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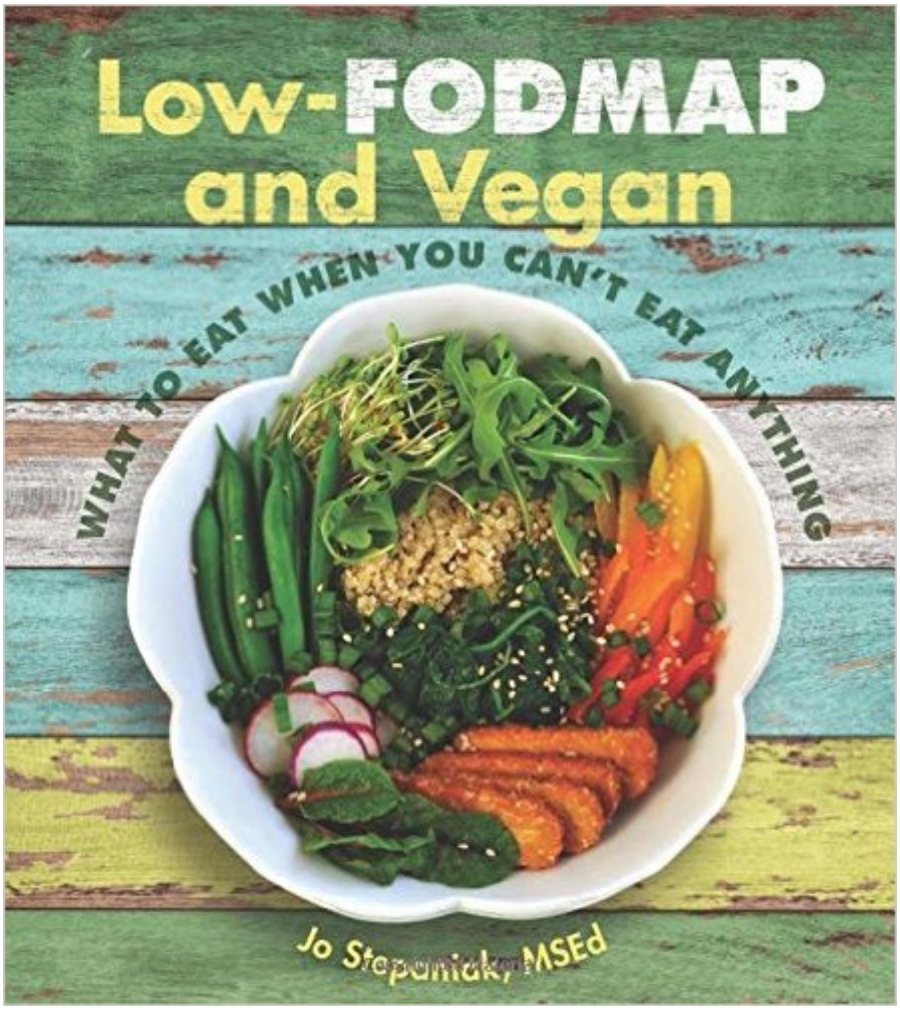
Low-Fodmap And Vegan: What To Eat When You Can't Eat Anything



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Synopsis

FODMAPs, a broad variety of naturally occurring carbohydrates found in many plant-based foods, can wreak havoc on sensitive digestive systems, especially in people who have irritable bowel syndrome and other functional bowel disorders. Pinpointing and eliminating FODMAPs while maintaining nutritional excellence can be especially challenging for vegans, because FODMAPs are found in an extensive range of common vegan foods and ingredients. In this groundbreaking resource and cookbook, Jo Stepaniak lays bare not only the FODMAPs vegans with IBS need to avoid, but also the wide assortment of nutritious plant-based foods that are generally well tolerated. Easy-to-read tables and shopping lists arm readers with all the information they need to navigate the supermarket and purchase kind-to-the-gut fruits, vegetables, grains, nuts, seeds, beverages, and condiments. Over 100 scrumptious low-FODMAP recipes will help readers prepare spectacular seasonings as well as mainstays for breakfast, lunch, dinner, and snacks, so they can stay healthy and satisfied while pampering their delicate digestive systems. More information can be found on ibsvegan.com.

Book Information

Paperback: 144 pages

Publisher: Book Publishing Company; 1 edition (May 15, 2016)

Language: English

ISBN-10: 1570673373

ISBN-13: 978-1570673375

Product Dimensions: 7.9 x 0.4 x 8.9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ Â See all reviewsÂ (16 customer reviews)

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Customer Reviews

Let me preface this review by stating that I would probably support anything written by Jo Stepaniak! Her book, Raising Vegetarian Children, was my virtual bible as I raised my vegan child. I think I have every book that Jo has written, and I've owned more than one copy of Vegan Vittles because I kept giving it away!So when I heard that Jo had written a vegan, low FODMAP book, I had to check

it out, even though I don’t have FODMAP or any other IBS issues! That said, several of my vegan cooking class students, and one of my best friends, follow a low FODMAP diet. While the diet alone sounds daunting, coupled with a vegan diet, it’s no wonder why Jo subtitled her book, "What to eat when you can’t eat anything."FODMAP triggers include onions, garlic, legumes (lentil are "safe" although portion control is key), and many other vegan foods. But hey, I can’t eat quinoa, almonds, or chocolate because they are extremely high in oxalates; the point being that "everybody has something," so we just have to figure it out (or starve), don’t we? Fortunately, in this book, Jo provides delicious, cruelty-free recipes. She maneuvers her way around onion and garlic issues without giving up the tastes entirely (no spoilers here). She also includes recipes for onion and garlic-free seasoning blends.I have tried (and loved) the Miso-Maple Tofu, Walnut Pate, and No-bake Peanut Butter Granola Bars (I had to substitute sunflower seed butter for peanut butter, and omit the chocolate chips because both are extremely high in oxalates). But my hands down fave so far, is the Greek Tofu-Feta, which I have been making every few days. In fact, I’ve been using the tofu-feta marinade over my Mediterranean Pasta Salad with great results!

"Low-FODMAP and Vegan" has been a welcome and delicious addition to my cookbook collection, although this doesnâ ™t surprise me, as I love all of Jo Stepaniakâ ™s cookbooks. In this book Jo shares her firsthand experiences and well researched material with sound knowledge and compassion; provides a thorough yet easy to understand definition of what a FODMAP is; gives us a solid primer on IBS; and explains why even someone who has already embraced a healthy diet might be having difficulties. As usual, Jo has brought valuable information to those who need it most. This book covers everything from the basics to the recipes, provides multiple resources for further exploration, and brings hope to those who donâ ™t know where else to turn.And, speaking of the recipes, Jo has definitely woven her magic into these 100+ creations. With recipes ranging from the simplest of foods to get you through an IBS attack, to more elaborate dishes that are still IBS proof, this book has something for everyone. There is even a section on how to carefully add trigger foods back into your diet when the time comes. Youâ ™ll never have to worry about a lack of flavor or variety here, even if this is the only cookbook you own. From IBS safe sauces and toppings, to breakfast bowls, soups, salads, sandwiches, and entrees, these recipes are a delight for anyone, not just someone with IBS.I look forward to trying all the recipes in this book, but I didnâ ™t want to wait until then to provide my review. The recipes Iâ ™ve tried so far are the Greek Tofu Feta, so good, I could eat it all by itself! It makes a delicious topping for salads, pasta, polenta, pizza, and potatoes; Tofu Bacon Strips, hands down the best vegan bacon ever, baked, not fried,

and perfect for BLTâ ™s!

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