

## SUPPLEMENTAL RESOURCES





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## Hi Friend!

Thank you for your support of my work and *The Fiber Fueled Cookbook*.

I have personally compiled these supplemental resources to help you take your Fiber Fueled game to the next level! Here's what you'll find:

### Printable guides

These are tools you can apply in your journey to better understand the strengths and weaknesses of your gut and how to properly train it and fortify it. I encourage you to make these your own. Don't be bashful about marking them up and working them to figure out what works for you.

### Potential high FODMAP and high histamine ingredients

For every recipe in *The Fiber Fueled Cookbook*, I am defining the ingredients with the greatest potential to be high FODMAP or high histamine. Before using this section, be sure to read my introduction that explains how to get the most from this information.

### Unleash Your Plant-based Rock Star

What kind of plant-based rock star are you? We're about to find out. Let's collect some Plant Points and have some fun. I'm sharing my vision of what your rock star status looks like.

### Additional resources

There are no limits to your knowledge. Completing *The Fiber Fueled Cookbook* is just the end of the beginning on your journey towards empowerment and optimal gut health. I'll share with you some of the potential next steps you might take on your journey.

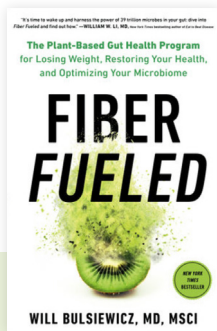
Ultimately, this is about finding what works for you. Nothing is a hard and fast rule. Make the recipes your own! Be true to yourself! At the end of the day, I just want to see you find great joy in your food and move closer to good health.

Thank you for partaking on this journey with me.

A handwritten signature in black ink, appearing to read 'W. B. M.' with a stylized flourish at the end.

# Additional Resources

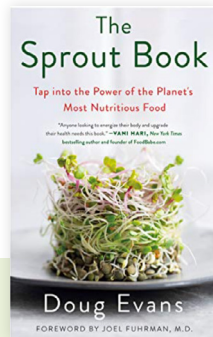
## BOOKS



### *Fiber Fueled*

Dr. Will Bulsiewicz (AKA me!)

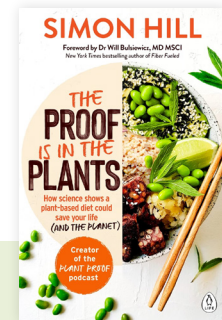
My first book, *Fiber Fueled*, is jam packed with science, actionable steps for optimal health and more than 70 recipes. It's the perfect companion to *The Fiber Fueled Cookbook*.



### *The Sprout Book*

Doug Evans

This is THE book about sprouts! Low-cost and accessible, sprouts are an ultra-food for health, weight loss, and optimum nutrition. Plus, they're fun as heck to grow!



### *The Proof Is In The Plants*

Simon Hill

This is a book I ALWAYS recommend. Simon lays out the argument for why eating a plant-predominant diet is best for you and for the planet.



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## COURSES

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### The Plant Fed Gut Masterclass

If you're interested in a more comprehensive program and would like the opportunity for live Q&A with me, check out my comprehensive 7-week course — The Plant Fed Gut Masterclass. The goal of this course is to reverse gut dysbiosis and heal your microbiome (while still having fun!). [Enrollment for the only Masterclass of 2022 will open on June 20.](#)

### Conversations About Constipation

In my [Conversations About Constipation training](#), I'll show you how to 'float the log down the river' as I like to say. You'll learn all about the symptoms and causes of constipation, how to correct constipation (including natural strategies), medication and more.

### Going Head-to-Head with Heartburn

In my [Going Head-to-Head with Heartburn training](#), I'll show you how to tame the flames! You'll come away with an understanding of exactly what's happening in your body to cause so much pain and discomfort, and the natural solutions and simple life modifications (including how medication should actually be used) you can make to take control of your symptoms.

