

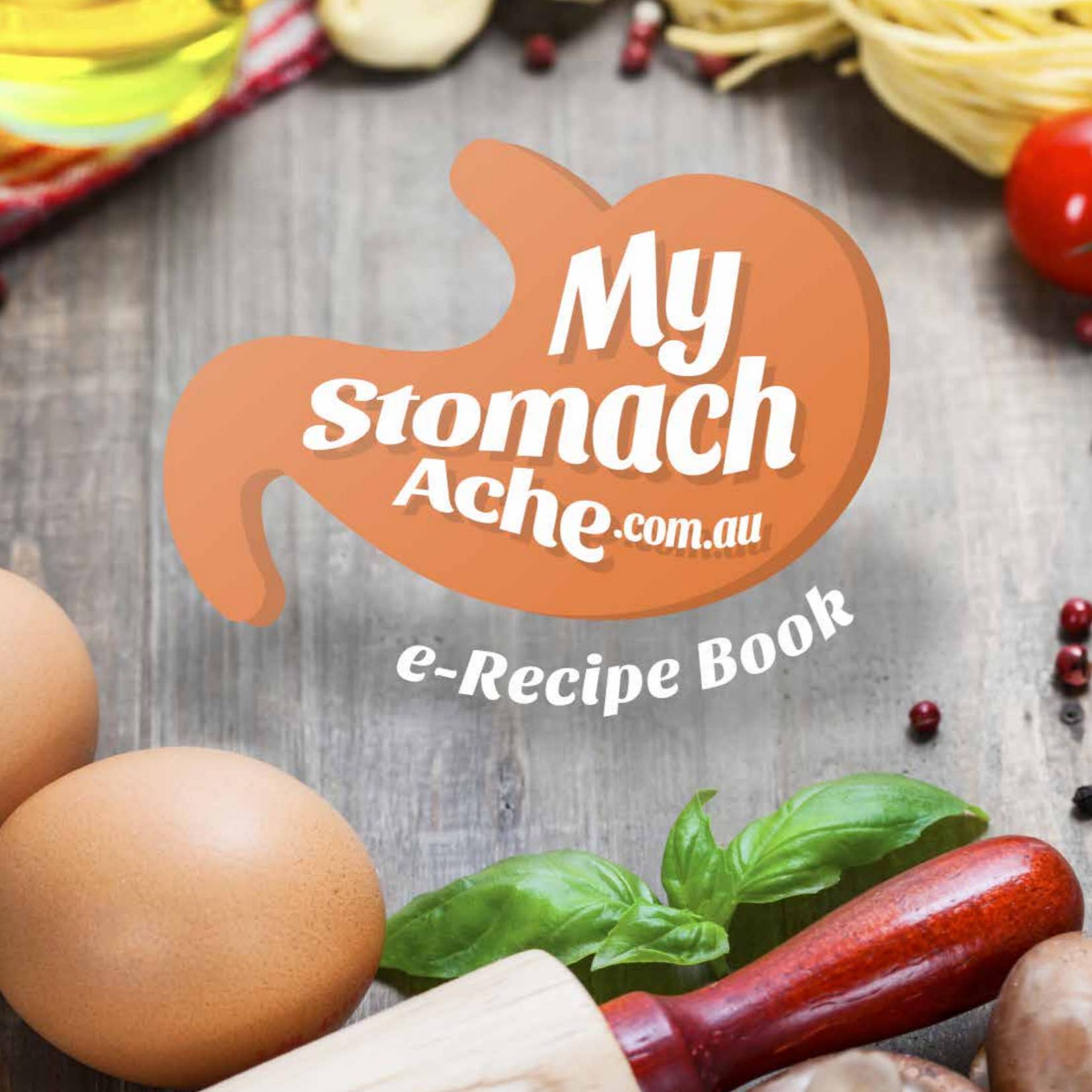


My
Stomach
Ache.com.au

e-Recipe Book



THE GUT
Foundation



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e-Recipe Book

Recipes for a happy and healthy tummy

Food plays a leading role in our everyday lives and is critical to maintaining a healthy and happy tummy and good overall gut health. The Gut Foundation has teamed up with MyStomachAche (an initiative from Boehringer Ingelheim) to help give you some quick and healthy meal ideas to maintain a healthy digestive system.

