

SIBO Pantry Essentials

Garlic infused oil

- 2 cups of extra virgin olive oil
- 6 cloves of garlic (crushed)



1. Pour oil into a small non-reactive saucepan over low heat. Heat until just *warm* to touch, and then remove from heat.
2. For a more subtle garlic flavour, add cloves whole. For a more potent garlic flavour crush or halve the cloves. Add the garlic to oil (off the heat), and allow to sit for a minimum of 2 hours.
3. Strain into a clean bottle or jar with a lid/cap. Making sure to remove all the garlic pieces.
4. Store in the refrigerator and use within 3 days, or in the freezer for up to 3 months.

Coconut Probiotic Yogurt

- 1 x 14 oz can of coconut milk (full fat)
- 2 probiotic capsules (**SIBO friendly strain**)
- Optional add in's: Honey, Monk fruit/Stevia, Dextrose, Fruit or Fruit compote



1. Shake your can of coconut milk well. Pour into a clean mason jar or jar of choice.
2. Empty your probiotic capsules into the jar and stir with a wooden or plastic spoon (*NOT metal, as it can react negatively with the probiotic)
3. Cover the mixture with a cheesecloth (or a very thin, clean dish towel-something that lets air in and keeps bugs out) and secure with a rubber band.
4. Let the yoghurt activate for at least 24 hours and up to 48 hours in a warm place. The longer it rests, the tangier the yoghurt will be. For cooler climates, place the jar in the oven (turned off) where it will have more heat to activate.
5. That's a wrap! Once the yogurt has reached your preferred thickness & tanginess (be sure to sample with a wooden/plastic spoon), cover securely with a lid and refrigerate. Refrigerating the yogurt will help it thicken even more.
6. You can enjoy the yoghurt plain, or add in your sweetener or flavours of choice. (Honey, Stevia, Monk fruit, and Dextrose to keep it Low-FODMAP compliant!)
7. Store sealed in the refrigerator for several days (mine kept for 7 days). You will know its gone bad if there is mold, or an off-putting smell.

Low-FODMAP Granola

- 1 cup macadamia nuts
- 1/2 cup almonds
- 1/2 cup pecans*
- 1/2 cup unsweetened flaked or shredded coconut
- 4 tbsp pepita (pumpkin) seeds
- 4 tbsp sunflower seeds
- 1 tsp vanilla extract or powder (preferably alcohol free)
- 2 tsp cinnamon
- 2 tbsp coconut oil
- Stevia or 1-2 tsp of honey



1. Pre-heat the oven to 350F.
2. Line a large deep baking sheet with parchment paper.
3. Place the nuts into a food processor and blend until chopped to a consistency you are happy with. Alternatively, you can roughly chop the nuts to your liking by hand.
4. Place the nuts in a large bowl. Stir in the coconut, pumpkin seeds, sunflower seeds and spices.
5. Melt the coconut oil and honey (if using). If not using honey, please add stevia to taste. Pour over the dry mixture and stir until completely combined.
6. Pour into the baking sheet. Cook for 10 minutes, then remove from the oven and stir thoroughly.
7. Return to the oven. Repeat this process until the granola is golden.
8. Remove from the oven, and cool then store in an airtight container in the fridge.
 - Add granola to smoothies/smoothie bowls, coconut yoghurt, or with almond milk & berries. I like to add mine as a topping to baked good (hellllo muffins!!) The possibilities are endless.

**You can also use walnuts, hazelnuts, brazil nuts etc. If you are unsure, check with your practitioner or Low-FODMAP app.*



Taco Seasoning

- 2 tbsp ground paprika
- 2 tbsp ground cumin
- 1 tsp ground oregano
- 1 tsp pink or sea salt
- 1/2-1 tsp of ground cayenne pepper

1. Mix all ingredients until well incorporated.
2. Store in airtight container until ready to use.

Tip: I put this on everything. Tempeh, roasted veg, kale, beef...you name it. You can adjust the cayenne and paprika to your preferred spice and taste level!



DIY Almond Milk

- 1 cup of raw almonds (soaked overnight in cool water // or 1-2 hours in very hot water)
- 5 cups of filtered water (less to thicken, more to thin)
- 1 pinch of sea salt
- *Optional:* vanilla (bean or pure extract)
- *Optional:* 1-2 tsp of honey, 3-7 drops of Monk Fruit or Stevia
- *Optional:* 2 tbsp of raw cacao powder **(Phase 2)**

1. Add your soaked almonds, water, salt, and any additional add-ins (optional) to a high-speed blender and blend until creamy and smooth. Keep it running for at least 1-2 minutes so you get the most out of your almonds.
2. Strain using a nut milk bag or a thin dish towel. (Simply lay a clean dish towel over a mixing bowl, pour over the almond milk, carefully gather the corners, and lift up. Then squeeze until all of the liquid is extracted.) Discard pulp, or save for adding into baked goods*
3. Transfer milk to a jar or covered bottle and refrigerate. Will keep for up to 4-5 days, though best when fresh. Shake well before drinking, as it tends to separate.



Photo: @lalasplate

***Use leftover pulp to make banana muffins**

<https://minimalistbaker.com/banana-almond-meal-muffins-gluten-free-vegan-optional/>

(can try replacing oat flour with coconut flour if oats are not tolerated)

Baking essentials

- almond flour
- coconut flour
- shredded coconut & large coconut flakes
- pure vanilla extract (alcohol free), or vanilla bean pod or vanilla powder
- baking powder (gluten & aluminum free)
- baking soda (aluminum free)
- raw cacao powder (*if unsure, read label*)(**Phase 2**)
- raw cocoa butter
- coconut butter/manna
- coconut milk (cans)(*read label for added gums; if you can't avoid, guar gum is the most generally tolerated*)
- raw, unpasteurized honey
- monk fruit (drops) or Stevia (pure liquid form/drops)*

Optional: dextrose or glucose (pure) (*I have never used either personally, but you can find these in powder/granule form on Amazon as a sweetener in baking-they are low FODMAP approved*)

**These drops are in pure form & are much sweeter than the powdered varieties that are generally cut with Erythritol (a sugar alcohol that is high in FODMAPs.)*

They work best for drinks (ie: a matcha latte, sparkling water, DIY lemonade etc.) or for treats that don't need to be baked in the oven (ie: DIY chocolate, fat bombs, millionaire bars, panna cotta etc.)

Recipes used or adapted from:

<https://www.fodmapeveryday.com/recipes/garlic-infused-oil/>

<https://minimalistbaker.com/easy-2-ingredient-coconut-yogurt/>

<https://www.thehealthygut.com/recipes/vanilla-and-cinnamon-granola/>

<https://minimalistbaker.com/how-to-make-almond-milk/>

<https://funwithoutfodmaps.com/low-fodmap-taco-seasoning/>