



MIDDLEBORO PEDIATRICS

2 LAKEVILLE BUSINESS PARK, LAKEVILLE, MASSACHUSETTS 02347 TEL (508) 947-0630 FAX (508) 947-0639

NEAL G. BORNSTEIN, MD, FAAP MARTIN A. GROSS, MD, FAAP HILARY A. WELLAND, MD, FAAP AARON D. BORNSTEIN, MD, FAAP
FIONA E. PAUL, RN, CPNP AMY C. HATCH, RN, CPNP MEREDITH M. RUBINI, RN, CPNP

HIGH-FIBER RECIPES

The following are kid-tested recipes that might be winners at your house. The dietary fiber content per serving is also listed. Remember to experiment with your own family's favorite recipes by adding or substituting high-fiber foods to them.

CRUNCHOLA PARTY MIX

6 cups whole grain cereal (use a variety)
of Cheerios, Bran Chex, Wheat Chex Spoon
Sized Shredded Wheat)
1 cup nuts salted or unsalted)
1 cup small pretzel sticks or rings
1 cup seasoned croutons (whole wheat is
best)

½ cup margarine 1 stick
4 tsp Worcestershire sauce
½ to 1 tsp salt
dash of any or all of the
following; garlic powder,
onion powder, paprika
(optional)

Preheat oven to 250 degrees.

Heat margarine in large pot (6-8 qt) over low heat till melted. Add Worcestershire sauce, salt and seasonings and stir. Add other ingredients and mix until all pieces are coated. Pour mixture into a shallow baking pan and bake 1 hour. Stir every 15 minutes. Spread on absorbent paper to cool. Makes 8 cups.

1 cup has 4.5 gm. fiber

PARTY SNACK MIX

½ cup butter or margarine
¼ cup soy sauce
2 cups blanched whole almonds
4 cups Spanish Peanuts

2 cups golden raisins
1 can (2 cups) chow mein noodles
¼ cup sesame seeds
1 can (3 ½ oz) flaked coconut

Heat oven to 350 degrees.

Heat butter and soy sauce in skillet over low heat. Add almonds; cook, stirring constantly 5 minutes. Add peanuts, raisins, noodles and sesame seeds, stirring constantly, until noodles brown, about 10 minutes. Stir in coconut. Spread half the mixture in jelly-roll pan, (15 ½ X 10 ½ X 1). Bake 8-10 minutes. Cool on paper towels. Repeat with remaining mixture. Store in airtight container at room temperature up to 1 month.

1 cup has 10 gm. fiber

BROWN SUGAR CINNAMON WHEAT SNACKS

½ cup butter of margarine
2 tbsp light brown sugar
¾ tsp ground cinnamon

4 cup Spoon Size Shredded Wheat
1 cup unsalted peanuts
1 cup chopped dates or golden raisins (if desired)

In large skillet, over medium heat, melt butter of margarine; blend in brown sugar and cinnamon. Stir until sugar is melted. Reduce heat; add Spoon Sized Shredded Wheat and peanuts; stir until lightly browned, about 5.7 minutes.

Remove from heat; stir in chopped dates or raisins. Cool to room temperature. Store in airtight container. Makes 2 ½ cups.

1 cup has 4.4 gm. fiber

CRISPY COOKIES

1 ½ cup sugar
¾ cup margarine or butter, softened
¼ cup water
1 tsp vanilla
1 egg
1 ½ cups flour

1 tsp salt
½ tsp baking soda
1 cup oats
1 cup raisins
4 cups Cheerios cereal

Heat oven to 375 degrees

Mix sugar, margarine, water, vanilla and egg. Stir in remaining ingredients. Drop by rounded teaspoonfuls about 2 inches apart onto greased cookie sheet. Bake until light brown, 10- 12 minutes. Makes about 4 ½ dozen cookies.

Variations; stir in 1 pkg (6 oz) chocolate chips, 1 cup shredded coconut, 1 cup chopped nuts or ½ cup peanut butter.

Each cookie has 1.5 gm fiber

PEANUT BUTTER COOKIES

½ cup margarine
¾ cup packed brown sugar
⅓ cup peanut butter
1 egg
½ tsp vanilla

1 cup whole wheat flour
½ tsp baking powder
½ tsp soda
½ tsp salt
2 cups granola

Crepe margarine, sugar and peanut butter. Beat in egg and vanilla. Stir in remaining ingredients. Drop by teaspoonfuls on lightly greased cookie sheet. Baked at 350 degrees for 10-12 minutes. Makes 3 dozen.

