

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 appropriate for young children, or those chewing or swallowing problems.

Applesauce Raisin Muffins

Makes: 12 muffins.

¾ cup all purpose flour	1 teaspoon cinnamon
½ cup whole-wheat flour	2 cups Kellogg's All-Bran cereal
½ cup sugar	1 ½ cups unsweetened applesauce
1 tablespoon baking powder	¼ cup skim milk
½ teaspoon baking soda	3 egg whites
¼ teaspoon salt	¼ cup raisins

Stir together flours, sugar, baking powder, soda, salt and cinnamon. Set aside. In large bowl combine cereal, applesauce and milk. Let stand about 5 minutes or until cereal softens. Add egg whites. Beat well. Stir in raisins. Add flour mixture, stirring only until combined. Spoon evenly into twelve 2 ½" muffin pan cups, coated with cooking spray. Bake 400° about 20 minutes or until lightly browned. Serve warm. Prep time: 20 minutes. Baking time: 20 minutes. (5 grams of fiber).

Black Bean Salad Makes 10 servings

4 cups cooked black beans, prepared without salt	¼ cup lime juice
2 large oranges, peeled and sectioned	2 cloves garlic, minced
2/3 cup thinly sliced green onion	1/3 teaspoon ground cumin
1/3 cup chunky salsa	Lettuce leaves
	70 Triscuits Wafers

Mix all ingredients except lettuce and crackers in bowl, stirring gently. Refrigerate at least 2 hours to blend flavors. Serve salad on bed of lettuce with Triscuits. Nutrition information per serving (½ cup salad, 7 wafers): (259 calories, 10g protein, 6g fat, 10g fiber).

Bran Muffins Makes 12 muffins

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

Mix bran and milk, let stand 5 minutes. Mix the next 4 ingredients well; set aside. Stir oil and egg into bran mixture and mashed banana, just until blended. Spoon into 12 lined, 2 ½" muffin pan cups. Bake at 400° 18-20 minutes or until done. (175 calories, 4g protein, 5g fat, 5g fiber).

Bran Pumpkin Muffins Makes 12 muffins

1 ½ cup flour	1 tsp. Cinnamon	1/3 cup skim milk
½ cup sugar	½ tsp. Nutmeg	1 large egg or 2 egg whites
1 tbsp. baking powder	2 cups bran flakes	1/4 cup oil
¼ tsp. salt	1 cup solid pack pumpkin	½ cup raisin

Stir together flour, sugar, baking powder, salt, and spices. Set aside. In large mixing bowl, combine bran flakes, pumpkin and milk. Let stand about 2 minutes or until cereal is softened. Add egg and oil. Beat well. Add raisins and stir well. Mix in flour mixture, stirring only until combined. Pour into paper lined muffin tins. Bake at 400° about 20 minutes or until lightly browned. Serve warm. Nutrition information: (200 calories, 4g protein, 2g fiber).

Brownies (Double Chocolate) Makes 16 servings

1 cup all purpose flour	¼ cup water	½ cup chopped nuts (optional)
½ cup unsweetened cocoa powder	1 teaspoon vanilla	vegetable cooking spray
1 teaspoon baking powder	2 eggs	
¼ teaspoon salt	1 cup Kellogg's All-Bran cereal	
1 ½ cups sugar	½ cup semi-sweet chocolate mini-morsels	
¼ cup vegetable oil		

Stir together flour, cocoa powder, baking powder and salt. Set aside. In large mixing bowl combine sugar, oil, water, vanilla and eggs. Stir in Kellogg's All-Bran cereal. Let stand about 5 minutes or until cereal softens. Stir in chocolate and nuts. Add dry ingredients, mixing until combined. Spread in 13 x 9 x 2 inch baking pan, coated with cooking spray. Bake at 350° about 35 minutes or until center is firm. Cool completely before cutting. Preparation time: 25 minutes. Baking time: 35 minutes. (2 g of fiber).

Fruit Salad Makes 9 servings

3 fresh apples with skin, chopped	2 tbsp. coconut
1 small can crushed pineapple, drained	2 tbsp. celery, diced
½ cup chopped walnuts	½ c Miracle Whip Light Salad Dressing
¼ cup raisins	

Mix together and chill. (135 calories, 2g protein, 7g fat, 2g fiber).

Minestrone Soup

2 (14 ½ ounce) cans chicken broth	2 cups cooked red kidney beans, prepared without salt
¼ cup uncooked shell macaroni	1 teaspoon garlic powder
1 (16 ounce) package frozen mixed vegetables	1 teaspoon dried basil leaves
1 (16 ounce) can stewed tomatoes, undrained and coarsely chopped	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. Serving size = 1 cup soup & 7 wafers. (326 calories, 15g protein, 7g fat).

Pancakes Makes 18 pancakes

3 cups complete pancake mix

1 cup bran

2 cups water

 $\frac{1}{2}$ tsp. vanilla

Mix well. If it is a little thick, add water. (80 calories, 2.5g protein, <1g fat, 2g fiber).

Trail Mix Makes 7 $\frac{1}{2}$ cups or 30 two-ounce servings

4 cups Raisin Bran Flakes

 $\frac{1}{2}$ cup chopped almonds1 $\frac{1}{2}$ cups All Bran or Bran Buds $\frac{1}{2}$ cup chopped walnuts

1 (6 oz.) package dried fruit bits

2 tablespoons coconut

Mix well. Seal in container or bag. Keep in the refrigerator.

(78 calories, 2g protein, 2.5g fat, 3.3g fiber).

Yogurt Parfaits Makes 2 servings

1 cup (8 oz.) fruit flavored of vanilla yogurt

1 cup granola, sunflower seeds, nuts

1 cup sliced fruit or berries

or raisins

In each of two parfait or tall water glasses, layer $\frac{1}{4}$ of the yogurt, $\frac{1}{4}$ of the fruit and $\frac{1}{4}$ of the crunchy ingredients. Repeat layers once in each glass.

(360 calories, 7.5g protein, 2g fat, 6.5g fiber).

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 teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.