the last step.

Lemon Tart in a Shortbread Crust

INGREDIENTS

Crust:

- Two 4.9 ounce (140 g) boxes of Walkers Gluten-Free Shortbread
- 2 tablespoons unsalted butter, melted

Filling:

- 2 ½ cups (600 ml) Lemon Curd, freshly made and not refrigerated

PREPARATION

For the Crust:

1. Position rack in upper third of oven. Preheat oven to 350°F/180°C. Line a rimmed baking sheet pan with parchment paper and coat with nonstick spray. Place a 9 to 10 inch (23 cm to 25 cm) tart ring on parchment and coat inside of ring with nonstick spray, too. Alternatively, you can use a 9 to 10 inch (23 to 25 cm) loose-bottom tart pan. Coat inside of pan with nonstick spray and place pan on a parchment lined rimmed baking sheet pan.
2. Grind the shortbread cookies to a very fine texture in a food processor fitted with a metal blade. Add the melted butter and process until combined.



Lemon Tart in a Shortbread Crust

PREPARATION CONTINUED

3. Dump cookie crumbs in center of tart ring or into the tart pan and pat into an even layer along the bottom and sides. Use a straight-sided measuring cup or glass to facilitate creating an even layer (see image above).

Finish the Crust & for the Filling:

1. Bake for about 8 to 12 minutes or until crust is light golden brown. Remove pan from oven and pour Lemon Curd into crust and return to oven for 5 minutes.
2. Place pan on rack until completely cooled. If you used a tart pan you can transfer the tart pan to the refrigerator for the filling to set up until firm, at least 2 hours. If you used a tart ring on a pan, refrigerate the whole pan before removing ring and trying to transfer tart to a flat display platter, also at least 2 hours. When ready to serve, unmold tart and serve in small slices.

Fourth of July Slab Pie



Prep Time:
20 minutes

Baking Time:
40 minutes

Makes:
1 big slab pie;
14 pieces

Serving:
1 piece

This Fourth of July Slab Pie feeds a crowd and can function as your buffet centerpiece as well! It is comprised of two different cooked fruit fillings – blueberry and strawberry – and the pastry is good old-fashioned flaky, buttery piecrust. It is easy to make if you take your time with each step.

You do need a 13 by 9 inch (33 cm x 23 cm) pan for this so plan ahead and while you could make it in a brownie type pan of that size, I prefer to use the 1-inch (2.5 cm) high quarter-sheet pans. These make the pie easier to serve. Don't think you will be buying one just for this slab pie recipe as it is a great size for slab pies of all sorts. You also need a small star cookie cutter. Mine is about 1 ¼ inches (3 cm) across.

Fourth of July Slab Pie

INGREDIENTS

Crust:

- 1 batch [All-Butter Pie Crust](#), ready to roll
- Coarse sparkling sugar

Blueberry Filling:

- 1 pint (480 ml) blueberries
- 2 tablespoons sugar
- 1 tablespoon cornstarch
- 1 teaspoon water
- 1 teaspoon lemon juice

Strawberry Filling:

- 2 quarts (2 L) fresh strawberries, hulled and chopped
- ½ cup (99 g) sugar
- 2 tablespoons cornstarch
- 2 tablespoons water
- 1 tablespoon lemon juice

Fourth of July Slab Pie

PREPARATION

For the Crust:

