

Cranberry Orange Mugcake (Low FODMAP)



Discover our flavorful recipe for Cranberry Orange Mugcake, perfect for those following a low FODMAP diet. This single-serving treat combines the vibrant taste of cranberries and refreshing orange, providing a delicious and FODMAP-friendly indulgence in just minutes.

Preparation 4 min

Cooking 1 min

Servings 1

Nutrition Facts (per serving)

Calories 305

Fat 15

Carbohydrates 40

Fibre 3

Protein 3

Sodium 25

Ingredients

- 45 ml (3 tbsp) flour (see Note)
- 30 ml (2 tbsp) unsweetened almond milk
- 15 ml (1 tbsp) sugar
- 15 ml (1 tbsp) vegetable oil
- 15 ml (1 tbsp) pure orange juice

- 15 ml (1 tbsp) fresh cranberries, finely chopped
- 5 ml (1 tsp) orange zest
- 1 ml ($\frac{1}{4}$ tsp) baking powder
- 1 ml ($\frac{1}{4}$ tsp) vanilla extract
- 1 pinch of salt

Note: For the low FODMAP option, we used Queen St. Bakery "1 for 1" gluten-free flour.

Preparation

1. In a microwave safe cup or a small ramekin, mix all ingredients with a fork until smooth.
2. Microwave for 1 minute and 15 seconds. Let cool for 30 seconds. For a complete snack, top with Greek yogurt or drink with a glass of milk.



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