

Increase Dietary Fiber – Ginger’s Favorite Higher Fiber Recipes

How do you start to increase dietary fiber in your diet? Here are some of my favorite recipes to get you started! **Before you start cooking, please read important information about the effective and safe way to increase dietary fiber [here](#).**

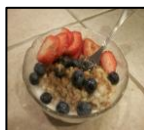
Breakfast

Blender Oatmeal Pumpkin Pancakes – www.onelovelylife.com/blender-pumpkin-oatmeal-pancakes/



One serving of this recipe contains 4.4g of fiber. This is a staple in my house. I typically double this recipe and store in the freezer for a quick and easy breakfast. To add even more fiber, add a tablespoon of ground flax meal and some chopped pecans to the batter and serve with berries.

Cooked Barley with Berries - <https://thecouponproject.com/how-to-cook-barley-in-the-slow-cooker-for-breakfast/>



One cup of cooked barley contains 6g of fiber. This is inexpensive to make, and it is a great overnight recipe in the slow cooker. To add even more fiber, add some higher fiber toppings, such as: berries, dried fruits, nuts or seeds. The possibilities are endless!

Brunch/Lunch

Healthy Brunch Burritos – <https://www.ambitiouskitchen.com/healthy-sweet-potato-black-bean-avocado-breakfast-burritos/>



One burrito contains 10.5g of fiber. This is a family favorite for breakfast, brunch or lunch! This is also freezer-friendly for a quick and healthy meal anytime!

Avocado & Feta Toast - <https://skinnyms.com/3-ingredient-avocado-and-feta-toast-recipe/>



One serving contains 8g of fiber. Did you know that mashed avocado freezes really well? Just freeze it in individual containers so you can take it with you in the morning and it will be ready to eat at lunch. To add even more fiber, top with roasted shelled pumpkin seeds. Yum!

Dinner

Crock pot Chickpea, Butternut Squash & Red Lentil Stew

<http://www.eatliverun.com/crock-pot-chickpea-butternut-squash-and-red-lentil-stew/>



One serving of this stew contains more than 10g of fiber. Didn't think you would ever like a vegan stew? Try this one. It's hearty! It even got the nod of approval from my young adult son who, as a teenager, would eat a double cheeseburger at any place or time for no apparent reason at all! To tone down the spice and add a little bit of creamy texture, you can add a small amount of light coconut milk. This one is freezer-friendly!

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