

JENNI MARIE'S TEST KITCHEN

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Low FODMAP Garlic Butter

Equipment Needed:

- Small Mixing Bowl
- Kitchen Scale
- Measuring Cups & Spoons
- Whisk

Directions:

1). Gather all equipment & ingredients. Combine all ingredients in small mixing bowl and whip together with a whisk or hand mixer until light and fluffy. Store refrigerated for up to 14 days. place in microwave for 5-7 seconds to soften enough to spread and then return to fridge.

- **8 T. Salted Butter (softened, NOT melted)**
- **4 T. [Low FODMAP Garlic Oil](#) (sub w/ 3 t. garlic replacer)**
- **3 t. Garlic Replacer**
- **1 t. Dried Basil (or 1 T. fresh)**
- **1 t. Dried Parsley (or 1 T. fresh)**
- **1/4 C. (30g.) Grated Parmesan Cheese (optional - helps to thicken mixture)**



****Spread garlic butter on bread of choice, and bake in conventional oven at 375°F for 8-10 minutes, or until golden brown. You can also bake in an air fryer or toaster oven at 375°F for 4-6 minutes. Garlic bread is a must in my house when eating Italian cuisine, and this has been a game-changer since going low FODMAP.***