



Dr. Misa

Low-FODMAP Snacks & Treats

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No Bake Chocolate Cookies

8 servings
2 hours 10 minutes

Ingredients

- 3/4 cup All Natural Peanut Butter
- 1/3 cup Maple Syrup
- 1/4 cup Cocoa Powder
- 1 1/2 cups Oats
- 1/4 tsp Sea Salt
- 1 tsp Vanilla Extract
- 1 1/2 tbsps Coconut Oil

Nutrition

Amount per serving	
Calories	267
Fat	16g
Carbs	26g
Fiber	4g
Sugar	11g
Protein	8g
Sodium	81mg

Directions

- 1 In a small saucepan over low heat add the peanut butter, maple syrup and cocoa powder. Stir to combine until just heated through and somewhat dried out in texture. Allow it to cool slightly.
- 2 Pour the peanut butter mixture into a bowl and add the oats, sea salt, vanilla extract and oil. Mix well with a spoon or your hands.
- 3 Line a baking sheet with parchment paper. Form the cookie dough into golf ball sized balls and then flatten with your hands. Place on the baking sheet and repeat until all of the dough is used.
- 4 Place them into the freezer to set, about 2 hours. Remove and place them in a freezer-safe bag or container. Keep them stored in the freezer until ready to eat. Enjoy!

Notes

Leftovers: Store cookies in a freezer-safe container or plastic bag and remove them as you want to eat them. Allow them to sit at room temperature for about 5 minutes to soften.

Serving Size: One serving is one cookie.

Nut-Free: Use sunflower seed butter instead of peanut butter.

More Flavor: Top with flaky salt before freezing.

Mixing: Use slightly damp hands when forming into balls and flattening if the dough is too sticky.



Strawberry Pavlova

6 servings
 1 hour 45 minutes

Ingredients

- 1/4 cup Egg Whites (resting at room temperature for at least 30 minutes)
- 1/2 cup Cane Sugar
- 1/2 tsp Arrowroot Powder
- 1/2 tsp Lemon Juice
- 1 tsp Vanilla Extract (divided)
- 1 cup Frozen Strawberries (sliced)
- 1 tbsp Water

Nutrition

Amount per serving	
Calories	88
Fat	0g
Carbs	21g
Fiber	1g
Sugar	19g
Protein	1g
Sodium	18mg

Directions

- 1 Preheat the oven to 225°F (107°C) and line a baking sheet with parchment paper.
- 2 Combine the egg whites and sugar in a mixing bowl. Using a hand mixer, beat the egg whites on high until stiff peaks form, about 5 minutes.
- 3 In a small bowl combine the arrowroot powder, lemon juice and half of the vanilla. With the mixer on low, pour the arrowroot mixture into the egg whites then adjust speed to high for 2 to 3 minutes more until the egg whites are glossy.
- 4 Gently transfer the egg whites to the prepared baking sheet and shape into a flat circle approximately 1-inch tall. Bake until the outside is firm to the touch, about 1 hour. Turn the oven off and leave the oven door ajar. Allow the pavlova to cool in the oven for 20 to 30 minutes until cool enough to handle. Let cool completely at room temperature before serving.
- 5 Meanwhile, add the strawberries, water and remaining vanilla to a pot over medium heat. Bring to a gentle boil and allow strawberries to bubble for 8 to 10 minutes until the sauce has thickened. Remove from heat and allow the sauce to cool.
- 6 To serve, slice the pavlova into wedges and top with the strawberry sauce. Enjoy!

Notes

Leftovers: Keep in an airtight container at room temperature for up to two days. For best results consume same day. Keep pavlova and strawberry sauce separate until just before serving.

Additional Toppings: Whipped cream and fresh berries.

No Strawberries: Use another berry instead.



Sweet & Spicy Candied Pecans

4 servings
35 minutes

Ingredients

- 1 cup Pecans
- 1 tbsp Maple Syrup
- 1/4 tsp Cinnamon
- 1/8 tsp Cayenne Pepper
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	185
Fat	18g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	2g
Sodium	148mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, toss together all ingredients, then transfer to the baking sheet. Spread across the baking sheet evenly. Bake for 18 minutes, stirring at the halfway point.
- 3 Remove the baking sheet from the oven and let the pecans rest for 15 minutes before serving. Enjoy!

Notes

Leftovers: Store in an airtight container for up to 2 weeks.

Serving Size: One serving size is equal to 1/4 cup pecans.



High Protein Peanut Butter Oatmeal

1 serving
5 minutes

Ingredients

- 1/2 cup Oats (quick or rolled)
- 1/2 cup Water
- 1/2 cup Egg Whites
- 1 tbsp All Natural Peanut Butter
- 1 1/2 tsps Chia Seeds

Nutrition

Amount per serving	
Calories	343
Fat	13g
Carbs	34g
Fiber	6g
Sugar	3g
Protein	23g
Sodium	209mg

Directions

- 1 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 2 Transfer to a bowl and top with peanut butter and chia seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Nut-Free: Use sunflower seed butter, tahini, or pumpkin seed butter instead of peanut butter.

More Flavor: Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt..

Additional Toppings: Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or hemp seeds.

Make it Vegan: Omit the egg whites.



Chocolate Pumpkin Energy Bars

6 servings
 45 minutes

Ingredients

- 1/3 cup Pumpkin Seed Butter (melted)
- 3 tbsps Maple Syrup
- 1/2 tsp Ground Ginger
- 1/2 tsp Cinnamon
- 1 1/2 cups Rice Puffs Cereal
- 1/2 cup Pumpkin Seeds
- 1 oz Dark Chocolate (chopped)

Nutrition

Amount per serving	
Calories	208
Fat	14g
Carbs	16g
Fiber	3g
Sugar	7g
Protein	6g
Sodium	44mg

Directions

- 1 In a mixing bowl, whisk together the pumpkin seed butter, maple syrup, ginger, and cinnamon. Gently fold in the rice puffs cereal and pumpkin seeds.
- 2 Transfer and spread the mixture across a parchment-lined container or baking dish. Place another layer of parchment paper on top and firmly press into an even packed layer. (Note: If not compact enough, the bars may come out crumbly.)
- 3 In the microwave, heat the dark chocolate in a small bowl for 30 seconds at a time, until melted. Drizzle ovetop with a small spoon.
- 4 Freeze for about 30 minutes and slice into bars. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two weeks, or freeze for up to two months.

Serving Size: One serving equals two bars. A 9 x 6 1/2-inch container was used to make 12 bars or six servings.

No Pumpkin Seed Butter: Use tahini, sunflower seed butter, peanut butter, or almond butter instead.