### Want to master FODMAPs and Histamines?

*Coming soon...*

Food intolerances are complex, nuanced topics. I did my best to relay as much information as possible in *The Fiber Fueled Cookbook*, but for those who truly want to master your FODMAP and/or Histamine Intolerance, I want to give you more. There's always room for more knowledge and dedicated recipes designed to fit this journey. I also feel that it would be beneficial to have a community, have regular chats, and a structured program. I'm planning to launch these as two separate masterclasses that will also be available as a bundle for those interested in both. A launch date has not yet been announced, but if you are on my email list you will be the first to know. Stay tuned!

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## APPS & TECH

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### [ZOE At-Home Test Kit](#)

Make sure to use my code WILLB10 at checkout to save 10%.

### [Low FODMAP Diet App](#)

by Monash University

# Unleash Your Plant-based Rock Star

What kind of plant-based rock star are you? We're about to find out. Collect your Plant Points at one meal and look below to get a more clear picture of my vision of you on the stage. Enjoy the videos and have fun with friends, family, and even me (through the internet.) Let me know if you enjoy my selections and tag me with some of yours!



## 0 - 4 Plant Points | Rock Rookie

You're just having fun jamming in the garage with your friends. Your mom thinks you're great. The neighbors are over it though. Doesn't matter because you know you have the potential and are just getting started.

See your [Rock Rookie video!](#)

## 5 - 9 Plant Points | Rock Artist

You booked a few gigs and there's a buzz in the air. People are starting to show up for your shows. There's a word on the street that you got something special. It's only a matter of time.

See your [Rock Artist video!](#)

## 10 - 14 | Rock Star

It's happening! Your first album just came out and it's on top of the charts. Your tour is sold out, your tour bus is a party that never stops, and you just got booked to play Saturday Night Live. You're the breakthrough artist of the year!

See your Rock Star video [here](#) and another one [here](#)!





## 15 - 19 | Rock Legend

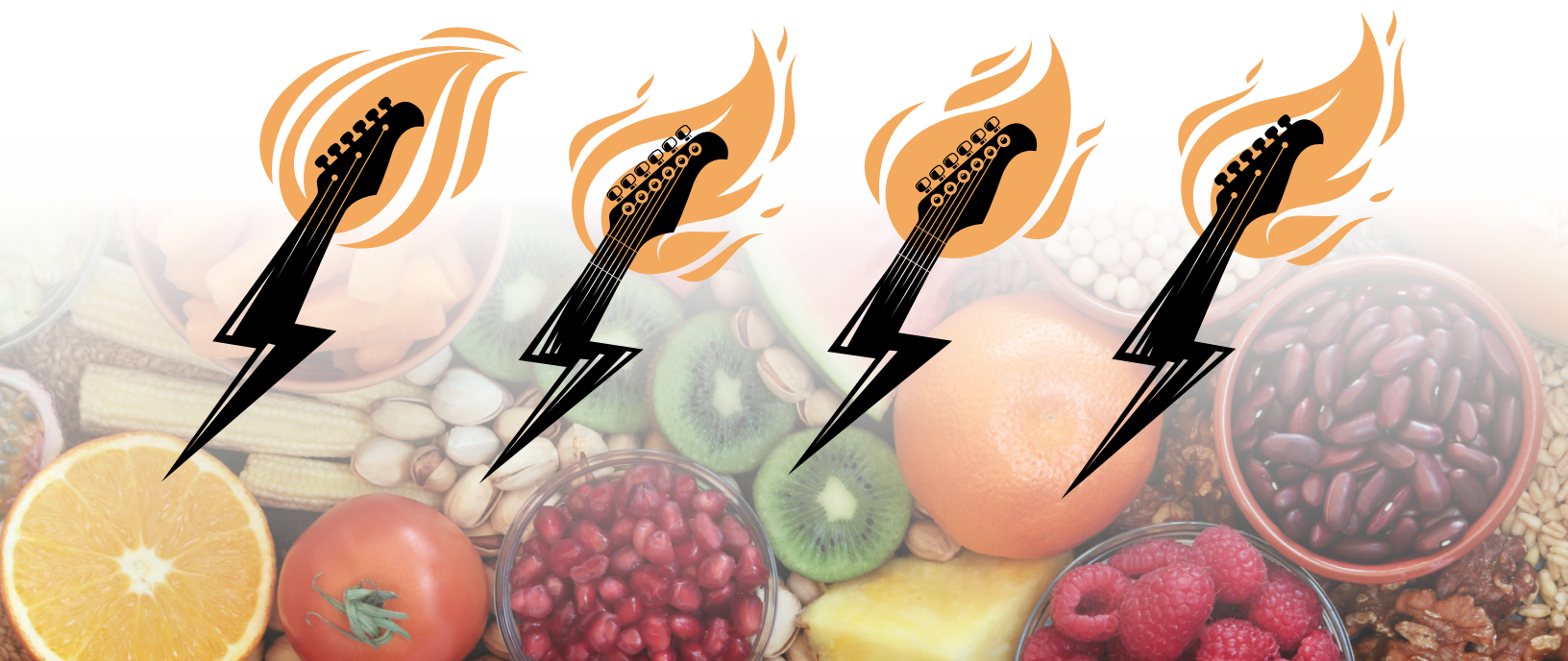
It's the third day of the world's largest music festival, and you're the headliner. 100,000 fans erupt with excitement, fireworks go off and three F16's fly overhead as you take the stage rocking your signature style that just landed you the Rolling Stone cover. Your five platinum albums and six Grammys have secured your position among the top bands of this generation. All hail the Rock Legend!

