

Crispy Low FODMAP Garlic Bread with Herb Butter

Golden, buttery garlic bread that's completely gut-friendly! Crispy edges, soft center, and packed with flavor—the perfect side for any meal.

Prep: 10 min

Cook: 15 min

Total: 25 min

Servings: 6

Low FODMAP ✓

Ingredients

Look for a sturdy gluten-free bread that holds up well to butter 1 large gluten-free baguette (about 400g)

Must be softened to room temperature for easy spreading 120g unsalted butter, softened

Use store-bought or homemade—ensure no garlic pieces remain 60ml garlic-infused olive oil

Flat-leaf parsley works best for flavor 3 tablespoons fresh parsley, finely chopped

Chives are low FODMAP and add mild onion-like flavor 1 tablespoon fresh chives, finely chopped

Adds Mediterranean flavor depth 1 teaspoon dried oregano

Adjust to taste 1/2 teaspoon sea salt

Fresh pepper provides best flavor 1/4 teaspoon black pepper, freshly ground

Aged Parmesan is naturally low in lactose 30g Parmesan cheese, finely grated (optional)

Instructions

Step 1: Prepare the Herb Garlic Butter

(5 min)

In a medium bowl, combine the softened butter with garlic-infused olive oil and mix until smooth and well incorporated. Add the chopped parsley, chives, oregano, salt, and black pepper. If using Parmesan, fold it in now. Mix everything together until you have a fragrant, evenly distributed herb butter. The mixture should be spreadable but not runny.

Step 2: Slice the Bread

(3 min)

Preheat your oven to 200°C (400°F) and line a large baking sheet with parchment paper. Cut the gluten-free baguette in half lengthwise, creating two long halves. If your baguette is particularly long, you can cut it into sections first for easier handling. Place the bread cut-side up on the prepared baking sheet.

Step 3: Apply the Butter Mixture

(4 min)

Using a butter knife or offset spatula, generously spread the herb garlic butter over the cut surfaces of the bread, making sure to cover every bit right to the edges. Don't be shy with the butter—this is what creates that irresistible golden crust and rich flavor. You want a thick, even layer that will soak into the bread slightly while leaving enough on top to crisp up.

Step 4: First Bake

(12 min)

Place the baking sheet in the preheated oven and bake for 10-12 minutes, until the butter is melted and bubbling and the edges of the bread are just starting to turn golden. Keep an eye on it during this stage, as gluten-free bread can brown quickly.

Step 5: Broil for Extra Crispiness

(3 min)

Switch your oven to the broil setting (or increase temperature to 220°C/425°F if you don't have a broil function). Return the bread to the oven and broil for 2-3 minutes, watching carefully, until the top is golden brown and crispy with some darker caramelized spots. The edges should be crunchy while the center remains soft. Remove immediately when it reaches your desired level of crispiness.

Step 6: Slice and Serve

(3 min)

Remove the garlic bread from the oven and let it cool for 2-3 minutes—this allows the butter to set slightly and makes slicing easier. Cut each half into 2-inch diagonal slices using a serrated knife. Arrange on a serving platter and serve immediately while still warm and crispy. Any leftovers can be stored in an airtight container and reheated in the oven to restore crispiness.