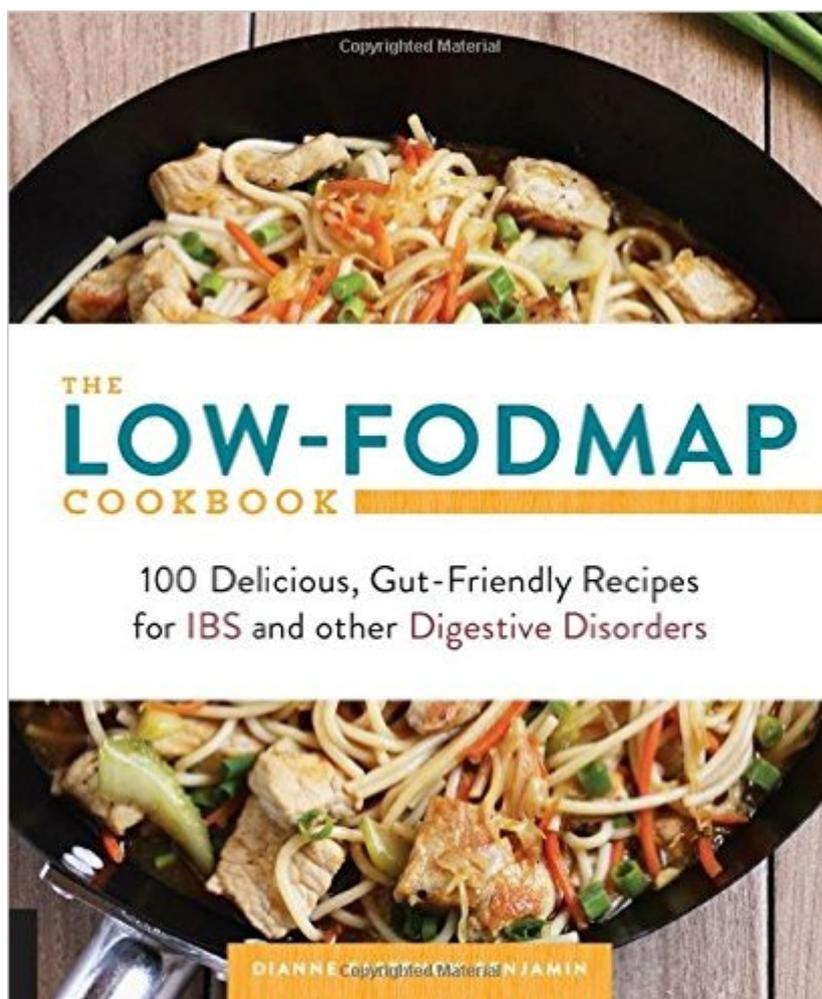


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# The Low-FODMAP Cookbook: 100 Delicious, Gut-Friendly Recipes For IBS And Other Digestive Disorders



## Synopsis

Learn to soothe your digestive difficulties with 100 delicious recipes from The Low-FODMAP Cookbook! FODMAPs are carbohydrates that are not properly absorbed in the small intestine by people with digestive difficulties such as IBS, Crohn's Disease, and Colitis. Once these carbohydrates reach the large intestine, they cause many uncomfortable symptoms such as gas, bloating, and pain. The forbidden list of foods is extensive, but The Low-FODMAP Cookbook combines both taste and nutrition to create delightful recipes. The book includes a low-FODMAP eating plan that explains in detail which foods are not allowed and why. These recipes for breakfast, lunch, dinner and snacks are so simple and delicious, they'll appeal to the whole family!

## Book Information

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## Customer Reviews

This book is amazing!! It is not only a cookbook but an informative dietary guide for anyone who has digestive disorders. The book's organization is clear and concise with a nice table of contents making it easy to read and absorb. The author, Dianne Benjamin, gives a clear explanation of FODMAPS and nutrition. She then outlines the qualities of a low-FODMAP diet and provides basic information concerning this type of diet plan. Ms. Benjamin's recipes are delicious and also simple to follow. Also the book lies flat making it easy to read as you cook. It should also be noted that is worth buying the book just to look at the photography!! Ms. Benjamin is the author and the photographer!! I recommend The Low-FODMAP Cookbook for anyone. I don't have stomach issues and I still like the recipes!

