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# High Fiber Recipes

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## High Fiber Bran Muffins

Ingredients:

- 3 cup wheat bran
- 1 cup boiling water
- ½ cup applesauce
- 1 cup honey or sugar
- 2 cup buttermilk
- 2 eggs
- 2 ½ cups whole wheat flour
- 1 teaspoon salt
- 2 ½ teaspoons baking soda
- ¾ cup chopped dried fruit or raisins (optional)

Pour boiling water over bran, mix thoroughly and let cool. Add the applesauce, honey, buttermilk, and eggs to the cooled bran and mix to combine. In a separate bowl, combine the flour, salt and baking soda together. Fold the dry ingredients into the wet ingredients and scoop into muffin pans lined with papers. Bake at 400 degrees for about 20 minutes or until toothpick comes out clean.

**Amount of Fiber:** 6 grams fiber per muffin

## High Fiber Pudding

Ingredients:

- 1 cup prune juice
- 2 cups applesauce
- 2 cups All Bran Cereal

Mix together. Keep refrigerated. Take 1-2 tablespoons twice a day.

**Amount of Fiber:** 1 gram fiber per tablespoon