

# 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 or 2 cloves minced garlic)
- **3 t. Low FODMAP Garlic Replacer** (omit if using fresh garlic)
- **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.***

