Glimpse into low FODMAP power balls



I am sure that on your quest for healthy recipes, you've probably come across nutritious balls made of an assortment of good ingredients. Most of these contain sticky, dried fruits however, and when you have fructose malabsorption, dried dates, apricots and the like are a big no no. So I decided that I wanted to come up with a mixture that is fructose friendly, delicious and provides the nutritious energy hit of these powerful super balls!

I used almond meal, nut butters and coconut products, so please be aware of your tolerance levels, as an intolerance to fructose can mean varied sensitivities to these. After a lot of tests, I have found that I can tolerate a reasonable amount of these, so try it out!
I chose to use a combination of almond, brazil, cashew and chia butters, and tahini, in equal measures, which created a nice blend of flavours. It also increases the variation of nutrients, and minimises the effects of too much of one product, which is relevant to people with food sensitivities.
Low FODMAP power balls!

1 cup almond meal
1/4 cup ground flaxseed
3 tablespoons raw cacao powder

1/2 tablespoon ginger
1/2 tablespoon cinnamon
Finely grated zest of 1 large orange
1/2 cup of nut butter of your choice and tahini
1/2 cup shredded coconut
2 teaspoons vanilla extract
2 tablespoons rice malt syrup
6 tablespoons coconut oil



1. In a large bowl, combine the dry ingredients. Mix well.2. Add in the wet ingredients, and stir the mixture well.
3. Form small amounts of the mix into balls.
If you want to roll the balls in extra coconut or cacao powder, give it a go!
4. Place the balls into the refrigerator to firm up.
Store in the fridge or freezer.
Enjoy these whenever you need a sweet and nutty hit of long lasting energy!



Flaxseeds provide many health benefits. They may be tiny, but they are high in fibre and so regulate bowel function, are a complete protein source, may protect against certain cancers and reduce tumour growth, and they lower cholesterol and blood

pressure. They are a great source of omega-3 fatty acids, relieve breast pain related to the hormonal cycle, improve blood glucose control in diabetics and help reduce inflammation for people with arthritis, Parkinson’s disease and asthma.

Ground flaxseed is more easily absorbed by the body, but perishes easily, so store in an airtight container in the fridge or freezer.

All of the ingredients in this recipe are found in the health food section of most grocery shops, like Coles and Woolworths, and in health food shops.