

Low FODMAP Double Chocolate Brownies

Serves: 12

Prep: 15 minutes

Cook: 20-25 minutes



Stack Cup

Ingredients	Metric	Imperial
½ cup gluten-free flour	64 g	2.3 oz
½ cup rolled oats	60 g	2.1 oz
½ tsp xanthan gum	2 g	0.07 oz
¼ tsp baking powder	1.5 g	0.05 oz
⅓ cup cocoa powder	35 g	1.2 oz
⅔ cup caster sugar	135 g	4.8 oz
2 eggs, lightly beaten	117 g	4.1 oz
Butter, melted	75 g	2.7 oz
¼ cup plain Greek yoghurt (lactose-free if required)	67 g	2.4 oz
1 tsp vanilla essence	5 g	0.2 oz
¼ cup dark chocolate chips	45 g	1.6 oz

Method

1. Preheat oven to 180°C/350°C. Line a slice/brownie tin (20 x 30cm) with baking paper.
2. Add rolled oats to a food processor and blitz into a fine flour. Add to a large mixing bowl.
3. Sift flour, baking powder and cocoa powder into the mixing bowl with oats. Stir in sugar and xanthan gum.
4. Make a well in the centre of the flour mixture. Add eggs, vanilla essence, melted butter and yoghurt. Stir until just combined.
5. Using a spatula, gently fold in chocolate chips, taking care not to overmix the batter. Add a dash or two of milk if batter seems too thick to pour into tin.
6. Pour mixture into prepared slice tin and bake for 20-25 minutes, or until a skewer inserted into the middle comes out with a few crumbs clinging.
7. Allow brownies to cool completely before removing from tin and slicing. Serve dusted with icing sugar or extra cocoa powder if desired.

Hints

- Always check ingredients list of gluten free flour mixes for high FODMAP ingredients such as flours based on lupin, chickpeas or other legumes.
- Xanthan gum has not been tested for FODMAPs, however due to its chemical structure, we believe this to be low in FODMAPs.
- Why not try different flavour combinations - instead of chocolate chips, add low FODMAP berries or chopped low FODMAP nuts such as pecans, walnuts, peanuts or macadamia nuts.

Nutrition Information (per serve)	
Energy	738 Kj / 176 cal
Protein	2.90g
Carbohydrates	22.60g
Sugar	14.90g
Total Fat	8.00g
Saturated Fat	4.80g
Fibre	1.20g