

Low FODMAP Quinoa Breakfast Pudding

Serves: 2

Prep: 5 minutes

Cook: No cooking required



Ingredients	Metric	Imperial
½ cup rolled quinoa flakes	25 g	0.9 oz
¾ cup lactose-free milk or soy milk (made with 'soy protein')	192 g	6.8 oz
1 tbsp LSA	12 g	0.4 oz
2 tsp maple syrup or sugar	12.5 g	0.4 oz
Low FODMAP Fruit to serve e.g. pulp of 1 passion fruit, up to 1/3 cup raspberries, 5 strawberries, blueberries or 1-2 chopped small kiwi fruit		

Method

1. Place the quinoa, milk, LSA and maple syrup or sugar in a bowl and stir until well combined
2. Cover using a plate or cling film and place in the fridge overnight
3. Serve in the morning for breakfast topped with a serve of low FODMAPs fruit

Hints

Don't forget to check the Monash University Low FODMAP diet app for details of serving sizes and suggestions for low FODMAP fruit!

Nutrition Information (per serve)	
Energy	1169 Kj / 279 cal
Protein	14.00g
Carbohydrates	32.70g
Sugar	16.40g
Total Fat	9.10g
Saturated Fat	2.10g
Fibre	6.30g