

High Fiber Recipes



The following recipes can help to add fiber and flavor to your child's diet.

The recipes with hard, crunchy foods may not be good for young children, or those chewing or swallowing problems.

Applesauce Raisin Muffins

$\frac{3}{4}$ cup all-purpose flour	2 cups Kellogg's All-Bran cereal
$\frac{1}{2}$ cup whole-wheat flour	1 $\frac{1}{2}$ cups unsweetened applesauce
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup skim milk
1 tablespoon baking powder	
$\frac{1}{2}$ teaspoon baking soda	3 egg whites
$\frac{1}{4}$ teaspoon salt	
1 teaspoon cinnamon	$\frac{1}{4}$ cup raisins

1. Stir together flours, sugar, baking powder, soda, salt and cinnamon. Set aside.
2. In large bowl combine cereal, applesauce and milk. Let stand about 5 minutes or until cereal softens.
3. Add egg whites to cereal, applesauce and milk. Beat well. Stir in raisins.
4. Add flour mixture, stirring only until combined.
5. Spoon evenly into twelve 2 $\frac{1}{2}$ " muffin pan cups, coated with cooking spray.
6. Bake 400° about 20 minutes or until lightly browned. Serve warm.

Prep time: 20 minutes. Baking time: 20 minutes.

Recipe makes 12 muffins. Serving size: 1 muffin = 5 grams fiber

Black Bean Salad

4 cups cooked black beans, prepared without salt	$\frac{1}{4}$ cup lime juice
2 large oranges, peeled and sectioned	2 cloves garlic, minced
$\frac{2}{3}$ cup thinly sliced green onion	$\frac{1}{3}$ teaspoon ground cumin
$\frac{1}{3}$ cup chunky salsa	Lettuce leaves
	70 Triscuits wafers

1. Mix all ingredients except lettuce and crackers in bowl, stirring gently.
2. Refrigerate at least 2 hours to blend flavors.
3. Serve salad on bed of lettuce with Triscuits.

Recipe makes 10 servings. Serving size: $\frac{1}{2}$ cup salad + 7 Triscuits wafers = 10 grams fiber

Pancakes

3 cups complete pancake mix	1 cup bran
2 cups water	$\frac{1}{2}$ teaspoon vanilla

1. Mix well. If it is a little thick, add water.
2. Cook per pancake mix package instructions.
3. Serve with berries.

Recipe makes 18 pancakes. Serving size: 2 pancakes + $\frac{1}{4}$ cup berries = 5 grams fiber

Bran Muffins

2 cups 100% bran 1 ¼ cups skim milk	1/3 cup brown sugar, packed 2 teaspoon baking soda 1 cup flour ¼ cup raisins	¼ cup vegetable oil 1 egg beaten 1 ripe banana mashed
--	---	---

1. Mix bran and milk, let stand 5 minutes.
2. Mix the next 4 ingredients well. Set aside.
3. Stir oil and egg into bran mixture and mashed banana, just until blended.
4. Spoon into 12 lined, 2 ½" muffin pan cups.
5. Bake at 400°F 18 to 20 minutes or until done.

Recipe makes 12 muffins. Serving size: 1 muffin = 5 grams fiber

Chia Seed Pudding

1 cup unsweetened vanilla almond milk 1 cup plain low-fat Greek yogurt 2 tablespoons pure maple syrup 1 teaspoon pure vanilla extract 1/8 teaspoon salt ¼ cup chia seeds	1-pint strawberries, hulled and chopped ¼ cup sliced almonds, toasted
---	--

1. In a medium bowl, gently whisk almond milk, yogurt, syrup, vanilla, and salt until just blended. Whisk in chia seeds. Let stand 30 minutes.
2. Stir to distribute the seeds if they have settled. Cover and refrigerate overnight.
3. The next day, in a medium bowl, mix berries and almonds.
4. Spoon the pudding into four bowls and top with berries and almonds.