See your [Rock Legend video](#). Haha. I love it so much, but it is insane.

## 20 or more! | Rock God

Think of the great moments in rock n' roll history. The opening guitar riff of "Smells like Teen Spirit" and Kurt Cobain launches his body into the crowd. Mick Jagger dancing to "Start Me Up" at Wembley Stadium while the adoring crowd claps along. Axl Rose shuffling his feet to "Sweet Child o' Mine" while Slash absolutely murders a guitar solo. Jimi Hendrix playing "Hey Joe" with his friggin' teeth. And You – Fiber Fueled God of Rock – now etched into the Mount Rushmore of rock n' roll. Fifty years from now the kids will still think you're cool. Congratulations on reaching Fiber Fueled nirvana.

See your Rock God videos [here](#), [here](#), [here](#), [here](#)/[here](#), [here](#) and of course [here](#).



## Printable Guides!

I want to make all of this information as accessible as possible for you. You can print each of the 4 guides below (Daily Food Diary, High FODMAP Foods and Potential Low FODMAP Substitutions, High Histamine Foods, and Histamine Friendly Flavor Substitutions). Use them as a quick reference, and keep them somewhere handy.

### DAILY FOOD DIARY

DATE:

PLANT POINTS:

<b>SLEEP</b>	
HOURS:	QUALITY:

<b>EXERCISE</b>	
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<b>BOWEL MOVEMENTS</b>	
TIME:	TYPE:
SYMPTOMS:	

MEALS		
TIME/LOCATION/MOOD	FOODS	SYMPTOMS/REACTIONS



## HIGH FODMAP FOODS AND POTENTIAL LOW FODMAP SUBSTITUTIONS

Adapted from Nanayakkara et al., Clin Exp Gastroenterology

	HIGH FODMAP FOODS	LOW FODMAP SUBSTITUTIONS
Oligosaccharides– Fructans	<p><b>Grains:</b> wheat-, rye-, and barley-based products</p> <p><b>Vegetables:</b> onion, garlic, artichokes, leeks, beetroot, and savoy cabbage</p> <p><b>Fruits:</b> watermelon, peaches, persimmon, prunes, nectarines and most dried fruit</p>	<p><b>Fruit:</b> banana, most berries (except boysenberries and blackberries), grapes, lemon, lime, mandarin, orange, kiwi fruit, pineapple, passion fruit, and rhubarb</p> <p><b>Vegetables:</b> chives, green scallion tops, bell peppers, bok choy, green beans, parsnip, Swiss chard, cucumber, carrots, celery, eggplant, lettuce, potatoes, yams, Kabocha squash, tomatoes, and zucchini</p> <p><b>Grains:</b> wheat-free grains/flour, gluten-free bread or cereal products, and quinoa</p> <p><b>Legumes:</b> canned lentils or chickpeas, tempeh, firm tofu</p> <p><b>Nuts:</b> walnuts, pecans, macadamias, pine nuts, pumpkin seeds, peanuts and peanut butter</p>
Oligosaccharides– Galactans (or GOS)	<p><b>Legumes:</b> red kidney beans, baked beans, split peas, silken tofu and soybeans</p> <p><b>Vegetables:</b> butternut squash, beetroot and peas</p> <p><b>Nuts:</b> cashews, almonds, pistachios</p>	