In its simplest state, nutrition is the supply of materials (food) that the body requires to stay alive. Nutritional value, fibre and flavour are all essential parts of a diet that keep you and your body happy and healthy.

We hope to show you that eating well for a happy and healthy tummy and overall gut health doesn't have to be boring or time consuming. Healthy food is about fresh and flavoursome ingredients. So while you're enjoying a delicious meal, your digestive system is getting the nutrients it needs to continue functioning smoothly.

We know our options for breakfast, light bites, main meals and sweet treats will tantalise your tastebuds while keeping your stomach healthy and gut happy. Bon appétit!

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Research Dietitian
The Gut Foundation

And The MyStomachAche Team.



Breakfast



Mini Buckwheat Pancakes with Banana & Maple Syrup

Makes approximately 16 small pancakes (4 serves)

Ingredients:

1 cup buckwheat flour

1 large egg

¾ cup rice milk

Oil spray for greasing

To serve:

2 medium sized bananas sliced

Maple syrup to drizzle

NUTRITIONAL INFORMATION

per serve

Energy 1280.98 kJ

306 Kcals

Protein 8.8g

Total Fat 5g

Carbohydrate 53.4g

- Sugars 13.7g

Fibre 6.1g

- Sift the flour into a large bowl and make a well in the centre.
- Add the combined egg and rice milk.
- Whisk till smooth. This can be done in a blender to save time and effort.
- Place a non-stick frying pan on a medium to high heat.
- Use a little oil spray or a light brush of oil in the pan.
- Pour small amounts of the mixture into the pan and then swirl the pan to spread the mixture to the edges.
- When the top surface of the pancake starts to set and bubbles appear, turn the pancake over and cook for a further 30 seconds.
- Once the pancakes are cooked, stack on a plate and serve with sliced banana and drizzles of maple syrup.

This recipe is a good source of soluble and insoluble fibre. The recipe is also gluten free and low in FODMAP's.

Toasted Muesli

Makes approximately 4 cups (4 serves)

Ingredients:



2 cups of rice flakes

1 cup rice bran

1 dstsp chopped almonds/
hazelnuts/pecans

1 dstsp pepitas

1 dstsp sunflower seeds

2 tblsp oil

2 tblsp golden syrup or
maple syrup

NUTRITIONAL INFORMATION:

per serve

Energy 1117.6 kJ

267 Kcals

Protein 7.5g

Total Fat 15.9g

Carbohydrate 20g

- Sugars 5.2g

Fibre 8.3g

- Pre-heat the oven to 180°C fan assisted.
- Cover a large baking tray with grease proof paper and lightly spray with oil spray.
- Combine rice flakes, bran, nuts and seeds in a large bowl.
- Mix in oil and syrup, making sure all ingredients are moistened.
- Spread the mixture over the baking tray evenly.
- Bake in the oven for approximately 5 minutes.
- Store in an air-tight container.

This recipe is high in fibre, gluten free and low in FODMAP's.



A Light Bite



Ingredients:



- 2 cups rice flour
- ½ cup of oat bran
- ½ cup ground oats
- ½ tsp xanthum gum
- 3 tsp gluten free baking powder
- 2 large eggs (700g each)
- 1 ½ cups of rice milk
- ¾ cup natural low fat yoghurt (preferably probiotic)
- ¼ cup of oil
- 200g crumbled fetta
- 2 large handfuls of fresh spinach
- Salt & pepper
- 2 tblsp pine nuts

NUTRITIONAL INFORMATION

per serve

Energy	1224 kJ
	293 Kcal
Protein	10.5g
Total Fat	12.7g
Carbohydrate	32.6g
- Sugars	2.6g
Fibre	2.3g

Spinach Scones

A light bite 'on the go' or a snack.

Makes approximately 12 scones

- Pre-heat the oven to 180°C fan assisted.
- In a large bowl mix the rice flour, oat bran, ground oats, xanthum gum and baking powder.
- In a jug beat the two eggs and then add the rice milk, yoghurt and oil.
- Make a well in the centre of the dry ingredients and slowly add the milk, egg, and yoghurt mixture to the dry ingredients, gently mixing with a fork.
- Add the crumbled fetta and spinach leaves, salt and pepper.
- The mixture should be fairly stiff, try not to over work the mixture.
- Spray a muffin tin with oil spray and then fill each cavity to about ¾ full.
- Sprinkle a few pine nuts on the top of each muffin and then bake in the oven for 10 to 12 minutes, or until golden brown on top and cooked through in the middle.