1. Coat the inside of a quarter sheet pan measuring 13-inches by 9-inches by 1-inch (33 cm x 23 cm x 2.5 cm) pan with nonstick spray; set aside. Line another half-sheet baking pan with parchment paper; set aside.
2. Have the pie dough ready to roll out. Divide the dough in half. Use one half to press into the prepared rectangular pan as thinly and evenly as possible including the sides. Chill while you roll out the stars and stripes.
3. Roll out the other half of the dough between two lightly floured pieces of parchment paper (using low FODMAP flour, of course) to $\frac{1}{4}$ -inch (6 mm) thick. Cut out 3 strips measuring about 1 inch (2.5 cm) across and 14 inches (35.5 cm) long. Then cut 3 strips that are about 1 inch (2.5 cm) across and 8 inches (20 cm) long and then cut out a few stars with a star shaped cookie utter that is about $1\frac{1}{4}$ -inches across (3 cm). Sprinkle coarse sugar on the “stars and stripes” and gently press into the dough. Chill these as well while oven preheats.
4. Position racks in upper and lower third of oven. Preheat oven to 425°F/220°C.
5. Prick the bottom of the patted in crust. Bake the crust and the “stars and stripes” until golden brown. The bottom crust itself will take about 20 minutes; the stars and stripes will bake more quickly, about 10 to 15 minutes. You might have to remove the stars sooner than the stripes, in which case just transfer them to a cooling rack. Cool all of the stars and stripes and the bottom crust on a rack(s) until needed.

Fourth of July Slab Pie

PREPARATION CONTINUED

For the Blueberry Filling:

1. Place half of the blueberries in a saucepan (you can do this by eye) and crush them lightly with a potato masher or a sturdy fork. Stir in the sugar. In a small bowl stir together the cornstarch, lemon juice and water to make a fluid slurry, then stir into the crushed blueberries. Cook over medium heat until the mixture starts to thicken, about 5 minutes, stirring frequently. Remove from the heat, and stir in the remaining blueberries. Allow to cool slightly. When thick (it should hold its shape), and barely flowable, spoon the blueberries into the upper left hand corner of the pie crust, using your eye to determine a good size area to cover. Mine ended up being about a scant quarter of the pan. Use the image to guide you in creating this rectangular shape.

For the Strawberry Filling:

1. Place half of the strawberries in a saucepan (you can do this by eye) and crush them lightly with a potato masher or a sturdy fork. Stir in the sugar. In a small bowl stir together the cornstarch, lemon juice and water to make a fluid slurry, then stir into the crushed strawberries. Cook over medium heat until the mixture starts to thicken, about 5 minutes, stirring frequently. Remove from the heat, and stir in the remaining strawberries. Allow to cool slightly; it should still be a tad fluid. Spoon the strawberry filling onto the remaining area of the Flag Slab Pie.

For Assembly:

1. Lay the stripes atop the strawberries, using the image to guide you, trimming to fit as needed. Arrange the sparkly stars over the blueberries. Flag slab pie is ready to serve and is best served the day you assemble it.

Maple Pumpkin Pie with Lemon & Ginger

**Prep Time:**

10 minutes

Baking Time:

45 minutes

Makes:One 9-inch (23 cm)
pie; 10 slices**Serving:**

1 slice

Everyone needs a Pumpkin Pie recipe – even us FODMAPers! This version has a creamy filling, using canned pumpkin (not canned pumpkin pie filling, which is pre-sweetened and spiced), maple syrup and the addition of fresh lemon and ginger. It is a little different from the expected, but still close enough to become your new go-to pumpkin pie. The ginger adds zing and the lemon adds a zesty, citrusy flavor that harmonizes with the pumpkin.

You will need to make our gluten-free [All-Butter Pie Crust](#) first and partially bake the crust, which will ensure a crispy bottom. Banish soggy bottom piecrusts forever! Note that you need a 9 ½-inch (24 cm) deep-dish pie plate to hold all the yummy filling. The filling will overflow a regular 9-inch (23 cm) plate.

Maple Pumpkin Pie with Lemon & Ginger

INGREDIENTS

Crust:

- One partially baked deep-dish 9 ½-inch (24 cm) [All-Butter Pie Crust](#)

Filling:

- One 15 ounce (425 g) can [pumpkin purée](#) (see Tips)
- ½ cup (120 ml) pure maple syrup
- 2 large eggs, at room temperature
- ½ cup (120 ml) heavy cream, at room temperature
- ¼ cup (60 ml) lactose-free whole milk, at room temperature
- 1 teaspoon cinnamon
- 1 teaspoon lemon zest
- ½ teaspoon finely grated fresh ginger
- ¼ teaspoon salt

