

# 25 Quick, Healthy, and Delicious Fiber Recipes Ready in a Jiffy

Are you looking for quick and easy ways to add more fiber to your diet? If so, then you're in luck! This cookbook features 25 delicious recipes that are packed with fiber and ready in a jiffy.



## Fiber One Fun: 25 Quick, Healthy, and Delicious Fiber Recipes Ready in a Jiffy by Mantak Chia

★★★★★ 5 out of 5

Language	: English
File size	: 1870 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 30 pages
Lending	: Enabled



Fiber is an essential nutrient that helps to keep you feeling full and satisfied after eating. It can also help to lower cholesterol, improve blood sugar control, and reduce the risk of heart disease and stroke.

Most Americans don't get enough fiber in their diet. The recommended daily intake of fiber is 25-30 grams for adults. However, most people only get about 15 grams of fiber per day.

If you're looking to increase your fiber intake, then these recipes are a great place to start. They're all packed with fiber and they're all easy to make.

So what are you waiting for? Start cooking today!

## **Recipes**

- Banana Oatmeal Breakfast Cookies
- Chocolate Raspberry Smoothie
- Fiber-Packed Salad
- Lentil Soup
- Whole-Wheat Pasta with Vegetables
- Quinoa Salad with Black Beans and Corn
- Brown Rice with Broccoli and Cheese
- Apple Cinnamon Oatmeal
- Whole-Wheat Toast with Peanut Butter and Banana
- Fiber-Rich Trail Mix
- Baked Oatmeal with Berries
- Green Smoothie
- Fiber-Packed Yogurt Parfait
- Lentil Tacos
- Whole-Wheat Pizza with Vegetables
- Quinoa Salad with Chickpeas and Feta
- Brown Rice with Black Beans and Salsa
- Apple Cinnamon Oatmeal Pancakes

- Whole-Wheat Waffles with Berries
- Fiber-Rich Granola Bars
- Baked Oatmeal with Apples and Cinnamon
- Green Smoothie Bowl
- Fiber-Packed Overnight Oats
- Lentil Burgers
- Whole-Wheat Veggie Wrap

### **Recipe 1: Banana Oatmeal Breakfast Cookies**



These cookies are the perfect way to start your day. They're packed with fiber, protein, and healthy fats, and they're also delicious!

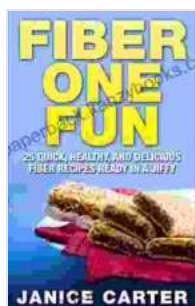
**Ingredients:**

- 1 ripe banana, mashed
- 1 cup rolled oats

- 1/2 cup chopped nuts
- 1/4 cup dried cranberries
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt

### Instructions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Line a baking sheet with parchment paper.
3. In a large bowl, combine all ingredients and mix well.
4. Drop

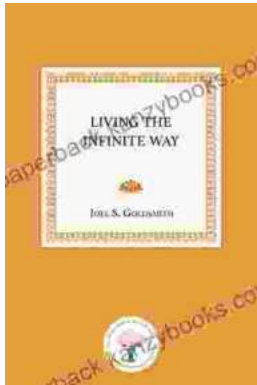


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