



A Monash FODMAP Christmas

Low FODMAP classics to help you get through
the festive season flare-up free!



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Gingerbread Cookies

25 Cookies
70 Minutes

Ingredients

- ¾ cup of butter, softened
- ¾ cup packed brown sugar
- ½ cup molasses
- 1 egg
- 1 tsp vanilla extract
- 3 ½ cups gluten free plain
- 1 tsp baking soda
- 1 tbsp ground ginger
- ½ tsp ground cinnamon
- ½ tsp ground cloves
- ¼ tsp ground nutmeg
- ½ salt

Energy	672kJ / 160cal
Protein	1.20g
Fat	5.83g
Saturated Fat	3.66g
Carbs	25.72g
Sugars	9.33g
Fibre	0.42g

Method

1. In a large bowl using a hand mixer, beat the butter, brown sugar, and molasses until fluffy, about 2 minutes. Add egg and vanilla and beat until combined.
2. In a mixing bowl, whisk together flour, spices, baking soda, and salt until combined. With the mixer on low, slowly add dry ingredients to wet ingredients until dough just comes together.
3. Divide the dough in half and create two discs. Wrap each in plastic wrap and chill for approximately 2 to 3 hours
4. Preheat the oven to 180°C/ 350°F and line two trays with baking paper. Place one disc of dough on a lightly floured surface and roll until 0.5cm/1/4" thick.
5. Cut out the biscuits using a gingerbread man cutter (or any christmas shape you prefer!) and transfer to baking sheets.
6. Bake for 9 to 10 minutes until slightly puffed. Let cool on baking trays for 5 minutes before transferring to a cooling rack to cool completely.
7. Repeat with the remaining disc of dough. Decorate with icing if desired.





Cranberry and Brie Filo Bites

Serves 12
40 Minutes

Ingredients

- 2 sheets of filo pastry
- 55g unsalted butter, melted
- 150g brie cheese
- Leftover turkey cut into 24 small pieces *optional
- 100g low FODMAP cranberry sauce
- ¼ cup chopped pecans
- Rosemary sprigs for garnish

Energy	657kJ / 157cal
Protein	3.40g
Fat	13.77g
Saturated Fat	5.41g
Carbs	4.81g
Sugars	3.48g
Fibre	0.96g

Method

1. Preheat the oven to 180C/355F
2. Cut one sheet of the filo pastry in half, brush one half it with the melted butter. Cut this half into 20 5cm squares.
3. Take three pastry squares and lie them on top of each other, placing each at a slight angle to the one underneath.
4. Push the stack of squares into one of the holes of a mini muffin tin and repeat with the remaining pastry until all 24 holes are filled.
5. Slice the brie into 24 small pieces and put one piece into each pastry hole. Add turkey on top of the brie if using and then a teaspoon of cranberry sauce on top.
6. Sprinkle chopped pecans over each bite.
7. Bake in the oven for 10 minutes, until the pastry is golden-brown.
8. Leave in the pan to cool for 5 minutes before carefully removing. Top each with a small sprig of rosemary and serve.





Maple Roasted Carrots with Lentils and Herbed Yoghurt

6 Serves
40 Minutes

Ingredients

- 500g baby carrots or regular carrots halved lengthways
- 2 tbs extra virgin olive oil
- 2 tbs maple syrup
- 1 tsp ground coriander
- 1 tsp cumin
- 1 cup/180g canned lentils
- 100g feta
- 2 tbs/50g pomegranate

Energy	928kJ / 222cal
Protein	7.7g
Fat	11.0g
Saturated Fat	3.8g
Carbs	20.3g
Sugars	13.5g
Fibre	5.2g

Ingredients — Yoghurt Dressing

- ½ cup Lactose-free yoghurt
- 20g dill
- Zest and juice of 1 lemon
- 1 tsp garlic infused olive oil

Method

1. Preheat oven to 180°C/355°F and line a large baking tray with baking paper.
2. In a large bowl, toss the carrots, olive oil, maple syrup, ground coriander and cumin. Season with salt and pepper. Arrange on a large baking tray and place in the oven. Bake for 25-30 minutes or until tender and the carrots have begun to caramelize.
3. Meanwhile, to make the yoghurt dressing, mix the lactose-free yoghurt, dill, lemon zest/juice and garlic infused olive oil in a small bowl and set aside.
4. When the carrots are almost ready, rinse and drain the lentils and arrange on the serving bowl or plate. Arrange the carrots on top of the lentils.
5. To garnish, crumble the feta and sprinkle the pomegranate on top of the carrots and lentils.
6. Serve immediately with the yoghurt dressing.





