



Fiber Full

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Cheryl and Carole Anne

Recipes and Ideas

Double Chocolate Muffins

1/2 cup wheat bran
1/2 cup oat bran
2 eggs
1/4 cup oil
1/4 cup milk
3 small jars of prune baby food
1/2 cup vanilla yogurt

Mix bran with wet ingredients and set aside to soak.

1/2 tsp salt
1 tsp baking soda
2 tsp baking powder
3/4 cup brown sugar
4 T cocoa powder
2 cups whole wheat flour

**Combine all dry ingredients.
Stir dry ingredients into wet ingredients.**

1/2 cup chocolate chips

Add to batter and spoon batter into greased muffin tins.

Bake muffins at 350 for about 15 – 20 minutes.

Fabulous Fiber Cookies

1/2 cup non-hydrogenated margarine
1/2 cup brown sugar
1 egg
1/4 cup yogurt (optional for a moister product)

Cream together margarine, brown sugar, egg and yogurt.

1/2 cup oat bran
1/2 cup wheat bran
1/4 cup ground flax (optional)
1/4 cup wheat germ
1 1/2 cup large flake rolled oats

Stir in oat bran, wheat bran, flax, wheat germ, and rolled oats.

3/4 cup whole grain flour
1/2 tsp salt
1 tsp baking powder
1 tsp baking soda
1/2 cup chocolate chips
(or raisins, m and m's, etc.)

Combine all dry ingredients and stir into the batter. Add the chocolate chips. Roll into balls and squish on a cookie sheet.

Bake at 350 °F for 8-10 minutes.

Do not over bake or they will turn into hockey pucks! Freeze very well.

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