



# Low FODMAP Carrot & Cumin Dip

Serves: 4

Prep: 5 minutes

Cook: 30 minutes



Stack Cup

Ingredients	Metric	Imperial
Carrots, peeled, coarsely chopped	500 g	17.6 oz
1½ tbsp garlic-infused olive oil	30 g	1 oz
1 tsp cumin	2 g	0.07 oz
Salt and pepper, to season		

## Method

1. Cook the carrot in a large saucepan of salted boiling water for 30 minutes or until tender. Drain water.
2. Place the carrot, oil and cumin in the bowl of a food processor, and process until smooth.
3. Taste and season with a sprinkle of salt and pepper.
4. Serve with plain rice crackers and low FODMAP vegetable sticks (carrots, red capsicum and cucumber).

## Hints

- One serve of this dip (100g) is low in FODMAPs
- You can store this dip for two days in an airtight container in the fridge.

Nutrition Information (per serve)	
<b>Energy</b>	447 Kj / 107 cal
<b>Protein</b>	1.10g
<b>Carbohydrates</b>	6.80g
<b>Sugar</b>	5.60g
<b>Total Fat</b>	7.70g
<b>Saturated Fat</b>	1.00g
<b>Fibre</b>	5.00g