	HIGH FODMAP FOODS	LOW FODMAP SUBSTITUTIONS
Disaccharides- Lactose	<b>Dairy products:</b> cows/goat milk and derivatives like ice cream, soft cheeses and yogurt, sweetened condensed milk, evaporated milk, soy milk	<b>Dairy products:</b> lactose-free, almond or rice-based milk, yogurt and ice cream. Hard cheese, feta and cottage cheese
Monosaccharides- Fructose	<b>Fruits:</b> apples, pears, watermelon, mango, cherries, boysenberries and fruit juice from high-fructose foods <b>Honey</b> <b>Sweeteners:</b> high-fructose corn syrup <b>Vegetable:</b> asparagus and snap peas	<b>Fruit:</b> banana, grapes, honeydew, melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, and most berries (except boysenberries and blackberries) <b>Sweeteners:</b> maple syrup and golden syrup
Polyols- Sorbitol	<b>Fruit:</b> apples, pears, avocado, apricots, blackberries, nectarines, peaches, plums, prunes, and watermelon	<b>Sweeteners:</b> Maple syrup, and table sugar (sucrose) <b>Fruits:</b> banana, grape, honeydew, melon, kiwifruit, lemon, mandarin, orange, and passionfruit
Polyols- Mannitol	<b>Vegetables:</b> sweet potato, mushrooms, cauliflower, and snow peas	

## HIGH HISTAMINE FOODS

Adapted from Comas-Baste et al, 2020 and Maintz et al, 2007

PLANT FOODS	ANIMAL FOODS
Alcohol Avocado Banana Chickpeas (canned) Chocolate, cocoa, cacao Citrus foods Coffee (caffeinated) Dried fruit: apricots, prunes, dates, figs, raisins Energy drinks Eggplant Fermented plant foods like sauerkraut, kimchi, tempeh, miso, etc. Fruit juices Kiwi Lentils (canned) Licorice Mushrooms Nuts and nut milks, walnuts, cashews Papaya Peanuts Pineapple Plum Spinach Spices Soybeans (canned), soy milk, fermented and unfermented soy derivatives Strawberries Teas: black, green, mate Tomatoes Vinegar and vinegar containing foods (pickles, olives)	Cheese Eggs Fish, canned or preserved fish, fish derivatives like sauces Ham Milk, fermented milk Pork Sausages, deli meats, hot dogs and other processed meats Shellfish
Add your own:	



## HISTAMINE FRIENDLY FLAVOR SUBSTITUTIONS

Cinnamon/Cloves/Nutmeg

»

Ginger

Jelly/Jam

»

Mash fresh blueberry, mango or peach with a fork

Banana

»

Cantaloupe

Eggplant

»

Zucchini

Tomato sauce

»

1. Cook and puree a blend of root vegetables and squashes with a lot of basil and Italian spices to make a sauce and freeze it

2. Saute greens with onions and garlic to cover pasta

Pumpkin

»

Sweet potato

Spinach

»

Baby kale or spring greens

Citrus/Pineapple/Kiwi

»

Mango, peach

Plum

»

Apricot, peach

Strawberries

»

Blackberries, blueberries

Peanut or cashew butter

»

Almond or sunflower butter

Whole/chopped cashews,  
walnuts and peanuts

»

Pumpkin or sunflower seeds

Black peppercorns

»

Pink peppercorns (they don't grind easily, so the common practice is to grind them in a coffee or spice grinder or to use a mortar and pestle)

Spicy paprika

»

Sweet paprika

Sweeteners

»

Fresh fruit puree or fresh apple juice

# Potential High FODMAP/Histamine Ingredients in *The Fiber Fueled Cookbook*

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Before we go any further, let's stop right here. In the coming pages, I am providing you with ingredients that are *potentially* high FODMAP or high histamine in *The Fiber Fueled Cookbook*. I say it as potentially because no ingredient is implicitly high FODMAP or high histamine. Portion size and cooking method matter. In the case of histamine, storage conditions and timing relative to harvest matter as well.

