

## Vegetable Sticks with Dips



2 Ingredients, 1 serves

1 celery (stalk)

1 carrot

### Instructions

- Slice veggie sticks and serve with 2T suitable toppings (optional).

For SIBO phase 1, just have the suitable SIBO vegetables, with perhaps a little sugar free/ garlic free mayonnaise with mint and chives/spring onion (green part only) & a squeeze of lemon. Your options will improve in SIBO phase 2!

FODMAPS: Carrots are low Fodmaps, Celery is medium Fodmaps, Broccoli is low Fodmaps, Cauliflower is High Fodmaps.

Examples are Eggplant Dip (low Fodmaps), Lactose free Yoghurt (low fodmaps) Hummus (high fodmaps), Cottage Cheese (low fodmaps), Vegan Cashew Cheese (high fodmaps), Guacamole (high fodmaps), Bean Dip (high fodmaps), Nut Butter (cashews and almonds are high fodmaps, macadamias and peanuts are low fodmaps), Pesto (moderate fodmaps), etc (to suit your dietary protocols).

AUTOIMMUNE PALEO PROTOCOL: None of the above are appropriate. Make a dip from avocado, garlic & lemon juice and season with Himalayan salt.

These dips/ toppings can be purchased/made vegan, dairy free, nut free, etc according to your needs.

### Warnings

\*\*CELERY: 1 stalk maximum per meal for SIBO Phase 1 & 2

Nutritional Information (per serving)

Calories	28
Total Fat	--
Saturated Fat	--
Cholesterol	--
Sodium	56mg
Total Carbohydrate	6g
Dietary Fibre	2g
Sugars	3g
Protein	1g
Calcium	27mg
Iron	--
Magnesium	9mg
Phosphorus	25mg
Potassium	239mg
Vitamin C	4mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	--