PREPARATION

For the Crust:

1. Have the partially baked piecrust ready to use.

For the Filling:

1. Position rack in center of oven. Preheat oven to 350°F/180°C.
2. Whisk pumpkin, maple syrup and eggs together in medium bowl to blend. Whisk in cream, milk and cinnamon, lemon zest, fresh ginger and salt until smooth.
3. Pour filling into crust and bake until filling is set, about 35 to 45 minutes. The edges will be firm and the center should jiggle slightly; it will firm up upon cooling. Cool pie completely on rack before serving. Pie is best served the day it is baked but it can be made 1 day ahead; store at room temperature lightly covered with foil.

Gingersnap Lemon Cheesecake Pie



Prep Time:
20 minutes +
2 hours chilling

Baking Time:
40 minutes

Makes:
One 9-inch (23 cm)
pie; 12 slices

Serving:
1 slice

This Gingersnap Lemon Cheesecake Pie has a creamy lactose-free filling, nestled in a spicy, gingery crumb crust. If you haven't tried Tate's Bake Shop Gluten-Free Ginger Zinger Cookies we encourage you to do so! They have a very clean ingredient list and are one of our favorite commercially available gluten-free cookies that happen to be low FODMAP. For this pie they are simply ground up in a food processor, combined with melted butter and pressed into a pie plate. The cheesecake filling is baked inside the crust and a rich, tangy Lemon Curd (from our Basics section) is drizzled on top. The combo is heavenly.

Gingersnap Lemon Cheesecake Pie

INGREDIENTS

Crust:

- One 7-ounce package Tate's Bake Shop Gluten-Free Ginger Zinger Cookies or enough low-FODMAP cookie crumbs of choice to measure 1 $\frac{1}{3}$ to 1 $\frac{1}{2}$ cups (315 ml to 360 ml)
- 2 tablespoons unsalted butter, melted

Filling:

- 1 pound (455 g) lactose-free cream cheese, divided
- 2 large eggs, at room temperature, beaten
- $\frac{1}{2}$ cup (99 g) sugar
- 1 tablespoon lemon juice
- $\frac{1}{2}$ teaspoon vanilla extract
- 3 tablespoons [Lemon Curd](#)

Gingersnap Lemon Cheesecake Pie

PREPARATION

For the Crust:

1. Position rack in center of oven. Preheat oven to 350°F/180°C. Coat the inside of a 9-inch (23 cm) ovenproof glass pie plate with nonstick spray; set aside.
2. Grind the cookies to a fine crumb in a food processor fitted with a metal blade. Alternatively, place in heavy zip top bag and crush aggressively with a rolling pin. Stir in melted butter to evenly moisten crumbs. Press crust mixture firmly into an even layer covering the bottom and sides of the prepared pie plate.
3. Bake for about 8 to 10 minutes or until light golden brown. You want the crumb crust to dry out a bit. Remove from oven and set aside on rack.

For the Filling:

1. Place about half of the cream cheese in a bowl and blend well with an electric mixer to smooth it out. Add the beaten eggs, sugar, lemon juice and vanilla and beat just until blended. Beat in remaining cream cheese until entire mixture is creamy and smooth; the mixture will be thin. Pour into prepared crust. Bake for 15 minutes and remove from oven. Drizzle the top with Lemon Curd. (I like to fill a parchment cone with the Lemon Curd and zigzag it on) return to oven and continue to bake for about 10 to 15 minutes or just until edges of the cheesecake are set. The center should remain a little less done. It will firm up upon cooling. Cool pie.
2. Refrigerate pie at least 2 hours before serving. Pie will keep, lightly covered, in refrigerated for up to 2 days. Serve chilled.

Strawberry Rhubarb Crisp



Prep Time:
20 minutes

Baking Time:
45 minutes

Makes:
10 servings

This easy fruit dessert features a juicy strawberry and rhubarb filling with a sweet, crunchy oat and brown sugar topping. This style of dessert is sometimes called a “crumble” among other names, but I always like the “crisp” terminology because the topping does indeed have that texture and it contrasts so nicely with the fruity filling.

