

## LOW FODMAP Pecan lime and blueberry bircher

What a glorious way to start the day with a yoghurt and oat based creamy breakfast – this recipe contains ground flaxseed to add lots of soluble fibre to your breakfast, a real treat for sluggish bowels!



### Ingredients

- 200g of low fat low sugar Skyr or thick textured yoghurt
- 50 mls water
- 1 heaped tablespoon of ground flaxseed
- 1 teaspoon of lime curd (check labels for any fructose based syrups and avoid)
- 20g of pecan nuts
- 1 heaped tablespoon of oats
- 13g of dried blueberries or 80g of fresh

## **Method**

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Add the flaxseed to 50ml of water, mix well.

Then add the yoghurt, oats, blueberries and lime curd to the mix.

Prepare this recipe the night before and it will be ready for you to eat the next day! Add the chopped pecans just prior to serving to retain the texture. Yum!

Drink a glass of fluid or cup of tea with this for additional fluid to help the flaxseed move through your bowel.