This section is NOT intended to create confusion or overwhelm you. Knowledge is power! But unraveling food intolerances is nuanced. It requires a step-by-step approach. This is why I created the GROWTH strategy. If you have chronic food intolerance issues that are negatively affecting your quality of life, you NEED to start with the GROWTH strategy first.

Trust the process.

Then, once you've completed the GROWTH strategy and have a more complete understanding of whether you're dealing with FODMAP or histamine intolerances, that's when you come here to refine your knowledge and also apply your knowledge.

Here's how:

You can **refine your knowledge** by keeping score when foods trigger symptoms. Use your food diary, as described on Page 31 of *The Fiber Fueled Cookbook*. If you document enough foods that cause symptoms, you will eventually start to see a pattern emerge among the ingredients that are causing symptoms.

You can **apply your knowledge** by recognizing the strengths and weaknesses of your gut. Not every recipe in *The Fiber Fueled Cookbook* is the right choice for you today if you have food intolerances. Use your knowledge of your strengths and weaknesses to review the recipe prior to cooking it. If you have concerns that it may not be a fit, then either save it for a later day or find someone to share it with and go low and slow with your portion size.

Please note that I did not review the supercharge ingredients. So if you choose to use those ingredients, you will need to review them on an individual basis.

Have fun!

## Chapter 4 | FODMAPs Can Be Our Friends!

### *The recipes and strategy you need to master and enjoy FODMAPs*

Please note that since all of the ingredients in Chapter 4 are low FODMAP, I am only identifying the potentially high histamine ingredients. As you know from reading Chapter 5, histamine intolerance can vary substantially from person to person, and all foods contain histamine. There are no histamine-free foods. So you will ultimately want to make the “High Histamine Worksheet” and make it your own. Don’t be bashful about adding your own list of foods that are causing histamine symptoms.

PAGE #	RECIPE	POTENTIAL HIGH HISTAMINE INGREDIENTS
58	Cocoa Nana Smoothie Bowl	Almond milk Banana Cocoa powder Peanut butter Cinnamon
61	Trinity Overnight Oats	Almond milk Date Banana Spices
62	Vanilla Berry Overnight Oats	Banana Almond milk Dates Cacao
65	Ancient Grain Porridge	Almond milk Cinnamon
66	Veggie Scramble & Sourdough Toast	Spices Soy milk Spinach Tofu
69	Crunchy Maple Peanut Granola	Spices Peanut butter Walnuts
70	Simple Sourdough Sammy & Chia Jam	Strawberries Orange juice Peanut butter
73	Creamy Eggplant Sandwich	Tempeh Tomato



74	Roasted Eggplant Dip	Eggplant Lemon juice Black pepper
77	Edamame Kale Salad	Almond butter Soy sauce Orange
78	Lemon Lentil Salad	Smoked paprika Spices Lemon juice Canned lentils
81	Ginger Broccoli Pasta Salad	Lemon juice Soy sauce
82	Great Greek Grain Salad	Olives Lemon juice Black pepper Canned chickpeas
84	Homemade Tofu Feta	Miso Lemon juice Black pepper Tofu
85	Low FODMAP Biome Broth	Mushrooms Tamari
87	Weeknight Minestrone Soup	Spices Tomato sauce Canned chickpeas Spinach Lemon juice
88	Healing Miso Soup	Soy sauce Tofu Miso
91	Cheezy Broccoli & Potato Soup	Lemon juice Spices Walnuts
93	Coconut Curry Bowl	Tofu Spices Soy sauce Lime juice
97	Edamame Pesto Pasta	Spinach Lemon juice