2 cookies have 1.8 gm fiber

BRAN COOKIES

Combine and mix thoroughly;

½ cup white or brown sugar

½ cup honey

½ cup margarine or shortening

ADD:

1 egg

½ tsp vanilla

½ tsp salt

½ tsp soda

½ tsp baking powder

¾ cups rolled oats

1 cup whole wheat flour

2 cups bran flour (millers)

1 tsp cinnamon and/or ½ tsp

nutmeg

Stir in 4-6 tbsp water. Add ½ cup each of any or all of raisins, chocolate chips or nuts. Bake 12 minutes at 375 degrees. Makes 32 cookies.

1 cookie has 3.6 gm fiber

PEANUT BUTTER GRANOLA BARS

3 cups granola

½ cup brown sugar

½ cup honey

1 tsp vanilla

½ cup peanut butter

½ cup raisins and/or peanuts

Combine brown sugar and honey in a saucepan and bring to a boil over medium heat. Add vanilla and peanut butter and stir until melted.

Place the granola and raisins or peanuts in a bowl and pour the peanut butter mixture over it. Mix well. Press into a 9" square pan. Cool. Cut into bars. Make 9 bars.

Each bar has 4.5 gm fiber

READY BRAN MUFFINS

(makes several quarts)
2 cups boiling water
2 cups 100% bran cereal
1 cup shortening

2 cups sugar or 1 $\frac{2}{3}$ cup honey
4 eggs, beaten
1 quart buttermilk

Pour boiling water over bran cereal and set aside. Cream shortening with sugar or honey and add eggs and buttermilk. Add bran mixture. Fold in the following dry ingredients which have been stirred together.

5 cups flour (white or combination white and whole wheat)
5 tsp baking soda
1 tsp salt
4 cups 100% bran cereal
Store in jars in refrigerator for as long as 6 weeks.

To bake, preheat oven to 375 degrees muffin pans $\frac{3}{4}$ full and bake 20-25 minutes. Makes 5-6 dozen muffins.

Each muffin has about 2.2 gm. fiber.

BANANA BRAN BREAD

$\frac{1}{3}$ cup shortening
 $\frac{1}{3}$ cup honey
 $\frac{1}{3}$ cup brown sugar, packed
 $\frac{3}{4}$ cup miller bran

2 eggs
1 cup mashed ripe bananas
1 $\frac{1}{2}$ cup all purpose flour
2 $\frac{1}{4}$ tsp baking powder

Thoroughly blend the first five ingredients in a bowl. Sift together and add the flour and baking powder. Pour into a greased 8 $\frac{1}{2}$ X 4 $\frac{1}{2}$ X 2 $\frac{1}{2}$ loaf pan. Bake at 350 degrees for 1 hour or until done. Cool on wire rack. Makes 12 slices.

Each slice has 2.3 gm. fiber

CREATE-A-WHOLE GRAIN MUFFIN

$\frac{3}{4}$ cup milk
 $\frac{3}{4}$ cup 100% bran cereal
1 egg
 $\frac{1}{4}$ cup vegetable oil
 $\frac{1}{4}$ cup molasses or honey

$\frac{1}{4}$ firmly packed brown sugar
1 cup rolled oats
 $\frac{2}{3}$ cup all purpose flour
1 tbsp baking powder
 $\frac{1}{4}$ tsp salt

Combine milk and bran cereal in medium sized bowl. Add egg, oil, molasses and brown sugar, mix well. Add combined remaining ingredients, mixing just until dry ingredients are moistened. Fill 12 greased or paper-lined muffin cups $\frac{2}{3}$ full. Bake in preheated 400 degree oven about 15 minutes. Makes 1 dozen.

Variation: substitute $\frac{3}{4}$ cup unprocessed bran for bran cereal. Add $\frac{1}{2}$ cup raisins, blueberries, chopped dates, apple or nuts.

Each muffin has about 2.0 gm fiber

CASSEROLE COOKIES

2 eggs	1 cup flaked coconut
1 cup sugar	1 tsp vanilla
1 cup chopped walnuts	¼ tsp almond extract
1 cup snipped dates	

Beat eggs, then gradually add sugar, beating until fluffy. Stir in rest of ingredients one at a time. Put mixture in 2 qt. ungreased casserole and bake 30 minutes at 350 degrees. Remove from oven and stir mixture well while still hot (use wooden spoon). Let mixture cool and then form into small balls and roll in sugar. Makes approximately 3 dozen balls.

