EAT WELL, AGE WELL. FIBER

Fiber Starter Breakfast Bowl

Ingredients:
- ½ cup berries or chopped apple
- 2 tbsp. hemp seeds
- 2 tbsp. chia seeds
- 2 tbsp. sunflower seeds
- 1 tbsp. ground flax seeds
- 2 cups almond milk

Directions
1. Combine ingredients into a bowl.
2. Pour almond milk on top.
3. Let sit for 2 to 3 minutes. This allows for the seeds to absorb the milk.

Source: [https://yurielkaim.com/healthy-breakfast-bowl/](https://yurielkaim.com/healthy-breakfast-bowl/)

Photos courtesy of Pixabay

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students 8-1-17 by Dana Lemke
**High Fiber Bean Dip**

**Ingredients:**
- 1 clove garlic or 2 teaspoons minced
- 2 cans of prepared beans of your choice-drained. You can combine different types of beans if you like, example black beans and kidney beans or 2 cans of the same bean.
- 4 tbsp. lemon juice
- 1 jalapeno pepper (if desired)
- 2 tbsp. Tahini Sauce or Paste (if desired)
- 2 tbsp. extra virgin olive oil
- ½ tbsp. curry powder
- ½ tbsp. cayenne pepper
- ½ tbsp. coriander
- ½ tbsp. turmeric

**Directions**

1. Put all ingredients into a food processor and pulse until smooth.
2. Enjoy with some fresh veggies or whole grain crackers.
3. Be sure to refrigerate the leftovers.


**Photos courtesy of Pixabay**

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### WHY WHOLE GRAINS?

**THERE ARE MANY KINDS OF WHOLE GRAINS AND THEY ALL HAVE DIFFERENT AMOUNTS OF FIBER.**

**RYE IS A GREAT OPTION. CONSIDER TRYING RYE CRACKERS FOR AS MUCH AS 2 GRAMS OF FIBER PER CRACKER!**

**ADD BARLEY TO SOUPS AND STEWS. A ½ CUP SERVING HAS ABOUT 3 GRAMS OF FIBER.**

**SOME OTHER WHOLE GRAIN OPTIONS ARE BULGUR WHICH HAS 4 GRAMS OF FIBER PER ½ CUP SERVING, WHOLE-WHEAT PASTA WHICH IS 2 GRAMS OF FIBER PER ½ CUP SERVING AND WHEAT BERRIES WHICH HAVE 4G OF FIBER PER ½ CUP SERVING.**

**TRY ADDING CRUSHED, DRY WHOLE GRAIN CEREAL TO ITEMS LIKE MEATBALLS, MUFFINS AND BANANA BREAD.**

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### Herbed Quinoa

**Ingredients:**

**Quinoa:**
- 2 ⅔ cups low-sodium chicken or veggie stock
- ½ cup fresh lemon juice
- 1 ½ cups quinoa (dry)

**Dressing:**
- ½ cup extra-virgin olive oil
- ¼ cup fresh lemon juice
- ¼ cup chopped fresh basil leaves
- ¼ cup chopped fresh parsley leaves
- 1 tablespoon chopped fresh thyme leaves
- 2 tablespoons lemon zest
- Kosher salt and freshly ground black pepper

*1 cup of cooked quinoa has 5.2 g of fiber*

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### Directions

1. Add the stock, lemon juice and quinoa to a medium sized saucepan. Bring to a boil.

2. Reduce heat to a simmer and cover the pan. Cook for about 12 to 15 minutes until the liquid is absorbed.

3. Begin the dressing while the quinoa simmers.

4. Mix together olive oil, lemon juice, basil, parsley, thyme, and lemon zest. Add salt and pepper to taste.

5. Pour the dressing over the quinoa and toss the ingredients.

6. Can be served hot or chilled.

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Adapted from source: [http://www.foodnetwork.com/recipes/giada-de-laurentiis/herbed-quinoa-recipe-2012212](http://www.foodnetwork.com/recipes/giada-de-laurentiis/herbed-quinoa-recipe-2012212)

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Directions

1. Preheat oven to 400 °F
2. Lightly grease a baking sheet.
3. Mix olive oil and paprika in a large bowl.
4. Add in potato wedges, and stir by hand.
5. Place on prepared baking sheet.
6. Bake 20 minutes or until done, depends on how thick you cut the potatoes.
7. Enjoy!

Ingredients:
- 1 tablespoon olive oil
- ½ teaspoon paprika
- 8 sweet potatoes, sliced lengthwise into quarters

Adapted from Source: http://allrecipes.com/recipe/13517/baked-sweet-potato-sticks/?internalSource=staff%20pick&referringId=782&referringContentType=recipe

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