98	<b>Zippy Cilantro Bowl</b>	Pumpkin Canned chickpeas Lime juice
101	<b>SP&amp;L Burger Patties</b>	Canned lentils Lime juice Spices
105	<b>Quinoa Fried Rice</b>	Soy sauce Pineapple juice Rice wine vinegar Tofu
106	<b>Sweet &amp; Spice Peanut Tempeh Wraps</b>	Peanut butter Lime juice Tamari Pineapple Tempeh
109	<b>Chickpea Glow Bowl</b>	Spices Canned chickpeas Tofu Tomatoes Lemon
110	<b>“I Can’t Believe This is FODMAP Friendly” Pasta Sauce</b>	Balsamic vinegar Soy sauce Tomato paste Spices Tofu Tomatoes
113	<b>Rosemary Smashed Potatoes</b>	Spices
114	<b>Tempeh Skillet</b>	Soy sauce Date paste Lime juice Spices Tempeh
117	<b>Crispy Tempeh Rice Bowl</b>	Soy sauce Lemon juice Tempeh Date paste
120	<b>Eggplant Hummus Buddha Bowl</b>	Canned chickpeas Spices Eggplant Olives Tomatoes

## Chapter 5 | Hope for Histamine Intolerance

*Histamine may be the cause of your symptoms. Here are the knowledge and recipes you need to figure it out.*

In this chapter, all of the recipes are designed to be low histamine. Therefore, I am only providing you with the ingredients that are potentially high FODMAP. As you know from reading Chapter 4, FODMAPs vary according to portion size and even potentially cooking technique. I am not saying that these ingredients are high FODMAP when you consume them, it really depends on your portion size to determine that.

For more on the specifics of FODMAPs, be sure to download the [Monash University Low FODMAP app](#).

PAGE #	RECIPE	POTENTIAL HIGH FODMAP INGREDIENTS
139	5-Minute Blueberry Pear Oats	Pear Blueberries
140	Mango Blueberry Smoothie	Almonds Blueberries Mango
143	Sweet Potato Waffles	None!
144	Blueberry Buckwheat Pancakes	Apple Molasses Blueberries
147	Warm Apple Pie Oatmeal	Apple Apple sauce
148	Sunburst Summer Salad	Beans/lentils Scallions
151	Autumn Kale Salad	Butternut squash Pomegranate juice Garlic Apples
152	Rainbow Farro Salad	Farro Red bell pepper White beans Garlic



155	Hearty Chopped Salad	Apples Celery Pomegranate seeds Blueberries Garlic
156	Pesto Pasta Salad	Garlic Whole wheat pasta Peas
159	Low-Histamine Biome Broth	Onion Celery Garlic
160	Roasted Cauliflower Soup	Cauliflower Onion Garlic
163	Sweet Corn & Pepper Gazpacho	Corn Garlic White beans
164	Very Vegetable Soup	Onion Garlic Celery Corn Cauliflower
167	Sweet Potato Hummus Wraps	White beans Garlic Whole-wheat wraps
168	White Bean Hummus Toast	White beans Garlic
169	Sweet Potato & Black Bean Tacos	Onion Black beans
170	Quick Cilantro Chimichurri Sauce	Garlic
173	Sweet Potato Burritos	Onion Black beans
174	Quinoa, Corn & Black Bean-Stuffed Peppers	Red bell peppers Onion Black beans Corn Garlic

177	Beet Risotto	Beets Onion Garlic
180	Sesame Broccoli Noodles	Garlic
183	Gado-Gado Quinoa Bowl	Garlic Red bell pepper
185	Sweet Potato Shawarma Bowl	Cauliflower Garlic Onion
189	Mango Burrito Bowl	Mango Red bell pepper Onion Jalapeno Black beans
190	Stuffed Sweet Potatoes	Onion Red bell pepper Garlic Black beans Corn
193	Simple Spaghetti	Shallots Garlic



## Chapter 9 | Fiber Fueled *Unleashed*

*Collect your Plant Points and take the stage as a Fiber Fueled rock star*

In this chapter I am giving you potentially high FODMAP and high histamine ingredients. It becomes a bit overwhelming if you try to navigate through without knowing ahead of time where to focus your attention. It is for this reason that (if you have food intolerances) I recommend you work through the GROWTH strategy in its entirety prior to eating from the *Unleashed* chapter.