1 cookie has 1.4 gm fiber

SOFT BREAD STICKS

1 envelope active dry yeast	½ cup boiling water
½ cup very warm water	1 egg
2 tbsp honey	2-2 ½ cups whole wheat flour
½ cup (1 stick) butter, melted	½ tsp water
1 tsp salt	caraway or sesame seeds or coarse salt

Sprinkle yeast over very warm water in a 1 cup measure. Stir in 1 tsp of the honey. Let stand until bubbly, about 10 minutes. Mix butter, salt, boiling water and remaining honey in a large bowl, cool to lukewarm. Beat egg in small cup; reserve 1 tsp for brushing sticks. Stir in remaining egg into butter mixture. Stir in yeast until blended. Add 2 cups of flour; gradually stir in enough extra flour to make a soft dough. Do not knead. Divide dough into 12 equal parts. Roll each on floured surface to make an even stick 12 inches long. Place on greased cookie sheet about 2 inches apart. Mix reserved egg with the ½ tsp water. Brush over bread sticks; sprinkle with seeds of salt. Let stand, uncovered, 30 minutes. Bake in hot oven (425 degrees) for 15 minutes. Remove to wire rack serve warm.

Makes 1 dozen long or 2 dozen short bread sticks.

Each stick has 2.5 gm fiber

BRAN BATTER BREAD

5-6 cups white flour (may substitute part whole wheat)	1 cup chopped nuts (optional)
1 ½ cups unprocessed wheat bran	½ cup butter or margarine
2 packages dry yeast	⅓ cup sugar
2 eggs	2 tsp salt
	2 ½ cups warm water

Combine 1 ½ cups warm water with butter, sugar and salt in large bowl. Dissolve yeast in remaining 1 cup of warm water. Combine dissolved yeast, bran, 2 cups flour, eggs, and nuts into first warm water mixture in bowl; mix well. Stir in enough of the remaining flour to make batter stiff.

Place in greased 9 X 5 loaf pans. Put back in warm place and let rise until nearly doubled in size (takes 30-40 minutes). Bake in preheated oven 30-35 minutes or until golden brown.

1 slice has 6 gm fiber

BRAN MUFFINS

(You can store batter in tightly covered containers in refrigerator for 3-4 weeks)

3 cups millers bran	2 ½ cups whole wheat flour
2 cups boiling water	2 ½ tsp baking soda
2 eggs	½ tsp salt
½ cup honey	½ cup brown sugar, packed
2 cups buttermilk	

Preheat oven to 375 degrees. Mix bran and boiling water and let sit. Beat together other eggs, honey, sugar and buttermilk; sift dry ingredients. Combine the bran with the wet mixture and stir well. Fold in dry ingredients till blended. Lightly grease muffin tins and fill about $\frac{3}{4}$ full. Bake for 20 minutes. Make 30 muffins.

Add raisins, chopped dates or nuts with the dry ingredients for a variation.

Each muffin has about 3 gm fiber

CINNAMON MUNCH

¼ cup sugar	1 ¼ tsp cinnamon
4 tbsp butter or margarine	3 cups Bran Chex cereal

Combine sugar and cinnamon. Set aside. Melt butter in large skillet over low heat. Add Bran Chex. Stir gently until each piece is coated with butter. Continue to heat and stir 5-6 minutes more. Sprinkle half the cinnamon-sugar mixture evenly over Chex. Stir to bring unsugared pieces to top. Sprinkle with remaining cinnamon-sugar. Continue to heat and stir 1 minute. Cool on paper towels. Makes 3 cups.

1 cup has 7.5 gm fiber

CHEERIOS NUGGETS

1 cup packed brown sugar	½ tsp baking powder
½ cup margarine, softened	6 cups Cheerios
¼ cup light corn syrup	1 cup salted Spanish peanuts
½ tsp salt	1 cup raisins (optional)

Heat oven to 250 degrees. Grease 2 rectangular pans, 9x13x2" pan or jelly-roll pan, 15 1/2x10x1". Heat brown sugar, margarine, corn syrup and salt in 2 qt saucepan over medium heat, stirring constantly, until bubbly around the edges. Cook uncovered, stirring occasionally, 2 minutes longer. Remove from heat; stir in baking soda until foamy and light colored. Pour over cereal, peanuts and raisins in greased 4 qt bowl. Stir until mixture is coated. Spread evenly in pans. Bake 15 minutes. Stir; let stand until cool about 10 minutes. Loosen mixture with metal spatula. Let stand until firm, about 30 minutes. Break into bite-size pieces. Makes about 10 cups.

1 cup has 3 gm fiber

BRANOLA CEREAL

(Double the recipe to make a large batch! Store in jars or plastic containers)

3 cups regular rolled oats (oatmeal)	½ cup honey
1 cup rolled wheat	¼ cup vegetable
1 cup millers bran	½ cup water
2 cups nuts & seeds	1 tbsp cinnamon
(ex: unsalted sesame seeds, flax seeds, sunflower seeds, almonds, peanuts, etc.)	1 tbsp vanilla
	1-2 cups of any of the following raisins, chopped dates, prunes

Combine oats, wheat, bran, nuts and cinnamon and mix well in a large bowl. Combine honey, oil, water and vanilla in a saucepan and heat just until honey is dissolved, stirring to blend. Add to the dry ingredients and stir well, using hands, if necessary, to coat all the dry particles. Grease a large cookie sheet with sides and pour the cereal mixture on, spreading evenly with spatula. Heat oven to 250 degrees and bake Granola for 1 to 1 ½ hour, stirring about every; 15 to 20 minutes. When it is browned and slightly crispy, remove pans from the oven and allow to cool. When thoroughly cool, stir in dried fruit and store in air tight containers. Serve, either dry or with orange juice or lemonade. Makes approximately 7 cups.