Neither rhubarb nor strawberries have any detectable FODMAPs, making them a huge combo favorite here in the Test Kitchen. The topping is super simple to make and if you double it you can store it for at least a month in the freezer in a heavy zip-top bag so that you will be ready to make a fruit crisp at a moment’s notice.

Strawberry Rhubarb Crisp

INGREDIENTS

Crisp Topping:

- 6 tablespoons (85 g) unsalted butter
- $\frac{3}{4}$ cup (160 g) firmly packed light brown sugar
- $\frac{1}{2}$ cup (73 g) plus 1 tablespoon low FODMAP gluten-free flour such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- $\frac{1}{2}$ cup (50 g) plus 1 tablespoon old-fashioned rolled oats (not instant or quick oats); use gluten-free if following a gluten-free diet
- Heaping $\frac{1}{4}$ teaspoon cinnamon
- Heaping $\frac{1}{8}$ teaspoon salt

Strawberry Rhubarb Filling:

- 1 pound (455 g) rhubarb, trimmed and chopped into 1-inch (2.5 cm) pieces
- $\frac{3}{4}$ pound (340 g) medium-sized strawberries, hulled and halved
- $\frac{1}{2}$ cup (99 g) sugar
- $\frac{1}{2}$ teaspoon cinnamon
- $1\frac{1}{2}$ tablespoons cornstarch
- 1 teaspoon lemon juice
- $\frac{1}{2}$ teaspoon cinnamon

Strawberry Rhubarb Crisp

PREPARATION

For the Strawberry Rhubarb Filling:

1. Position a rack in the middle of the oven. Preheat the oven to 375°F/190°C. Coat a 9-inch (23 cm) ovenproof glass or ceramic pie plate with nonstick spray; set aside.
2. Stir together the rhubarb, strawberries, sugar and cinnamon in a medium saucepan. Cook over medium heat, stirring often, until fruit begins to exude juice and gently simmer, about 5 minutes. Meanwhile in a small bowl whisk together the cornstarch and lemon juice. Add to the hot fruit mixture and simmer for a minute or two, stirring often, until fruit filling looks glossy and bit thickened. Scrape into prepared pie plate.

For the Crisp Topping:

1. Melt the butter in a medium-size microwave-safe mixing bowl in the microwave on low. (Or melt the butter in a small saucepan on your stove top, if you like, then transfer to a medium-size mixing bowl.) Whisk in the brown sugar, then whisk in the flour, oats, cinnamon, and salt until well combined. Use your hands to help form clumps then scatter them evenly over the strawberry rhubarb filling.
2. Bake for about 35 to 45 minutes, or until the topping is golden and the fruit is bubbling around the edges. Let sit for 5 minutes before serving, to allow the juices to thicken. The crisp may be served at room temperature, or rewarmed after cooling. I think the textures of the crisp are best the day it is baked. It will hold overnight but the “crisp” will soften and some of the juiciness of the fruit filling will absorb into the topping. If you must hold the crisp, lightly cover with aluminum foil and store at cool room temperature.

Strawberry Rhubarb Cobbler



GF

VEG

EZ

Prep Time:

15 minutes

Baking Time:

55 minutes

Makes:

8 servings

Strawberries and rhubarb are both free of detectable FODMAPs! I don't know about you, but I find that pretty exciting. I love food, I love fruit and I love dessert – so I knew that I wanted to bring you a bunch of recipes featuring this fabulous pairing ([see our site for many more](#)). This Strawberry Rhubarb Cobbler is very easy, low on sugar (for a rhubarb recipe) and the biscuits have a little bit of cornmeal added, making them filled with grainy goodness.

The fruit can be mixed right in the baking dish. Then, the biscuits can be made by hand and dolloped right on top of the fruit mixture.