Gravy

10 Cups
15 Minutes

Ingredients

- 2 cups of low FODMAP chicken or beef stock
- 4 tbsp unsalted butter
- 1 tbsp garlic infused olive oil
- ¼ cup plain gluten free flour
- 1 tsp rosemary
- ½ tsp thyme
- Pan drippings (optional)
- Freshly cracked black pepper

Energy	363kJ / 87 cal
Protein	0.4g
Fat	8.2g
Saturated Fat	4.4g
Carbs	3.1g
Sugars	0.1g
Fibre	0.1g

Method

1. Melt the butter in a saucepan over medium heat. Once melted add the oil and stir to combine.
2. Add the gluten free flour, rosemary and thyme and whisk until a smooth paste forms (1-2 minutes).
3. Slowly whisk in the stock ½ cup at a time and bring to boil.
4. Reduce to simmer and cook stirring continuously for 1-2 minutes until a smooth and thick gravy forms
5. If using pan drippings, whisk into gravy mixture.
6. Season with freshly cracked pepper to taste.





Cranberry Sauce

10 Serves
20 Minutes

Ingredients

- 400g frozen or fresh cranberries
- 1 cup white sugar
- 1 cup water
- ¼ tsp cinnamon
- ¼ tsp nutmeg

Energy	390 kJ / 93 cal
Protein	0.21g
Fat	0.06g
Saturated Fat	0.02g
Carbs	22.75g
Sugars	22.7g
Fibre	1.48g

Method

1. Add the water and sugar into a saucepan on medium-high heat and bring to a boil. Stir until the sugar is dissolved.
2. Add the cranberries to the saucepan and bring to a boil.
3. Turn the heat to low and simmer for 5-10 minutes until the majority of cranberries have burst.
4. Remove from heat and mix in the cinnamon and nutmeg
5. Let the sauce cool completely, then transfer to a bowl and store in the refrigerator until ready to serve.





Herb and Walnut Stuffing

10 Serves
60 Minutes

Ingredients

- 10 slices of low FODMAP bread, torn into small pieces
- ¼ cup butter (80g)
- ¼ garlic infused olive oil
- 1 fennel bulb, finely diced
- 1 carrot, finely diced
- 2 tbsp Parsley, finely chopped
- 2 tbsp sage leaves, finely chopped
- 2 tbsp thyme leaves, finely chopped
- 1 cup walnuts, roughly chopped
- 1 ½ cups low FODMAP chicken or vegetable stock
- 2 eggs, whisked

Energy	1343kJ / 321cal
Protein	6.2g
Fat	24.8g
Saturated Fat	6.5g
Carbs	3.3g
Sugars	3.3g
Fibre	5.0g

Method

1. Toast the bread pieces in an oven at 350 degrees F until they resemble croutons, about 10 minutes or so.
2. Place the bread in a baking dish and set aside for later.
3. Heat oil and butter in a large pan over medium-high heat and saute fennel and carrot for about 10 minutes.
4. Stir in the herbs and cook for another minute before adding the chicken stock and chopped walnuts.
5. Pour the herb mixture along with the whisked eggs into the baking dish with the bread and toss to coat.
6. Preheat the oven to 180°C/350°F, cover the stuffing tightly with foil. Bake for about 35 to 40 minutes. Increase the oven temperature to 220°C/420°F, remove the foil and paper and bake for a further 10 minutes or until it is nicely browned on top.





Spiced Maple Glazed Ham

Serves 8
2 Hours, 45 Minutes

Ingredients

- 1 double smoked half leg ham, approx. 3kg
- 100g butter
- 1 cup maple syrup
- 4 cloves
- ½ tsp cumin seeds
- ½ tsp coriander seeds
- 1 tbsp Dijon mustard
- Juice of 1 lime

Energy	1842kJ / 440 cal
Protein	30.77g
Fat	22.20g
Saturated Fat	5.60g
Carbs	30.30g
Sugars	26.83g
Fibre	0.53g

Method

1. Preheat the oven to 180°C/355°F.
2. Run a small sharp knife down the back of the ham and then with your fingers, gently separate the skin from the fat. Remove and discard skin.
3. Lightly score the fat all over in a diamond pattern. Place ham in a baking dish and cover with foil. Bake for 1½ hours.
4. Meanwhile, to make the glaze, heat a medium saucepan over medium heat.
5. Add the butter and swirl for 3 mins until the butter is a light golden brown colour.
6. Stir in the maple syrup, cloves, cumin, coriander, dijon mustard and lime juice. Bring to a simmer and cook for 3 mins. Remove from heat.
7. Remove the foil from the ham and brush some of the glaze over the ham.
8. Bake the ham, basting with glaze every 15 minutes, for an hour until caramelised.
9. Remove from the oven and allow to rest for 20 minutes before carving.





