
High Fiber Recipes

High Fiber Overnight Oats

Fiber per serving: 13.5 grams

Ingredients:

- 1/2 cup uncooked old-fashioned oats
- 1 cup low-fat (1%) milk
- 1 tablespoon chia seeds
- 1/8-1/4 teaspoon ground cinnamon, to taste
- 1 cup fresh fruit (berries, apple, banana), chopped
- 2 tablespoons unsalted chopped nuts (almonds, walnuts, pecans)

Directions:

1. In a quart-size mason jar or other 4- cup storage container, stir together oats, milk, chia seeds, and cinnamon.
2. Add the fruit and nuts.
3. Cover with a lid and refrigerate overnight, or at least 8 hours.
4. Serve cold, or heat in the microwave for 1-2 minutes and serve warm.

High Fiber Muffins

Fiber per 1 large muffin: 8 grams

Makes 14 large muffins

Ingredients:

- 3 cups wheat bran
- 1 cup boiling water
- 1/2 cup applesauce
- 1 cup honey
- 2 cups buttermilk
- 2 eggs
- 2 1/2 cups whole wheat flour
- 1 teaspoon salt
- 2 1/2 teaspoon baking soda
- 1 cup dried or fresh fruit

Directions:

1. Pour boiling water over bran, mix thoroughly, and let cool.
2. Add applesauce, honey, buttermilk, and eggs to the cooled bran and mix to combine.
3. In a separate bowl, combine the flour, salt, and baking soda together. Fold the dry ingredients into the wet ingredients and scoop into muffin pans lined with papers.
4. Bake at 400 degrees for about 20 minutes or until toothpick comes out clean.

Black Bean Soup

Fiber per serving: 11 grams

Ingredients:

- 1 medium onion, diced
- 1 tablespoon garlic, minced
- 2 teaspoons cumin
- 1 jalapeno, chopped
- Chopped cilantro (optional for garnish)
- 2, 16-ounce canned black beans, undrained
- 15-ounce canned diced tomatoes, undrained
- 1 cup chicken broth

Directions:

1. Spray large pot with cooking spray, over medium heat, add onion and cook until clear or about 5 minutes.
2. Add garlic, cumin, jalapeno, and cook for 1 more minute.
3. Add beans to pot and lightly mash with a potato masher or fork.
4. Add tomatoes and broth. Bring to a boil and reduce to medium heat, cover, and simmer for 15 minutes.

High Fiber Pudding

Fiber per serving: 1 gram

Ingredients:

- 1 cup prune juice
- 2 cups applesauce
- 2 cups bran cereal

Directions:

1. Mix all ingredients together.
2. Keep refrigerated.
3. Take 1-2 tablespoons twice each day.