Recipe makes 4 servings. Serving size: ½ cup = 6 grams fiber

Berry Baked Oatmeal

2 cups oats, dry 1 teaspoon baking powder 1 ½ teaspoon cinnamon ½ teaspoon salt ½ cup walnuts, chopped	2 tablespoons maple syrup 2 cups milk 1 tablespoon butter, unsalted 1 large egg 2 teaspoons vanilla extract	2 medium bananas 1 ½ cup mixed berries, frozen
--	---	---

1. Spray the inside of an 8x8 baking dish with cooking spray.
2. In a bowl, mix oats, baking powder, cinnamon, salt, and half the walnuts.
3. In another bowl, whisk together maple syrup, milk, egg, butter (slightly melted) and vanilla.
4. Slice bananas in ½ inch pieces and arrange in a single layer in bottom of dish.
5. Sprinkle two-thirds of the berries over the top of the bananas,
6. Cover it all with the oat mixture.
7. Slowly drizzle the milk mixture over the oats, then shake the dish gentle to make sure the milk moves all the way around the dish.
8. Top with remaining walnuts.
9. Bake for 35 minutes at 375°F or until top is golden and oat mixture has set.
10. Let cool before slicing and serving.

Recipe makes 6 servings. 1 serving = 8 grams fiber

Minestrone Soup

2 (14 ½ ounce) cans low sodium chicken broth
 ¼ cup uncooked shell macaroni
 1 (16 ounce) package frozen, mixed vegetables
 1 (16 ounce) can stewed tomatoes, undrained
 and coarsely chopped

2 cups cooked red kidney beans,
 prepared without salt
 1 teaspoon garlic powder
 1 teaspoon dried basil leaves
 42 Triscuits wafers

Heat all ingredients except crackers in large saucepan. Bring to a boil over medium high heat. Reduced heat; simmer 20 minutes or until macaroni is cooked. Serve soup with Triscuits.

Recipe makes 6 servings. Serving size: 1 cup + 7 Triscuits wafers = 12 grams fiber

Sweet Potato Black Bean Tacos

12 small tortillas	½ large onion, chopped
2 medium sweet potatoes, peeled and cut into ¼ to ½ inch cubes	2 teaspoons chili powder
2 tablespoons olive oil, divided	½ teaspoon ground cumin
½ teaspoon salt	½ teaspoon salt
½ teaspoon ground pepper	1 can (15 ounces) black beans, drained, rinsed
	¼ cup water
	½ cup fresh cilantro

1. In a large sheet of aluminum foil, stack the tortillas and wrap completely. Set aside.
2. Preheat oven to 425°F.
3. Put sweet potatoes on a rimmed baking sheet.
4. Drizzle with 1 tablespoon oil and sprinkle with ½ teaspoon salt and ¼ teaspoon ground pepper. Toss to combine and spread into a single layer.
5. Roast for 20 minutes then flip with a flat spatula and push to the side, leaving a corner of the baking sheet empty.
6. Place the foil packet of tortillas in the empty space and continue to roast until the sweet potatoes are browned and tender and the tortillas are warm, about 10 minutes more. Meanwhile, cook the beans.
7. Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat until shimmering. Add onion and cook until soft, about 3 minutes.
8. Stir in chili powder, cumin, and remaining ½ teaspoon salt.
9. Add the beans and water. Cover and reduce heat to maintain a simmer.
10. Cook for 5 minutes then uncover and use the back of a fork to partially mash the beans. If there's remaining water in the pan, simmer uncovered until evaporated, about 30 seconds more.
11. Add the roasted sweet potatoes and cilantro to the black beans and gently toss to combine. Fill tortillas with mixture and top with guacamole and cheese (if desired).

Recipe makes 12 tacos. Serving size: 2 tacos = 10 grams fiber

Lentil Chili

1 tablespoon canola oil 2 sweet potatoes, peeled, diced 1 large onion, chopped	2 tablespoons chili powder 2 tablespoons tomato paste 1 tablespoon garlic powder 1 teaspoon oregano ½ teaspoon salt ¼ teaspoon cayenne (if desired)	1 540-mL can green lentils, drained, rinsed 1 540-mL can bean medley, drained, rinsed
	1 796-mL can diced tomatoes 1 cup water	

1. Heat large pot over medium heat.
2. Add oil, onion and sweet potatoes. Cook until onions soften and potatoes start to brown, about 5 minutes.
3. Stir in chili powder, tomato paste, garlic powder, oregano, salt and cayenne (if desired).
4. Add tomatoes and water. Cook until potatoes are tender, about 25 minutes.
5. Stir in beans and lentils until warmed through, about 2 minutes.
6. Top with cheese, sour cream, and chives.

Recipe makes 6 servings. 1 serving = 13 grams fiber

For more health and wellness information check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.