



# SWEET TREATS

There's no one-size-fits-all eating approach for managing IBS-C and CIC<sup>1</sup>. This collection of desserts includes recipes that are high in fiber and recipes that are suitable for those following a Low FODMAP diet (per the recommendation of a health professional). But no matter what diet you're following, there's always room for dessert. Here, you'll find sweet treats to celebrate any occasion. Enjoy...in good health!

1. Irritable Bowel Syndrome with Constipation (IBS-C) and Chronic Idiopathic Constipation (CIC)



## High Fiber

Increasing fiber, particularly soluble fiber—the kind found in oats—may help with constipation. Incorporating these recipes can help you increase your fiber intake gradually.



## Low FODMAP

For some people, following a Low FODMAP diet—under the supervision of a healthcare provider—improves gastrointestinal symptoms. The acronym FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols. These are types of carbohydrates that are not completely absorbed in the gut and can be broken down by gut bacteria through a process called fermentation. A Low FODMAP diet limits hard-to-digest carbohydrates, including certain types of fruits; most types of dairy and large amounts of cereal grains, like wheat and rye. Low FODMAP eating emphasizes lean proteins, healthy fats, easier-to-process fruits and vegetables, and gluten-free grains.

Recipes are provided for informational purposes only. Always seek the advice of your healthcare provider to determine what diet is best for your individual needs.

# RASPBERRY-ALMOND CRUMB TART

You can quickly make the crust for this tart in the food processor and then press it into the pan—no need to dig out a rolling pin. Extra crust dough doubles as a crumbly topping.



**Makes:** 8 servings (1 slice each)

**Active Time:** 20 minutes

**Total Time:** 2 hours (including cooling time)



## Recipe Ingredients:

- ½ cup sliced almonds (skins on)
- 6 tablespoons granulated sugar
- 1⅓ cups plus 2 tablespoons gluten-free all-purpose baking flour, divided
- ½ teaspoon salt
- 6 tablespoons cold unsalted butter, cut into ¼-inch pieces
- 1 large egg yolk
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract
- 4½ cups fresh or frozen (not thawed) raspberries
- 1 teaspoon confectioners' sugar

## Recipe Steps:

1. Preheat oven to 400°F. Lightly coat a 9-inch removable-bottom tart pan with cooking spray.
2. Combine almonds and sugar in a food processor; pulse until the almonds are finely ground and incorporated with the sugar. Set aside ½ cup of the mixture.
3. Add 1⅓ cups flour and salt to the remaining almond mixture and pulse briefly to blend. With the motor running, add butter a few pieces at a time until well incorporated.
4. Stir egg yolk, vanilla, and almond extracts together in a small bowl until blended. With the motor running, add to the processor and pulse until the mixture begins to clump and form a dough, about 1 minute (the mixture will look like crumbly sand). Set aside ⅓ cup of the mixture for the topping.
5. Transfer the remaining dough to the prepared tart pan; spread evenly and press firmly into the bottom and up the sides to form a crust.
6. Add the remaining 2 tablespoons flour to the reserved almond mixture; stir to blend. Gently toss raspberries with 2 tablespoons of this mixture in a medium bowl until coated. Spread the berries evenly on the crust. Sprinkle the remaining almond mixture over the berries. Pinch the reserved dough into small clumps to make crumbs and sprinkle the crumbs on top of the berries.
7. Bake the tart for 15 minutes. Reduce the oven temperature to 350° and bake until the crust and crumbs are golden brown, about 45 minutes more. Let cool on a wire rack for about 30 minutes. Serve warm or at room temperature. Remove the pan sides; place confectioners' sugar in a fine sieve and dust the tart just before serving.

## Recipe Nutrition:

**Per serving:** 275 calories; 13 g fat (6 g saturated); 46 mg cholesterol; 37 g carbohydrate; 13 g total sugars; 5 g protein; 6 g fiber; 149 mg sodium; 177 mg potassium.

# PUMPKIN CHEESECAKE SWIRL BROWNIES

For a big hit of chocolate goodness, use chopped bittersweet chocolate in place of the chips. Refrigerate the leftover pumpkin puree for up to three days—it's delicious stirred into your morning oatmeal or yogurt.



**Makes:** 16 servings  
(one 2-inch brownie each)

**Active Time:** 25 minutes

**Total Time:** 1 hour

## Recipe Ingredients:

### Brownie Layer

- $\frac{2}{3}$  cup gluten-free all-purpose baking flour or baking blend
- $\frac{1}{2}$  cup unsweetened cocoa powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground cinnamon
- 2 large eggs
- 1 cup packed light brown sugar
- $\frac{1}{4}$  cup canola oil
- $\frac{1}{4}$  cup unseasoned canned pumpkin puree
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  cup bittersweet chocolate chips

### Cheesecake Layer

- 4 ounces reduced-fat cream cheese, at room temperature
- 1 large egg
- $\frac{1}{2}$  cup unseasoned canned pumpkin puree
- 3 tablespoons light brown sugar
- 1 tablespoon gluten-free all-purpose baking flour or baking blend
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon ground nutmeg
- $\frac{1}{4}$  teaspoon vanilla extract
- $\frac{1}{8}$  teaspoon ground ginger



