

FODMAP Breakfast Bowl

Start your day with this gut-friendly Low-FODMAP Breakfast Bowl! Packed with lactose-free yogurt, fresh fruits, and seeds for a delicious, digestive-friendly meal.

10 min
PREP

10 min
TOTAL

1
SERVINGS

Easy
DIFFICULTY

FODMAP Breakfast Bowl

Ingredients

- 1 cup strained yogurt
- 1 cup gluten free oat
- 1 banana
- 1 cup strawberry
- 1 tbsp chia
- 1 tbsp grated coconut
- 1 tbsp pumpkin seed
- 1 tsp maple syrup
- 1 tsp cinnamon

Instructions

- 1 Prepare the base**

Add 1 cup of lactose-free Greek yogurt to your serving bowl. Spread it evenly across the bottom with the back of a spoon to create a smooth, level surface.
- 2** Sprinkle 1 cup of rolled oats evenly over the yogurt layer. Gently press the oats down with your spoon so they nestle into the yogurt slightly.
- 3 Add fresh fruit**

Slice 1 banana into rounds about 1/4-inch thick. Arrange the banana slices and 1 cup of fresh strawberries on top of the oats in an attractive pattern.
- 4** Sprinkle 1 tablespoon of chia seeds evenly over the fruit. Add 1 tablespoon of shredded coconut, distributing it across the entire surface.
- 5** Scatter 1 tablespoon of pumpkin seeds over the bowl, ensuring they're spread evenly for consistent crunch in each bite.
- 6 Finish and serve**

Drizzle 1 teaspoon of maple syrup over the top if desired. Dust with 1 teaspoon of ground cinnamon and serve immediately.

Tips

Choose firm, slightly green bananas rather than fully ripe ones, as they contain less fructose and are more suitable for the low-FODMAP diet.

Measure portions carefully, especially for ingredients like oats and banana, as exceeding recommended amounts can push you over FODMAP limits.

Toast your pumpkin seeds lightly in a dry pan for 2-3 minutes to enhance their nutty flavor and add extra crunch to your bowl.

Prep multiple servings of the dry ingredients (oats, chia seeds, coconut, and pumpkin seeds) in small containers for quick assembly throughout the week.

If you find the bowl too tart, add a small amount of pure maple syrup, which is low-FODMAP in small quantities (1 tablespoon or less).

Experiment with different low-FODMAP fruits like blueberries, kiwi, or orange segments to keep your breakfast interesting and seasonal.

For extra protein, consider adding a scoop of low-FODMAP protein powder to your yogurt - vanilla or unflavored work best.

Store chia seeds in the refrigerator after opening to maintain their omega-3 content and prevent them from going rancid.