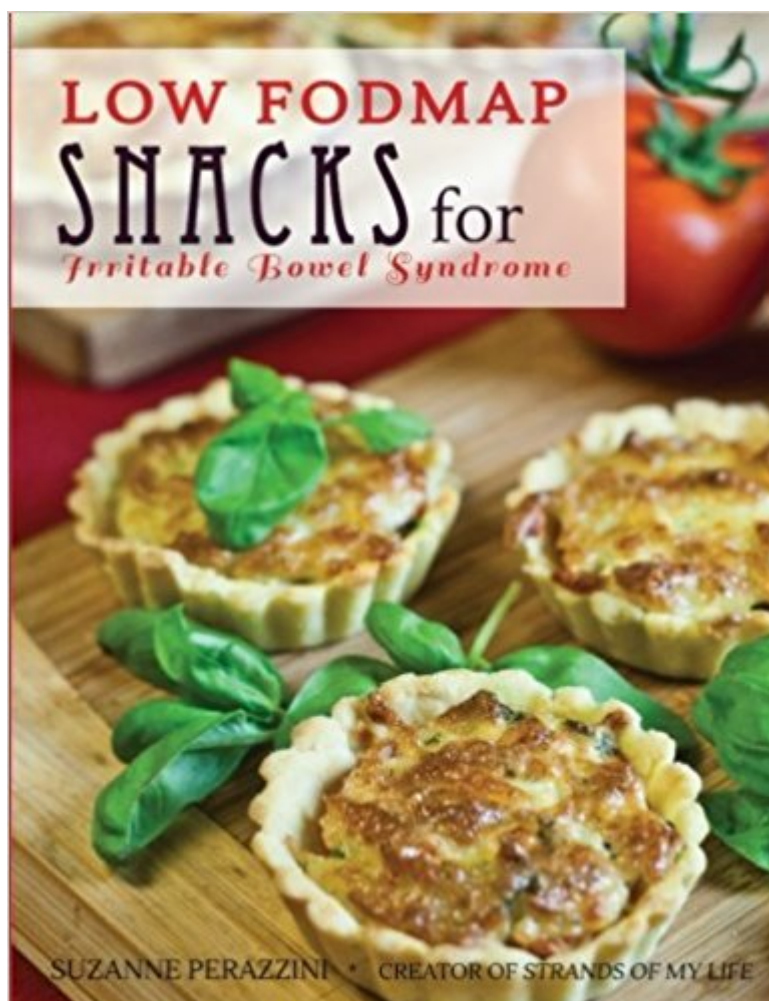




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Low Fodmap Snacks For Irritable Bowel Syndrome



Synopsis

Low FODMAP Snacks for Irritable Bowel Syndrome is a cookbook for all of you who have irritable bowel syndrome and want to eat a low FODMAP, gluten-free diet. This diet dramatically helps 75% of people with irritable bowel syndrome. The book contains 92 pages, 33 recipes and over 50 photos. You will never again have to worry about what to eat for a snack.

Book Information

Paperback: 92 pages

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Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 15 customer reviews

Best Sellers Rank: #294,255 in Books (See Top 100 in Books) #26 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #2739 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #4044 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

Suzanne Perazzini is a certified nutritional therapist, qualified coach and award-winning author. She lives in New Zealand in a house overlooking the Pacific Ocean with her husband and son and works as a full-time IBS and low Fodmap diet coach. Her blog, Strands of My Life, focuses on articles, videos and recipes on IBS and the low FODMAP diet.

These recipes have so many ingredients and are really only interesting for people who cannot tolerate normal wheat flour. So much time necessary just for snacks, never mind the three main meals.

What I was looking for.

A great book for people on the Fodmap diet, lot's of recipes with full illustrations

Not only does Suzanne Perazzini have a talent for creating delicious low-FODMAP recipes, but she also has a knack for taking beautiful food photographs. 'Low-FODMAP snacks for IBS' has so many amazing recipes accompanied by lovely pictures that will make eating a special diet easy...you won't have to feel deprived with these creative and tasty recipes. This book also includes lists of low-FODMAP foods, tips for doing a low-FODMAP diet and more, which is so helpful if you're new to low-FODMAP. I can't wait to try the banana pancakes, carrot cake muffins and lemon bars. Yum!

A treasure trove of delicious recipes that are gut and palate friendly. Beautifully photographed and full of valuable advice, this book is a must have for anybody considering the low fodmap diet....or not. This book is truly for every food-lover out there! Thank you Suzanne for creating these wonderful recipes, I love them all!

I have been on the low fodmap diet for almost 2 years and have been through a LOT of cookbooks and blogs, but this little gem is the best yet. The recipes are with common everyday ingredients and are snacks that I actually want and crave, not just some author's creative bent they are currently on.

I like how the recipes are very easy to follow. Some cook books require an absurd amount of ingredients to make their dishes but this is good food with reasonable ingredients!

this will keep me busy a while-----but looking forward to eating something fun as I am new to this diet thing and getting confused as to what I can have--this looks fun

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