Strawberry Rhubarb Cobbler

INGREDIENTS

Filling:

- 1 ¼ pounds (570 g) fresh rhubarb stalks, cut into large chunks (about 4 cups by volume)
- 10 ounces (280 g) strawberries, hulled and halved
- ½ cup (99 g) sugar
- 1 tablespoon cornstarch
- Pinch of salt

Cobbler Biscuits:

- 1 cup (145 g) low FODMAP, gluten-free all-purpose flour such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- ¼ cup (35 g) fine cornmeal
- 2 tablespoons sugar
- 1½ teaspoons baking powder; use gluten-free if following a gluten-free diet
- ½ teaspoon salt
- 5 tablespoons unsalted butter, cut into pieces
- 6 tablespoons lactose-free whole milk
- 1 large egg, beaten

Strawberry Rhubarb Cobbler

PREPARATION

1. Position rack in middle of oven. Preheat oven to 375°F/190°C.

For the Filling:

1. Toss the rhubarb, strawberries, sugar, cornstarch and salt together in a 2 quart (2 L) ovenproof decorative casserole; set aside.

For the Cobbler Biscuits:

1. Whisk the flour, cornmeal, sugar, baking powder and salt together in a mixing bowl to aerate and combine.
2. Add butter and cut in with a hand-held pastry blender, two knives or your fingertips until the butter is cut into assorted very small uniform pieces. Add milk and egg and stir until evenly moistened.
3. Dollop the biscuit batter on top of the fruit filling, allowing the fruit to peak out here and there. Bake for about 45 to 55 minutes or until filling is bubbling and the biscuits are golden brown.

FODMAP  everyday

CHAPTER 7

Éclairs, Cream Puffs, Profiteroles, Doughnuts & Crullers



CHAPTER 7

Éclairs, Cream Puffs, Profiteroles, Doughnuts & Crullers

Learn how to make [Pâte à Choux](#) in our Basics chapter and then refer to this chapter for all the baked goods you can make with it, like Cream Puffs, Éclairs – even Crullers! We've thrown in a cake doughnut in this chapter, too.

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Éclairs



GF

VEG

EZ

Q

Prep Time:

10 minutes

Makes:

10 éclairs

Serving:

1 éclair

These are classic éclairs re-vamped to be low FODMAP! This recipe is based upon our basic [Pâte à Choux](#) paste, our basic [Lactose-Free Pastry Cream](#) and our [Dark Chocolate Ganache](#), all found in the beginning of the recipe section of this book. You will need a pastry bag and tip, so read the [Pâte à Choux](#) recipe through to fully acquaint yourself with the preparation techniques.

Note that you do not need full batches/recipes of the Pastry Cream or Ganache. You will be using **approximately 2** tablespoons of pastry cream per éclair and 1 tablespoon of Ganache to top each one.

Éclairs

You will be using a pastry bag and tip to fill the éclairs and the best tip is called a Bismarck Tip and I use a #230 (either Ateco or Wilton brands). These tips have a sharp tip that pierces into the pastry quite easily, and a long dimension, which gets your filling where it needs to go.

INGREDIENTS

- 1 batch [Pâte à Choux](#), piped into éclair shapes, baked and cooled
- Half a batch [Lactose-Free Pastry Cream](#), chilled and firm
- Pastry Bag
- Long, thin, sharp decorating Tip such Ateco or Wilton Bismarck #230
- Quarter batch of [Dark Chocolate Ganache](#), in a liquid state
- 1 teaspoon corn syrup

PREPARATION

1. Have éclairs baked and ready to fill.
2. Scrape pastry cream into pastry bag fitted with decorating tip. Insert tip into one short end of an éclair and fill the pastry with about 2 tablespoons of pastry cream. Just keep squeezing and you will be able to both see (it will gently expand) and feel (heavy) when it is full. Repeat with all éclairs. Set aside.
3. Gently combine the liquid ganache and the corn syrup, which adds a nice sheen. The texture of the ganache should be liquid and fluid, but not runny. I like to use a cereal spoon and simply spoon the ganache in a strip on top of the éclairs. Allow the éclairs to sit for a few minutes to set the ganache. They are ready to serve or may be refrigerated for several hours, but I do think they are best served the same day. I actually like these both a little chilled as well as at room temperature. Your choice!