I read the book and made several of the recipes-what a wonderful resource! I have followed the food blog, Delicious As It Looks, of Dianne Benjamin for some time and found her book to be a culmination of her unique and delicious recipes and her broad experience and insight into the Low-Fodmap diet. The recipe directions and helpful hints made the recipes easy to prepare and also taught me some basic techniques that I was lacking. I did not expect to walk away so informed and inspired!! especially enjoyed the cranberry orange scones, the maple marinated salmon, and the graham style crackers! I hope to work my way through many more! Simple, satisfying, and significantly enlightening! Thank you for this book!!

My wife has been having digestive issues and her gastroenterologist recommended that she try a low-FODMAP diet. So we looked for low-FODMAP information and cookbooks at [and](#) selected this book. It turned out to be a treasure trove of well-researched information on low-FODMAP diets, the reasons that this diet will help, and delicious recipes that make this rather severe diet very palatable! The book is soft-bound, but the cover is a very nice-feeling, heavy material that should stand up well to heavy use. In addition, it has fold-over flaps on both the front and back that make very handy bookmarks. The introductory chapters are obviously very well researched and provide a great overview of why and how this cookbook was developed. We learned so much about why FODMAPs are a problem and how to avoid them in your diet. The recipe sections are very well laid out, making it easy to assemble the ingredients and prepare the recipes. And the photography! This author is a gifted food photographer â “ the photos are easily among the best I have ever seen. The colors and textures of the food just pop! The pictures are a great incentive to prepare the dishes with the same style and artistry of the author. I will make special mention of a few of the recipes that we have tried so far. The standout is the Maple Marinated Salmon with Sesame Spinach Rice. Low-FODMAP or not, this is the best salmon recipe we have ever had. Highly recommended! If soups are your thing, the Chicken Stock (Bone Broth) is the best beginning for chicken soup ever. It is loaded with rich flavor that makes a simply great soup. We simmer the stock in a slow cooker for 24 hours, then divide it up into 1-cup containers and freeze it for future use. Whatâ™s dinner without dessert? The Peanut Butter Oatmeal Cookies are a hit around this house! Delicious! In conclusion, this is a great cookbook, loaded with delicious recipes and great photography. You will not be disappointed!

Update: I made the Roasted Green Beans and Prosciutto and the Mini Blueberry Crisps tonight. Yum!! I learned so much from Chapters 1 and 2, before the recipes, things my dietician hadn't

thought to tell me, like the bad parts of garlic aren't soluble in oil, so I can make garlic oil and use it. Yay! And how to pick a cheese I can eat. Double yay! I haven't shopped for the specific items to prepare the recipes yet, but reading through the book allowed me to be more creative in preparing the foods I already have at home. I bought the book for my Kindle first to check it out and then bought the hard copy for everyday use.

I'm a long-time follower of Dianne's blog, Delicious as it Looks and I was excited to learn that she was coming out with a cookbook. Unsurprisingly, it does not disappoint; at first glance the photography is gorgeous and jumps off the pages at you. The Low FODMAP Cookbook is a great resource for both recipes and information about the low FODMAP diet. It begins with an explanation of the diet and why it is useful for many IBS sufferers, then goes through a suggested food list (fruits, veg, sugars, vegetarian specific). One of the most challenging aspects of going low FODMAP is grocery shopping, and Dianne has some great tips in the Navigating the FODMAP World chapter. Meal plans and DIY pantry/fridge basics are also included. As for the recipes, there's a huge variety that should suit all tastes. I haven't tried everything yet but I have liked what I've made:- the pumpkin pecan granola is a great breakfast option and now I can stop buying it at exorbitant prices.- the balsamic and blue spinach salad has just the right amount of flavour and crunch- the maple marinated salmon- the strawberry and rhubarb galette All in all I'd highly recommend this for low FODMAP beginners up to experienced FODMAPers who are looking for some recipe inspiration. It's definitely worth it.

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