THE LIGHTER PLATE METHOD

Low-FODMAP Fruit & Seed Salad

A gentle, low-FODMAP fruit salad finished with oats and pumpkin seeds for a bit of crunch.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**0 min**	**10 min**	**2**	**EASY**

Ingredients

- 1 heaping tbsp papaya (chopped)
- 1 medium kiwi (chopped)
- 5 small strawberries (sliced)
- 2 small pineapple rings (chopped)
- 1 tbsp gluten-free oats
- 1 tbsp pumpkin seeds (unsalted)
- 1 tsp ground cinnamon

Method

1. Chop all the fruit into small pieces and combine in a bowl.
2. Scatter over the oats, cinnamon and pumpkin seeds to serve.

Tips & swaps

- A good gentle option if you're avoiding high-FODMAP fruits like apple or mango.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
110	**3g**	**20g**	**3g**	**4g**

Estimated values, for guidance only. Contains: Oats (gluten).