Cream Puffs



GF

VEG

EZ

Q

Prep Time:

10 minutes

Makes:

14 cream puffs

Serving:

2 cream puffs

Crisp, light, airy Pâte à Choux piped into round puffs, filled with whipped cream and showered with confectioners' sugar. These are a classic dessert that you can now enjoy on the low FODMAP diet. You will be using a decorative star-shaped tip to pipe swirls of whipped cream in each cream puff that equal about 2 tablespoons in volume. (Monash tells us that we can have up to ½ cup (120 ml) of whipped cream, but this recipe actually suggests much less per serving). The confectioners' sugar that is showered on top is actually very little. Still, try to stick to the serving sizes!

Fill these with whipped cream right before serving.

Cream Puffs

INGREDIENTS

- 1 batch [Pâte à Choux](#), piped into round puffs, baked and cooled
- 1¼ cups (300 ml) heavy cream, chilled
- 1 tablespoon confectioners' sugar, plus extra
- Pastry Bag
- Star shaped pastry tip

PREPARATION

1. Have cream puffs baked, cooled and ready to fill. Split them in half horizontally and arrange bottoms, cut side up, on work surface; set aside.
2. Whip the cream and 1 tablespoon confectioners' sugar with an electric mixer in a medium bowl until stiff peaks form. Scrape whipped cream into pastry bag fitted with decorating tip. Pipe pretty swirls inside the cream puff bottoms, about a 2 tablespoon amount. Cap with cream puff tops.
3. Arrange two puffs on each serving plate and sift a small amount of confectioners' sugar on top. Serve immediately.

Profiteroles

**Prep Time:**

10 minutes

Makes:

14 profiteroles

Serving:

2 profiteroles

These are small orbs of Pâte à Choux paste, which you can find in the Basics section, filled with lactose-free ice cream and drizzle with chocolate sauce – which is simply our basic ganache in its liquid form. These are fancy enough for guests and folks won't believe you made them! You should buy one pint of lactose-free ice cream, but you will not be using the entire amount. Fill and drizzle right before serving.

Profiteroles

INGREDIENTS

- 1 batch [Pâte à Choux](#), piped into round puffs, baked and cooled
- 1 pint lactose-free vanilla ice cream
- Quarter batch of [Dark Chocolate Ganache](#), in a liquid state

PREPARATION

1. Have cream puffs baked, cooled and ready to fill. Split them in half horizontally and arrange bottoms, cut side up, on work surface; set aside.
2. Use a small ice cream scoop to place a small ball of ice cream in the recess on the bottom of each puff. Cap with tops.
3. Quickly place two profiteroles on each serving plate and drizzle with liquid ganache. Serve immediately.

Sour Cream Cake Doughnuts



Prep Time:
10 minutes +
2 hours chilling

Cooking Time:
10 minutes

Makes:
About twelve 3-in
(7.5 cm) doughnuts

Serving:
1 doughnut

We heard you all loud and clear! Many of you have asked for doughnuts and here is a cake version. I have a lot to say about doughnuts, having written an entire book on them – *A Baker's Field Guide to Doughnuts!*

These are cakey, homespun comfort food and in my opinion share one very important feature with all doughnuts – they are fabulous right out of the fryer. An hour later, not so much. I feel very strongly about this. In fact, if I make doughnuts, I will only serve them within 15 minutes of coming out of the fryer. I know that sounds a bit crazy, but they change as they cool, becoming firmer and a bit drier. Fresh is best. Plan accordingly.

Sour Cream Cake Doughnuts

These cake style doughnuts have a rich, moist texture due to the inclusion of sour cream in the batter – lactose-free, of course. Although they sound fancy, these are a fabulous “basic” doughnut for a variety of toppings – or enjoy them plain.

Note that you have to chill the dough and it can be refrigerated overnight, which makes the recipe very versatile for baking and serving fresh doughnuts for breakfast or brunch.