Christmas Cake with Brandy Custard

Serves 12
2 Hours, 20 Minutes

Ingredients — Christmas Cake

- ¼ cup dried banana chips
- 1 cup frozen or fresh chopped cranberries
- 50g raisins
- 40g dried cranberries
- 1/3 cup brandy
- 185g unsalted butter, softened
- ½ cup brown sugar
- 3 eggs
- ¾ cup canned crushed pineapple, drained (120g)
- 1 cup roughly chopped macadamia nuts (140g)
- 2 cups plain gluten-free flour, sifted 270gm
- 4 tps baking powder
- 1/3 cup lactose-free low fat milk
- 1 tsp. ground cinnamon
- 1 tsp. ground nutmeg
- 1 tsp. vanilla essence

Ingredients — Brandy Custard

- 2 ¼ (560ml) cups lactose free milk
- ¾ cup (185ml) lactose free thin cream
- 4 egg yolks
- ½ cup (100g) white sugar
- 1 ½ tbsp cornflour
- ¼ cup (60ml) brandy

Energy	2287kJ / 546 cal
Protein	6.87g
Fat	32.34g
Saturated Fat	15.73g
Carbs	51.56g
Sugars	32.01g
Fibre	2.31g

Method — Christmas Cake

1. Place the mixed dried fruit in a large non-metallic bowl. Add the brandy, stir then cover and stand overnight.
2. Preheat the oven to 160°C/320°F. Grease and double line a deep 20cm (base measurement) round cake pan.
3. Place the butter and sugar in a large bowl and beat with electric beaters until light and creamy. Add the eggs gradually and continue to beat until well combined. Stir through the soaked dried fruit, crushed pineapple, chopped macadamias, spices and vanilla essence.
4. Fold through the flour and milk, until mixture is just combined. Spoon the mixture into the prepared pan and smooth over the surface.
5. Place the pan on several layers of newspaper and place in the oven. Bake for 1 ¾ (ready at 1 hour, cover with paper to prevent hours, or until a skewer inserted into the centre comes out clean. Remove from the oven and set aside to cool. When the cake is just warm, slice into 12 equal sized pieces. Drizzle with brandy custard to serve.

Method — Brandy Custard

1. Heat the milk and cream in a saucepan over medium-high heat for 4 minutes or until it comes to a gentle simmer. Remove from heat.
2. Whisk together egg yolks, sugar and cornflour in a bowl until pale and creamy. Gradually whisk in milk mixture and then return to the saucepan.
3. Place over medium heat and stir with a wooden spoon for 8 minutes or until the custard thickens and coats the back of the spoon (do not bring to a boil).
4. Remove from heat and stir in the brandy.





Winter Wonderland Margarita

Serves 1
5 Minutes

Ingredients

- Coarse sea salt for rim
- Ice
- 90ml/3 shots of cranberry juice
- 1 shot of tequila
- Juice of half a lime
- Fresh cranberries and rosemary sprigs

Energy	483kJ / 115 cal
Protein	0.35g
Fat	0.08g
Saturated Fat	0g
Carbs	11.26g
Sugars	11.26g
Fibre	1.94g

Method

1. Run a lime wedge around the rim of a glass and dip in salt. Fill the glass with ice.
2. Add the cranberry juice, tequila and lime juice to a cocktail shaker filled with ice. Shake to combine.
3. Strain the cocktail into the prepared glass, add the fresh cranberries and rosemary sprig for garnish.





Mulled Wine

Serves 6
40 Minutes

Ingredients

- 1 bottle of dry red wine
- ¼ cup brandy
- 1 orange, sliced into rounds
- 8 whole cloves
- 2 cinnamon sticks
- 2 star anise
- 2 tbsp of brown sugar (add extra if you prefer a sweeter drink)

Energy	543kJ / 129 cal
Protein	0.52
Fat	0g
Saturated Fat	0g
Carbs	6.24g
Sugars	6.24g
Fibre	0.64g

Method

1. Combine all ingredients in a large saucepan and stir to combine.
2. Cook the mulled wine on medium heat until it just begins to simmer (avoid letting it bubble as this will boil off the alcohol).
3. Reduce heat to low and let the wine simmer for at least 30 minutes.
4. Strain the mixture into a serving jug or bowl, taste and adjust sweetness if needed.
5. Garnish with extra orange slices, cinnamon sticks or fresh cranberries.





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