



Low FODMAP Cacao Peanut Butter Smoothie Bowl

Serves: 1

Prep: 5 minutes

Cook: 2 minutes



Stack Cup

Ingredients	Metric	Imperial
1 firm banana	99 g	3.5 oz
1 tsp cacao powder	4 g	0.1 oz
1 tsp maple syrup	7 g	0.2 oz
1 tbsp natural peanut butter	25 g	0.9 oz
1 tsp chia seeds	2 g	0.07 oz
½ cup lactose free milk (or preferred low FODMAP milk)	120 g	4 oz

Method

1. Blend all ingredients in a blender and serve immediately.

Hints

- Use frozen banana or add ice to your blend, this makes it a refreshing bowl on a warmer day!
- Add low FODMAP toppings to your bowl! Our suggestions: peanuts, strawberries and chia seeds for some extra crunch and fibre.
- Note: image used serves 2 but the recipe above serves 1

Nutrition Information (per serve)	
Energy	1527 Kj / 365 cal
Protein	12.40g
Carbohydrates	33.30g
Sugar	23.70g
Total Fat	19.30g
Saturated Fat	5.40g
Fibre	5.40g