PAGE #	RECIPE	POTENTIAL HIGH FODMAP INGREDIENTS	POTENTIAL HIGH HISTAMINE INGREDIENTS
232	Summer Avocado Toast	Avocado	Avocado Tomato Balsamic vinegar Black pepper
232	Avocado 'Shroom Toast	Avocado Mushrooms Garlic	Bella mushrooms Avocado Lemon juice Black pepper
233	Eggy Avocado Toast	Avocado	Tofu Spices Soy sauce Avocado
234	Carrot Lox	None!	Lemon juice Smoked paprika Black pepper Kelp powder
236	Harissa White Bean Toast	Garlic Beans	Harissa paste Lime juice
237	Buckwheat Vegetable Crepes	Garlic Shallot Red bell pepper Mushrooms Cashews	Almond milk Mushrooms Black pepper
239	Biome Broth <i>Unleashed</i>	Celery Button mushrooms Onion Garlic	Mushrooms Peppercorns Tamari



239	<b>Chicken-less Biome Broth</b>	Celery Onion Garlic	None!
240	<b>Fancy French Biome Broth</b>	Leek Celery Garlic	Peppercorns
240	<b>Tuscan Biome Broth</b>	Fennel Onion Garlic	Tomato paste Tamari
241	<b>Asian Biome Broth</b>	Scallions Celery Garlic	Tamari Miso paste
242	<b>Spicy Peanut Stew</b>	Onion Garlic Jalapeno	Black pepper Spices Tomato paste/tomatoes Peanut butter Coconut milk Canned chickpeas Lime juice Peanuts
245	<b>Biome Broth Pho</b>	Onion Garlic Shiitake mushrooms	Spices Black pepper Mushrooms Wine vinegar Tamari/soy sauce Tofu
247	<b>Nashville Not Chicken</b>	Date syrup Garlic powder	Tofu Soy/almond milk Smoked paprika Black pepper
251	<b>Vegetable Ceviche</b>	Onion Red bell pepper Beans Peas Sweet corn Avocado	Lemon juice Lime juice Avocado Black pepper
252	<b>Tofu Banh Mi</b>	Jalapeno Garlic	Vinegar Tofu Tamari/soy sauce Lime juice

255	<b>Tofu Peanut Satay</b>	Garlic Chili garlic sauce Date syrup	Tofu Tamari/soy sauce Pineapple juice Peanut butter Rice vinegar Lime juice
256	<b>Tempeh Bacon BLTA</b>	Date syrup Whole wheat bread Avocado	Tempeh Tamari/soy sauce Spices Avocado Tomato
258	<b>Celeriac Fries</b>	Garlic powder Onion powder	Spices Black pepper
259	<b>Garlicky Kale</b>	Garlic	Black pepper
261	<b>Paella</b>	Onion Red bell pepper Garlic	Tomatoes Smoked paprika Lemon
262	<b>Easy Caprese Pasta</b>	Cherry tomatoes Garlic Whole wheat pasta	Tomatoes Black pepper Tofu Balsamic vinegar
266	<b>Portobello Steaks</b>	Portobello mushrooms Garlic powder Onion powder	Mushrooms Spices
267	<b>Homemade Steak Sauce</b>	Raisins Garlic	Balsamic vinegar Ketchup Dijon mustard Raisins Black pepper
267	<b>Mashed Potatoes</b>	None!	Black pepper
268	<b>Herbed Potato Salad</b>	Scallions Garlic	Lemon juice Dijon mustard Black pepper
271	<b>Pozole</b>	Onion Garlic Beans	Dried peppers Spices Tomato paste Canned beans Lime juice

