

High Fibre Recipes

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Breakfast Muesli To Go

1 cup	large-flake or 3 minute oats (not instant)	250 mL
1 cup	lower-fat plain yogurt	250 mL
½ cup	milk	125 mL
2 Tbsp	liquid honey	25 mL
1 cup	assorted berries (fresh or frozen)	250 mL
1	banana, large	1

In a plastic container, combine oats, yogurt, milk and honey. Gently fold in berries. Add banana before serving or add to sealable container before taking muesli to go. Serves two.

Per Serving: Calories: 423

Carbohydrate: 79 g Protein: 16 g Fat: 7 g Fibre: 8 g

Country Apple Berry Crisp

3	baking apples, large, cored	3
2 cups	mixed berries	500 mL
1 Tbsp	cornstarch	15 mL
3	shredded wheat-type biscuits, large, crumbled	3
½ cup	brown sugar, packed	125 mL
¼ cup	butter or margarine	50 mL
1 tsp	cinnamon, ground	5mL

In a bowl, combine apples, berries and cornstarch. In another bowl, combine crumbled biscuits, brown sugar, butter and cinnamon. Rub with fingers until crumbly. Set aside 1 cup (250 mL) of the crumb mixture. Toss remaining crumble mixture with fruit. Place fruit mixture in a greased 4-cup (1 L) baking dish. Sprinkle remaining crumb mixture over top. Cover and bake in a preheated 190°C (375°F) oven for 20 minutes or until the apples are tender. Serve warm. Serves four.

Per Serving: Calories: 405

Carbohydrate: 76 g Protein: 3 g Fat: 13 g Fibre: 9 g

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This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.

Lunch Box Chili Rice and Beans

1 cup	brown rice, cooked	250 mL
¾ cup	canned kidney beans, rinsed and drained	175 mL
½ cup	corn, frozen	125 mL
¾ cup	tomato, fresh, chopped	175 mL
¼ cup	green bell pepper, diced	50 mL
2 Tbsp	onion, finely chopped	25 mL
½ tsp	chili powder	2 mL

In a container combine rice, beans, corn, tomato, green pepper, onion and chili powder. Stir until combined. Microwave on High, loosely covered, for two to three minutes or until hot. Stir before serving. Serves one.

Per Serving: Calories: 450

Carbohydrate: 94 g Protein: 18 g Fat: 2 g Fibre: 15



Notes

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