



# Low FODMAP Croutons

Serves: 25

Prep: 5 minutes

Cook: 10 minutes



Stack Cup

Ingredients	Metric	Imperial
8 slices Monash low FODMAP certified bread (crusts trimmed off then and cut into 1cm squares)	335 g	11.8 oz
Olive oil OR garlic infused oil OR olive oil spray		

## Method

1. To fry: Heat enough oil in a wok or frypan over a medium heat until hot.
2. Fry croutons (1 handful at a time) and constantly turn and move croutons in the oil with a slotted spoon until they are golden brown (this takes about 3 minutes). Immediately remove them with the spoon to drain on plenty of layers of absorbent paper.

OR

3. To bake: Preheat your oven to 170°C/338°F.
4. Line a baking tray with baking paper. Sprinkle croutons in an even single layer and spray with olive oil. Carefully turn the croutons and spray on the other sides ensuring they are lightly coated with oil.
5. Bake croutons for about 10 minutes until they are golden brown. You may like to remove the tray during the cooking and move the croutons around to ensure they cook evenly.

## Hints

- The croutons are easier to cut when the bread is a few days old. Make sure you use a very sharp knife.
- To store the croutons, wait until they are completely cooled and place in an airtight jar with absorbent paper inside its base.
- Sprinkle croutons with low FODMAP herbs or spices during cooking for extra flavour.
- Croutons can be used in salads like Caesar, fattoush and green salad leaves. They are also a delicious garnish on low FODMAP soups such as Japanese (kabocha) pumpkin, parsnip, chicken soup, carrot or capsicum – use the app and your imagination!

Nutrition Information (per serve)	
Energy	140 Kj / 33 cal
Protein	1.90g
Carbohydrates	3.60g
Sugar	0.00g
Total Fat	1.20g
Saturated Fat	0.20g
Fibre	1.00g