

High-Fibre Recipes

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Breakfast Muesli To Go

1 cup large-flake or 30 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 large banana	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 large baking apples, cored	3
2 cups mixed berries	500 mL
1 Tbsp cornstarch	15 mL
3 large shredded wheat-type biscuits, crumbled	3
½ cup packed brown sugar	125 mL
¼ cup butter or margarine	50 mL
1 tsp ground cinnamon	5 mL

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 190⁰ C (375⁰ 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

This information is not meant to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian.

Lunch Box Chili Rice and Beans

1 cup cooked brown rice	250 mL
$\frac{3}{4}$ cup canned kidney beans, rinsed and drained	175 mL
$\frac{1}{2}$ cup frozen corn	125 mL
$\frac{3}{4}$ cup chopped fresh tomato	175 mL
$\frac{1}{4}$ cup diced green bell pepper	50 mL
2 Tbsp finely chopped onion	25 mL
$\frac{1}{2}$ 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 g



Resources



Notes

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