This recipe is a good source of soluble and insoluble fibre, and calcium. The recipe is gluten free and low in FODMAP's.



Herb Crusted Blue Eye

Serves 4

- Pre-heat the oven to 200°C.
- Line a baking tray with grease proof paper and lightly spray with oil.
- In a hand blender lightly pulse the oat bran, buckwheat flour, herbs, zest, salt & pepper and egg white to a crumb texture.
- Place the four fillets on the lined baking tray.
- Lightly brush each fillet with olive oil and then press on the crumb mixture. Make sure it is not too thick or compacted.
- Bake in the oven for 10 to 12 minutes, then remove from the oven and cover with foil and rest for 5 minutes before serving.

This recipe is high in protein, gluten free, low in fat and FODMAP's.

Ingredients



- 4 x 175g fillets of blue eye cod
- 1 cup oat bran
- ½ cup buckwheat flour
- ½ cup finely chopped herbs (flat leaf parsley, oregano)
- 1 spring onion finely chopped (just the green part)
- Zest of ½ a lemon (this is optional and can be omitted if preferred)
- 1 egg white beaten
- 1 tblsp olive oil
- 2 tblsp grated parmesan
- Salt & pepper
- To serve:
Handful of fresh spinach leaves

NUTRITIONAL INFORMATION:

per serve

Energy	1835.8 kJ
	439 Kcal
Protein	49.1g
Total Fat	9.8g
Carbohydrate	33.5g
- Sugars	2g
Fibre	8.6g

Vegetable Frittata

Serves approximately 6

- Pre-heat the oven to 120°C.
- Lightly spray with oil a non-stick 8 inch flan tin and set aside.
- In a saucepan heat a teaspoon of olive oil and sauté the finely sliced capsicum till slightly soft.
- Add the spring onion, crushed garlic, and salt and pepper stirring for 1 – 2 minutes.
- Remove from the heat and add the zucchini and parsley combining carefully so as not to tear the zucchini ribbons. Set the pan aside.
- In a bowl crack all 7 eggs and whisk.
- Add the cottage cheese and beat into the egg.
- Place the cooled veg into the greased tin.
- Pour in the egg mixture.
- Sprinkle the grated parmesan on top.
- Place in the oven for 45 to 60 minutes, or until set and slightly golden on top.
- Serve with a green leafy salad.

Ingredients

1 red or yellow capsicum sliced finely in long strips

2 spring onions finely chopped (green part only)

1 zucchini (using a wide potato peeler, peel lengthways into ribbons)

1 clove crushed garlic

Handful of chopped flat leaf parsley

7 large eggs

1 cup low fat cottage cheese

Salt & Pepper

2 tblsp grated parmesan

1 tsp olive oil for sautéing

Oil spray for greasing

NUTRITIONAL INFORMATION:

per serve

Energy 915.2 kJ

219 Kcals

Protein 20.3g

Total Fat 13.7g

Carbohydrate 2.7g

- Sugars 2.6g

Fibre 1.1g

This recipe also works well making individual frittatas by spooning veg and egg mixture into greased muffin tins. Bake at the same temperature but for only 10 to 15 minutes, or until firm. Great for lunch boxes!

This recipe is high in protein and gluten free. There is lactose in the cottage cheese but a minimal amount per serve so it is low in FODMAP's also.



BBQ Beef and Herb Patties

Makes approximately 8 large patties, or 16 mini.

Ingredients:

- 500g Extra Lean Beef Mince
- 2 spring onions finely chopped (just the green section)
- 1 garlic clove crushed (optional)
- ½ cup of finely chopped flat leaf parsley
- 2 large eggs
- ½ cup oat bran
- Salt and Pepper
- Oil spray for cooking.