You might be wondering about the various sugar-based toppings. Yes, I am suggesting that you roll your doughnuts around in a cinnamon-sugar topping or possibly sift confectioners’ sugar over them...and that is a bit of sugar.

Here is the deal. The Monash smartphone app tells us that we can have a serving of 1 tablespoon of sugar, but that is based on healthy eating guidelines and has nothing to do with FODMAPs.

Every now and then, you can have more sugar. We do not eat baked goods every day and we certainly don’t eat fried doughnuts weekly or even monthly, but we do like to indulge every now and then – and we want you to know that you can, too.

Of course if fatty foods trigger your IBS, this recipe probably isn’t for you.

INGREDIENTS

Toppings:

- ½ cup (99 g) sugar
- ¾ teaspoon cinnamon
- Confectioners’ sugar

Sour Cream Cake Doughnuts

INGREDIENTS CONTINUED

Doughnuts:

- 2 $\frac{3}{4}$ cups (399 g) low FODMAP gluten-free all purpose flour, such as Bob's Red Mill Gluten Free 1 to 1 Baking Flour
- 2 tablespoons corn starch
- 1 tablespoon baking powder; use gluten-free if following a gluten-free diet
- $\frac{1}{2}$ teaspoon baking soda
- 1 teaspoon salt
- 1 cup (198 g) sugar
- 2 large eggs, at room temperature
- 1 cup (240 g) lactose-free sour cream, at room temperature
- 5 tablespoons unsalted butter, melted and cooled
- 1 $\frac{1}{2}$ teaspoons vanilla extract
- $\frac{1}{2}$ teaspoon nutmeg
- Oil for deep fat frying, such as canola or rice bran

PREPARATION

For the Toppings:

1. Whisk together the sugar and cinnamon in a bowl large enough to receive a doughnut; set aside. Have confectioners' sugar handy, with a small wire-meshed strainer or sifter.

Sour Cream Cake Doughnuts

PREPARATION CONTINUED

For the Doughnuts:

1. Whisk together flour, cornstarch, baking powder, baking soda, and salt in a mixing bowl to aerate and combine; set aside.
2. Beat sugar and eggs together in bowl of electric mixer until pale and creamy, or whisk well by hand in a large bowl. Beat in sour cream, butter, vanilla and nutmeg until combined. Add the dry mixture in two batches and beat just until the dough comes together. Cover and refrigerate for at least 2 hours or up to overnight.
3. Remove dough from refrigerator. Prepare deep pot or deep-fat fryer. Line a rimmed baking sheet pan with triple layer of paper towels; set aside.
4. Dust work surface with flour. Scrape dough into work surface, dust top of dough lightly with flour, and roll out to ½-inch (12 mm) thickness. Cut out doughnuts with a floured 3-inch (7 ½ cm) doughnut cutter (see Tips). Gently re-gather scraps and cut out as many doughnuts as possible.
5. Heat oil to 350°F to 355°F (180°C to 182°C). Fry a few at a time; do not crowd. Fry until light golden brown, for about 1 minute and 15 seconds, flip over and continue frying about 1 minute and 15 seconds more and light golden brown on that side as well. Remove from oil, drain thoroughly on paper towels. Repeat with remaining dough.
6. You can serve these plain, or roll warm doughnuts around in the cinnamon-sugar topping or, sift confectioners' sugar on top of cooled doughnuts. Serve immediately. These are best eaten as soon as possible.

Tips

Doughnut cutters will cut out your doughnut round and the center hole all in one fell swoop. You could also cut out 3 inch (7 ½ cm) rounds and then cut out a 1 inch (2 ½ cm) center hole.

You can fry the doughnut holes if you like. They cook much faster and you could have two of them as a serving!