½ cup has 9.7 gm fiber

GOOD-FOR-YOU GRANOLA

3 Cups rolled oats	2 tbsp brown sugar
1 cup coconut	¼ cup powdered milk
1 cup sliced almonds	⅓ cup honey
1 cup toasted wheat germ	⅓ cup oil
½ cup sesame seed	1 tsp vanilla or maple flavoring
2 tbsp cinnamon	

Mix all dry ingredients together in large shallow glass dish. Combine honey, oil and flavoring and heat on low. Drizzle this warm liquid over the dry ingredients, coating them thoroughly. Microwave for approx. 10-15 minutes or in standard oven at 300 degrees for 30 minutes, stirring several times. Cool in dish. Add raisins or dates if desired after cooling. Store in airtight container. Makes 6 cups.

1 cup has approx. 16 gm fiber

CHEWY GRANOLA BARS

1 cup dried mix fruits	½ tsp cinnamon
2 cups boiling water	2 cups granola-type cereal
4 eggs (purchased or homemade)	1 cup chopped cashews or walnuts
1 cup firmly packed brown sugar	

Preheat oven to 350 degrees. Chop fruits coarsely. Pour boiling water over fruits in a small saucepan; simmer 5 minutes; drain and cool. Beat eggs in large bowl with electric mixer until frothy. Add sugar and cinnamon; beat until smooth. Stir in fruits, granola and cashews. Pour into a greased 9x13x2" baking pan, spreading mixture evenly. Bake at 350 degrees for 35 minutes. Cool on rack; cut into 24 bars.

Each bar has 1.8 gm fiber

OATMEAL CAKE

1 ¼ Cups boiling water
1 cup rolled oats
1 ½ cups brown sugar
½ cup butter or margarine
1 tsp vanilla
2 eggs

1 ½ cups flour
1 tsp baking soda
1 tsp cinnamon
½ tsp salt
½ tsp nutmeg

Pour boiling water over oats; cover and set aside. Cream butter and sugar. Add eggs and vanilla and beat. Add oats mixture and mix well. Sift together dry ingredients, add and stir well. Pour in greased 9x13" pan. Mix:

3 tbsp margarine
½ cup coconut

⅔ cup brown sugar
½ cup nuts

Drop by spoonfuls on batter. Bake at 350 degrees for 40 minutes. Serves 12

Each piece has 1.8 gm fiber

BRAN "N' VEGGIE MEATLOAF

1 cup tomato juice
1 medium onion, quartered
1 clove garlic
2 stalks celery, cut in 1" pieces
4 stems parsley
1 cup chopped broccoli, raw
¾ cup oatmeal

1 ½ lbs ground beef
1 tsp salt
⅛ tsp pepper
1 tsp oregano
1-2 eggs
¾ cup bran

Blend together first 6 ingredients until pureed. Mix remaining ingredients, adding a little more tomato juice if mixture seems too dry. Place in greased 9x5x3" loaf pan. Bake at 375 degrees for 1 to 1 ¼ hours. Serve with a gravy or tomato sauce if desired. Makes 10 slices.

Each slice has 5 gm fiber

HEALTHFUL HIGH-FIBER SNACK COMBINATIONS

These health snack combinations have been kid-tested. Experiment to see which combinations appeal most to your child.

Rye crackers
Orange juice

Apricot bread
Pineapple juice

Bran muffin
Grape juice

Orange sections
Raisin bread

Peanut butter cookies
Orange or Grapefruit juice

Wheat crackers, celery
stuffed w/peanut butter

Pumpkin -bran bread
Cucumber sticks

Date-nut bread
Grape juice

Granola
Cranberry juice

Zucchini bread
Sliced pear

Peanut butter & honey
on wheat bread; Grape juice

Whole Wheat cinnamon toast
Mandarin oranges

Whole wheat soft pretzel
Orange juice

Chex cereal snack
Pineapple juice

Crispy rye crackers
Pineapple chunks

Cracked wheat bread with
Strawberry jam; Orange frosty

Oatmeal raisin cookies
Peach slices

Molasses oatmeal cookies;
Cantaloupe balls

Graham crackers with apple
butter; Cranberry juice

Hard cooked egg slices on
Sesame crackers; Strawberries

Whole wheat bread sticks
Fruit cup