NUTRITIONAL INFORMATION

per serve

Energy	1838.6 kJ
	440 Kcals
Protein	11.3g
Total Fat	41.5g
Carbohydrate	5.8g
- Sugars	0.5g
Fibre	1.8g

- Line a tray or large flat dish with grease proof paper or cling film and set aside.
- In a large bowl place the raw beef mince, chopped spring onion, crushed garlic clove, finely chopped parsley, and 2 eggs.
- Mix with a spoon till all of these ingredients are combined.
- Add the oat bran and salt & pepper and mix well.
- Now divide the mixture up into either 8 parts to make large patties, or into 16 to make small patties.
- Using your hands roll each pattie to form a ball then place on the lined dish and press down to form a flat circular pattie approximately 2cm thick. Repeat till all the mixture is used.
- For best results BBQ on a medium to high heat, slightly charring the outside and cook till firm. Set aside to rest for 2-3 minutes before serving.

These patties can be served with seedy grain rolls and a green leafy salad or corn salsa (see main meals).

A high protein recipe with added fibre from the oat bran. If following a low FODMAP diet avoid the bread rolls or have a gluten free alternative. The garlic clove on a low FODMAP diet should be tolerated, however can be omitted from the recipe if required.

Main Meals

Marinated Chicken and Capsicum Skewers with Coriander & Mint Quinoa

Makes 8 skewers (4 serves)

Ingredients

8 bamboo skewers soaked
in warm water for 30 mins

4 x 130g Chicken Breast Fillets cut
into 2cm cubes

Marinade

150ml light soy sauce

1 tsp finely grated ginger

½ clove of garlic crushed

1 tblsp golden syrup

1 red or yellow capsicum deseeded
and cut into 2cm sections

2 cups of dry uncooked quinoa

1 tsp salt

Garlic clove crushed

1 cinnamon stick

1 star anise

Handful of finely chopped coriander

Handful of finely shredded mint

Juice of ½ a lime

NUTRITIONAL INFORMATION:

per serve

Energy 2224.6 kJ

532 Kcals

Protein 43.7g

Total Fat 2.9g

Carbohydrate 77.2g

- Sugars 4.2g

Fibre 6.5g

- In a plastic air tight container mix up the soy sauce, ginger, crushed garlic and golden syrup.
- Dice up the chicken breast into 2cm cubes and place in the marinade. Seal the lid and place in the fridge for 30 minutes to overnight. The longer you leave it the better the flavours will infuse.
- Place 8 bamboo skewers in a sink of warm water to soak.
- Whilst the chicken is marinating rinse the quinoa under cool water.
- Bring 4 cups of water to a boil in a large sauce pan. Add the quinoa, 1 tsp of salt, a crushed garlic clove, and the cinnamon stick and star anise.
- Turn down the heat to medium-low, cover, and cook until the quinoa is fluffy and chewy, about 20 minutes.
- Whilst the quinoa is cooking take the skewers out of the sink, and start threading capsicum and chicken pieces onto each skewer till all skewers are loaded. Put back in the marinade container and back in the fridge until it is time to BBQ.
- Once cooked empty the quinoa into a large bowl and allow it to cool almost to room temperature.
- Remove the cinnamon stick and star anise.
- Add the coriander, mint and juice of half a lime.
- BBQ the chicken skewers until the capsicum and chicken has caramelised and charred slightly.
- Serve with the quinoa.

This recipe is gluten free and low in FODMAP's, a good source of protein and also fibre.

BBQ Minute Steak with a Corn Salsa

Serves 4

Ingredients:



4 scotch fillets (approximately 140g each)

4 large fresh corn on the cob

Handful of fresh coriander chopped

2 fresh tomatoes deseeded and chopped

1 spring onion finely chopped (green part only)

½ of an avocado diced

Juice of ½ a lime

Salt and pepper

NUTRITIONAL INFORMATION:

per serve

Energy	1864 kJ
	446 Kcals
Protein	37.9g
Total Fat	23g
Carbohydrate	17.5g
-	Sugars 8g
Fibre	7.5g

- Using a knife slice the corn kernels from the corn cobs and place in a pan of salted boiling water.
- Boil for 3 or 4 minutes, or until tender.
- Drain and rinse under cold water. Drain again and place in a large serving dish.
- Add to the corn in the serving dish the chopped coriander, tomatoes, spring onion, and avocado.
- Gently stir to mix ingredients.
- Then squeeze the lime juice over and season.
- For the steak - Lay a large piece of cling or baking paper on the work surface. Place a fillet on the cling or paper and cover with another piece. With something heavy, bash the steak till it is thin. This process can be done on a board with a meat tenderising hammer.
- Brush each steak with a little oil and salt and pepper each side and place on the BBQ grill for a minute or so on each side, or till it is cooked to desired level.
- Leave to stand on a plate just before assembling.
- Serve each steak with a small pile of the fresh corn salsa on top and some extra coriander leaves to garnish.

