

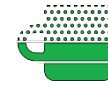


Low FODMAP Banana, Hazelnut & Seed Biscuits

Serves: 12

Prep: 5 minutes

Cook: 12 minutes



Stack Cup

Ingredients	Metric	Imperial
1 medium banana	200 g	7 oz
½ cup hazelnuts, chopped	30 g	1 oz
2 dates, diced	30 g	1 oz
Dried cranberries	30 g	1 oz
¼ cup sunflower seeds	48 g	1.7 oz
2 Tbsp peanut butter	50 g	1.7 oz
Desiccated coconut	40 g	1.4 oz
1 Tbsp chia seeds	12 g	0.4 oz
Rolled oats	40 g	1.4 oz
1 tsp vanilla essence	5 g	0.2 oz

Method

1. Preheat the oven to 180°C/356°F.
2. In a mixing bowl add all ingredients together and mix well ensuring the banana is well mashed in with the other ingredients.
3. Line a baking tray with baking paper and spoon 12 round balls of the biscuit mixture on the pan. With the back of the spoon lightly press down on the round biscuit mixture for the biscuit shape.
4. Bake in the oven for 12 minutes or until golden and brown.
5. Let the biscuits cool for 10 minutes after baking before serving or storing. Enjoy!

Hints

- Biscuits can be stored for a couple of days in a plastic zip lock packet. For any longer than two days we recommend storing the biscuits in a biscuit tin lined with baking paper.
- Blitz the oats once to break them for a better consistency.
- Play around with different low FODMAP nuts and seeds for more variety.
- Linseeds have been shown to assist in managing IBS-C (constipation predominant) symptoms and can be used as an alternative to sunflower seeds.

Nutrition Information (per serve)	
Energy	557 Kj / 133 cal
Protein	3.50g
Carbohydrates	9.50g
Sugar	6.30g
Total Fat	8.60g
Saturated Fat	2.40g
Fibre	6.30g