## Recipe Steps:

1. Preheat oven to 350°F. Line an 8-inch-square baking pan with foil, leaving a 2-inch overhang on two sides (trim the two opposite sides, if desired). Lightly coat with cooking spray.
2. **To prepare brownie layer:** Whisk  $\frac{2}{3}$  cup flour, cocoa, salt, and  $\frac{1}{4}$  teaspoon cinnamon in a small bowl. Beat 2 eggs, 1 cup brown sugar, oil,  $\frac{1}{4}$  cup pumpkin, and 1 teaspoon vanilla in a large bowl with an electric mixer on medium speed until smooth. Add the dry ingredients and beat on low speed just until well blended, scraping down the sides.
3. **To prepare cheesecake layer:** Clean the beaters. Beat cream cheese in a medium bowl with an electric mixer until smooth. Add egg, pumpkin, brown sugar, flour, cinnamon, nutmeg, vanilla, and ginger; beat until well blended.
4. Reserve  $\frac{1}{3}$  cup of the brownie batter for the topping. Fold chocolate chips into the remaining batter and scrape into the prepared pan, making sure to spread it all the way to the corners. Spread the cheesecake batter over the brownie layer to cover evenly. Drop the reserved brownie batter by generous teaspoonfuls over the top and draw a dull knife through the top of the two batters to create a swirl design.
5. Bake until a toothpick inserted into the center comes out mostly clean, 35 to 45 minutes. Let cool in the pan on a wire rack. When cool, use the foil as handles to lift the brownies from the pan before cutting into squares.

## Recipe Nutrition:

**Per serving:** 186 calories; 9 g fat (3 g saturated); 40 mg cholesterol; 28 g carbohydrate; 20 g total sugars; 4 g protein; 3 g fiber; 115 mg sodium; 119 mg potassium.



# VEGAN CHOCOLATE-DIPPED FROZEN BANANA BITES

These bite-size morsels of frozen banana, peanut butter, and vegan chocolate make a perfect snack or easy dessert. These banana bites store well in the freezer, so make some ahead of time and keep them on hand for those moments when you crave something sweet.

**Makes:** 24 servings (1 banana bite each)

**Active Time:** 30 minutes

**Total Time:** 2 hours, 30 minutes

## Recipe Ingredients:

- 3 large firm bananas
- ¼ cup natural peanut butter (crunchy or smooth)
- ¾ cup vegan chocolate chips



## Recipe Steps:

1. Peel bananas and cut in half lengthwise. Spread each half with peanut butter. Place the banana halves together to make banana “sandwiches.” Cut 8 rounds from each banana “sandwich.” Place the banana bites on a parchment-paper- or wax-paper-lined baking sheet or tray and freeze for at least 2 hours or overnight.
2. Place chocolate chips in a microwave-safe bowl and microwave on High, in 15-second increments, until melted (1 to 1½ minutes total). Dip half of each frozen banana bite in the chocolate. Place back on the parchment or wax paper and let stand until the chocolate is set. If not serving immediately, return to the freezer.

**Make-Ahead Tip:** Store in the freezer in a covered container for up to 1 month. Serve directly from the freezer.

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## Recipe Nutrition:

**Per serving:** 58 calories; 3 g total fat (1 g saturated); 0 mg cholesterol; 8 g carbohydrate; 5 g total sugars; 1 g protein; 1 g fiber; 10 mg sodium; 80 mg potassium.

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# FLOURLESS CHOCOLATE COOKIES

These cookies get their volume from whipped egg whites (like a meringue) instead of grains, making them gluten-free and melt-in-your-mouth delicious. A chocolate chip in each bite adds to the rich chocolate flavor.

**Makes:** 16 servings (1 cookie each)

**Active Time:** 15 minutes

**Total Time:** 40 minutes

## Recipe Ingredients:

- 1 cup confectioners' sugar
- ¼ cup unsweetened cocoa powder
- ⅛ teaspoon salt
- 2 large egg whites
- 1 teaspoon vanilla extract
- ½ cup bittersweet chocolate chips or chunks, chopped



## Recipe Steps:

1. Preheat oven to 350°F. Line 2 large baking sheets with parchment paper. Coat the paper with cooking spray.
2. Combine confectioners' sugar, cocoa, and salt in a medium bowl. Beat egg whites in a large mixing bowl with an electric mixer until soft peaks form. Add vanilla. Fold in the cocoa mixture with a rubber spatula until combined. Fold in chocolate chips (or chunks).
3. Drop the batter by tablespoonfuls onto the prepared baking sheets, leaving about 2 inches between each cookie. Bake, 1 sheet at a time, until the cookies are just beginning to crack on top, 12 to 14 minutes. Let cool slightly on the pan before transferring to a wire rack to cool completely.

**Make-Ahead Tip:** Store cookies in an airtight container for up to 3 days.

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## Recipe Nutrition:

**Per serving:** 67 calories; 2 g total fat (1 g saturated); 0 mg cholesterol; 13 g carbohydrate; 11 g total sugars; 1 g protein, 1 g fiber; 26 mg sodium; 28 mg potassium.

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