This is a low fat, gluten free & low FODMAP recipe.





Vegetarian Ragu

Serves 4

Ingredients:



- 2 celery sticks
- 2 carrots
- 2 spring onions (green part only)
- 1 clove of garlic
- ½ an egg plant diced into 1cm pieces
- 1 can of chopped tomatoes
- 2 tsp Olive oil
- 1 tsp Mixed dried herbs
- Salt and pepper
- Chopped parsley to garnish
- 350g dried Spaghetti

NUTRITIONAL INFORMATION:

per serve

Energy	1505.6 kJ
	360 Kcals
Protein	7.9g
Total Fat	4.6g
Carbohydrate	64.6g
- Sugars	4.5g
Fibre	12.9g

- Put a large pan on the hob and heat 2 tsp of olive oil.
- In a blender, blend the celery, carrot, spring onion + garlic.
- Once blended to a paste add to the sauce pan along with the dried herbs, salt + pepper and sauté for 5 minutes.
- Now add the egg plant to the saucepan. Stir regularly to avoid burning.
- Once the egg plant is softened and slightly golden in colour add the can of chopped tomatoes.
- Stir well and place a lid on the saucepan. Turn the heat down to low and allow the sauce to simmer slowly for 20 minutes.
- In the meantime bring to the boil a large saucepan of salted water.
- Add the dried spaghetti to the water & cook till al danté.
- Serve a portion of the pasta with a couple of spoons of the sauce on top, garnished with some chopped parsley.

This is a vegetarian recipe high in soluble fibre. To make this recipe gluten free and low in FODMAP's choose gluten free spaghetti.

Sweet Treats

BBQ Banana Split

Serves 4



Ingredients

4 medium sized bananas in their skins

120g of good quality dark chocolate

To serve 4 tblsp Low fat crème fraiche

NUTRITIONAL INFORMATION:

per serve

Energy 1243.6 kJ

298 Kcals

Protein 3.2g

Total Fat 14.1g

Carbohydrate 39g

- Sugars 29 g

Fibre 2.8g

- Slice each banana down the inside of the curve through the skin and part way into the flesh.
- Place 30g of the crushed dark chocolate into each cavity of each banana.
- Wrap in foil and bake on the BBQ or in the oven on a low heat for 30 minutes, or until the banana flesh is cooked and the chocolate melted.
- Serve with a large tablespoon of crème fraiche.

This recipe is a source of soluble fibre, gluten free and low in FODMAP's.

Coconut Panna Cotta with Passionfruit

Makes 6

- Place the cream and coconut milk in a saucepan and bring to the boil, add the sugar and stir till it is dissolved. Remove from the heat.
- In a mug mix the gelatine or agaragar with 2 tablespoons of boiling water, mix well till totally dissolved.
- Quickly add the gelatine or agaragar solution to the hot cream and coconut milk mixture and whisk well.
- Pour the mixture into 6 ½ cup (125ml) ramekins.
- Cool to room temperature, then refrigerate for at least 4 hours.
- In a saucepan add the passionfruit pulp and 1 tblsp caster sugar, heat and stir till the sugar is dissolved.
- To serve, break the seal by inserting a knife between the set panna cotta and the ramekin. Turn the panna cotta out onto a plate and spoon over a little of the cooled passionfruit.

This dessert is a sweet treat and should not be consumed in large portion sizes or too regularly.

It is gluten free, and low in FODMAP's.

Ingredients

- 1 ½ cups extra light cream
- 1 ½ cups light coconut milk
- ½ cup caster sugar
- 2 ½ tsp gelatine powder, or 2 ½ tsp agaragar powder (vegetarian)
- 4 passionfruit
- 1 tblsp caster sugar

NUTRITIONAL INFORMATION:

per serve

Energy	1212 kJ
	290 Kcals
Protein	4.3g
Total Fat	21g
Carbohydrate	21.6g
- Sugars	21.5g
Fibre	1.4g





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This initiative is supported by Boehringer Ingelheim the makers of Buscopan and Buscopan Forte. For more information visit www.buscopan.com.au