272	<b>Very Veggie Indian Curry</b>	Cauliflower Onion Garlic Peas	Spices Black pepper Coconut milk Lemon juice
275	<b>Creamy Cajun Bowl</b>	Onion Celery Kidney beans Cashews	Tomatoes Non Dairy milk Spices Canned beans Lemon juice
277	<b>Beans and Greens</b>	Black-eyed peas Onion Garlic	Tamari/soy sauce Smoked paprika
277	<b>Candied Sweet Potatoes</b>	None!	Lemon juice Black pepper
277	<b>Baked Okra</b>	None!	Smoked paprika Black pepper
281	<b>Tuscan Flatbread</b>	Whole wheat pizza dough Artichoke hearts Onion Cashews	Pizza sauce Tomato Canned chickpeas
284	<b>Harissa Style Sweet Potato</b>	None!	Canned chickpeas Harissa paste Lime juice
284	<b>Crispy Chickpea Sweet Potato</b>	None!	Canned chickpeas Spices Lemon juice
285	<b>Great Greek Sweet Potato</b>	Onion	Tofu Lemon juice Black pepper
285	<b>Tex-Mex Sweet Potato</b>	Black beans Avocado Onion	Canned beans Lime juice Black pepper Avocado
287	<b>Digestive Bliss Tea</b>	None!	Lemon
287	<b>Peppermint Tea</b>	None!	None
288	<b>Ginger Turmeric Lemon Tea</b>	None!	Turmeric Black pepper
288	<b>Chamomile Tea</b>	None!	None

289	<b>Fennel Tea</b>	None!	None
290	<b>Ginger Lemonade</b>	None!	Lemon juice Pineapple
290	<b>Turmeric Orange Cooler</b>	None!	Oranges Turmeric Black pepper
290	<b>Matcha Honeydew Cooler</b>	Honeydew	Matcha powder Lime juice
293	<b>Peanut Butter Date Cookies</b>	Dates	Dates Peanut butter
294	<b>Mexican Hot Chocolate Brownies</b>	Black beans	Canned beans Peanut butter Cocoa powder Cinnamon
297	<b>Cookie Milk</b>	Date Oat milk	Almond butter Date Cinnamon
298	<b>Chocolate Cookie Milk</b>	Date Oat milk	Almond butter Cocoa powder Cinnamon Date
301	<b>Crispy Dark Chocolate Bites</b>	Cashew butter	Cashew butter Chocolate chips
303	<b>Snickers Bites</b>	Dates	Date Peanut butter Chocolate chips
303	<b>Simple &amp; Sweet Date Bites</b>	Dates	Date Almond butter Chocolate
303	<b>Pomegranate Date Bites</b>	Dates Pomegranate	Date
303	<b>Snickers Ice Cream Bites</b>	Dates Banana (ripe)	Date Peanut butter Banana Chocolate

## Chapter 10 | Fermentation Nation Rising!

As you know, fermented foods are generally high in histamine. Sourdough bread may in fact be an exception, so it may be worth exploring if you have histamine intolerance. But in general, I only included potentially high FODMAP ingredients because these recipes are implicitly high histamine.

PAGE #	RECIPE	POTENTIAL HIGH FODMAP INGREDIENTS
314	Sourdough Starter	Whole wheat flour Rye flour
317	Whole-wheatish Sourdough Bread	Whole wheat flour
321	Sourdough Cheese-Its	Whole wheat flour Garlic powder
322	Sourdough Pancakes	Whole wheat flour
325	Sourdough Pizza Crust	Whole wheat flour
326	Simplified Dosa Crepes	Lentils
329	Potato Dosa Filling	White onions
330	Pink Sauerkraut	Sauerkraut
332	Cucumber & Spring Onion Kimchi	Scallions Garlic
333	Garlicky Dill Pickles	Garlic
337	Rosemary & Shallot Radishes	Shallots
338	Leek & Cauliflower Torshi	Cauliflower Leeks Apple Celery Garlic
340	Fermented Veg Sticks	Celery
341	Smokey Pineapple & Tomato Salsa	Onion Jalapenos Garlic
342	Fermented Pumpkin, Apple & Maple Soda	Butternut squash Apple
343	Beetroot, Pear & Ginger Kvass	Beetroot Pears Figs