Crullers

**Prep Time:**

10 minutes

Cooking Time:

15 minutes

Makes:

12 crullers

Serving:

1 cruller

Did you know that Pâte à Choux paste can be fried to make a classic, light, crispy cruller? There are many different kinds of crullers and doughnuts and fried Pâte à Choux paste is one approach. These could not be more different from the [Sour Cream Cake Doughnuts](#) above – night and day. These are much, much lighter, even though they are a fried dough. This version of pâte à choux below differs slightly from our basic recipe, but the preparation technique is the same.

These are very delicate and should be eaten right away. They are very plain and not very sweet on their own, although some folks like them that way. The glaze could be looked upon as optional.

Crullers

INGREDIENTS

Crullers:

- ½ cup (120 ml) plus 2 tablespoons water
- ½ cup plus (120 ml) whole lactose-free milk
- ½ cup (1 stick; 113 g) unsalted butter, cut into pieces
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 cup (145 g) low FODMAP all-purpose flour such as Bob's Red Mill 1 to 1 Gluten Free Baking Flour
- 3 large eggs, at room temperature
- Pastry bag
- Large star Decorating Tip, such as Ateco #847
- Oil for deep-fat frying, such as rice bran or canola

Glaze:

- 1 cup (90 g) sifted confectioners' sugar
- 2 tablespoons milk
- 1 vanilla extract

PREPARATION

For the Crullers:

1. Cut twelve 5-inch (12 cm) squares of parchment paper, arrange them on rimmed baking sheet pans and coat them generously and thoroughly with nonstick spray; set aside. Prepare deep pot or deep-fat fryer by pouring in enough oil to a depth of at least 3 inches (7.5 cm). Line a rimmed baking sheet pan with triple layer of paper towels; set aside.

Crullers

PREPARATION CONTINUED

2. Combine the water, milk, butter, salt and sugar in medium sized saucepan. Bring to a rolling boil over medium-high heat and immediately remove from heat.
3. Quickly stir in the flour all at once. Keep stirring with a wooden spoon until the batter comes together. Place over very low heat and keep stirring. You want the dough to dry out. This will take 1 minute or less; the pâte à choux should come cleanly away from the sides of the saucepan and lose most of its shine. Scrape dough into bowl of mixer fitted with flat paddle attachment.
4. Turn on low-medium speed and add eggs one at a time, allowing each egg to be absorbed before continuing. The batter should be smooth, golden yellow, and firm enough to hold a shape when mounded with a spoon. You may also beat the eggs into the batter vigorously by hand, one by one.
5. Scrape dough into pastry bag fitted with tip. Pipe out 12 rings, about 2 ½ inches (6 cm) across, each one on a prepared parchment square; start with one ring and then keep going and create a second layer right on top about halfway around. If the end of the ring sticks to the pastry tip, use a kitchen scissors to snip it free.
6. Heat oil to 350°F to 355°F (180°C to 182°C). Pick up one parchment square and carefully but swiftly invert it so that the cruller slides into the oil (take care and do not let fingers touch the hot oil). Fry a few at a time; do not crowd. Fry until golden brown, for about 2 minutes, flip over and continue frying about 2 minutes more and golden brown on that side as well. Remove from oil, drain thoroughly on paper towels. Repeat with remaining crullers. Serve immediately or apply glaze.

For the Glaze:

1. Whisk together all of the ingredients in a small bowl until smooth. Immediately apply glaze all over the top surfaces of each cruller with a pastry brush, or alternately, dip the tops in the glaze, or drizzle on top. Allow to sit for 5 minutes to set glaze. Serve immediately.

We hope you found this book inspiring and helpful!

If you shop at Amazon, be sure to check out our [Low FODMAP Shop](#), where we put all of our favorite low FODMAP products together to make your Low FODMAP shopping much easier! We have created a special section where we put all of the products mentioned in this e-book in one easy to find place.

Be sure to visit us at FODMAPeveryday.com to access over five hundred [kitchen tested original low FODMAP recipes!](#)

And if you are seeking even more delicious inspiration check out **one hundred thirty more recipes** in Dédé's low FODMAP Diet Guide and Cookbook she co-authored with Kate Scarlata, RDN: [The Low FODMAP Diet Step by Step](#).

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