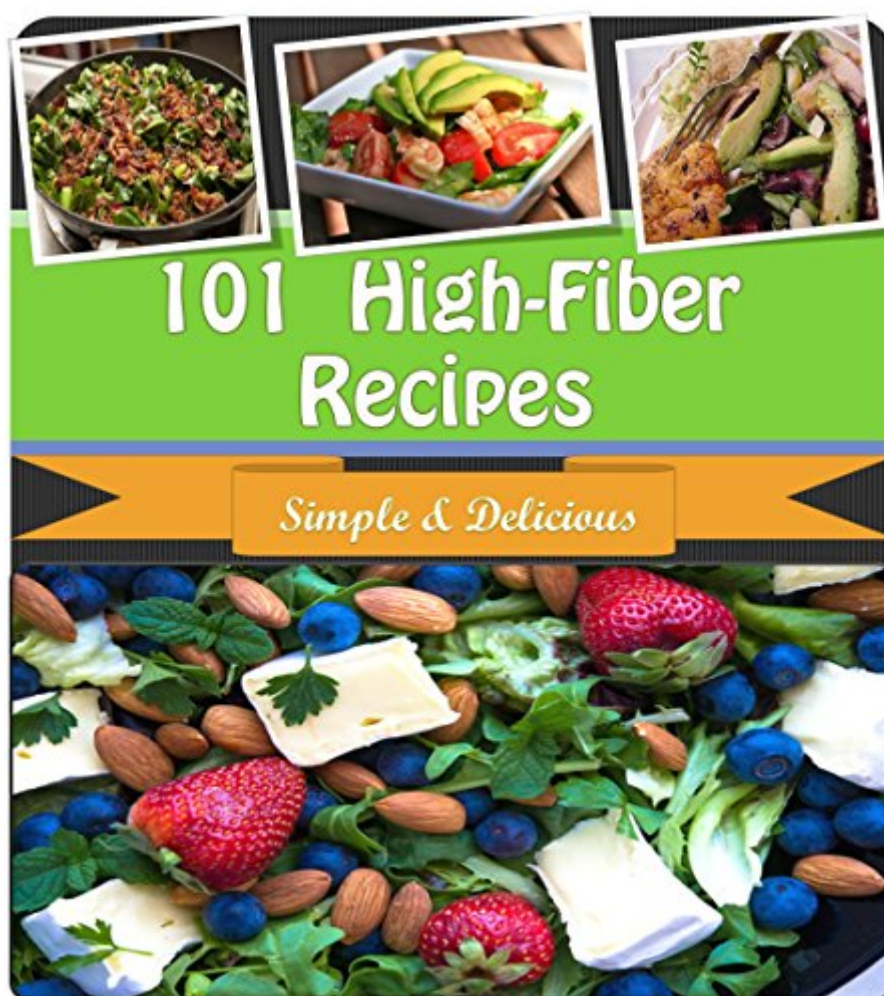




The book was found

High Fiber Recipes: 101 Quick And Easy High Fiber Recipes For Breakfast, Snacks, Side Dishes, Dinner And Dessert (high Fiber Cookbook, High Fiber Diet, High Fiber Recipes, High Fiber Cooking)





Synopsis

If you need more fiber in your diet then this 101 recipe, high fiber cookbook is just what you need after. Inside you will find a wonderful selection of recipes for breakfast, snacks, dinner and dessert. Each recipe has nutritional information per serving so you can plan your meals accordingly. Inside you will find: 20 Recipes for Breakfast 20 Recipes for Snacks & Side Dishes 50 Recipes for dinner 11 Recipes for Dessert

Book Information

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Customer Reviews

A very simple list of high-fiber recipes with ingredients and cooking method only- it has no pictures, no descriptions. That said, the recipes are straightforward but tasty; you won't find anything on the list you probably don't already have in your pantry- perfect for quick lunches and dinners. The simplicity of the layout makes the book easy to use in the kitchen on a phone or tablet. Oddly, the book does not include fiber-rich carbohydrate substitutions, and in fact specifies the product with less fiber: regular pasta instead of whole wheat pasta, white rice instead of brown rice, and flour tortillas

instead of whole wheat tortillas. Making those substitutions will greatly increase the fiber count of recipes including these items. Also, be aware that the fiber counts listed are way off. If you need accurate fiber counts for medical or personal reasons, find the fiber content of each ingredient via [Loselt](#) or online yourself, and divide by portion size to get your personal fiber intake per recipe. Overall, the recipes are much higher in fiber than standard recipes, so it's certainly a worthwhile purchase as long as you don't mind making a few obvious swaps and counting the fiber content yourself when needed.

Just recipes. No frills. Ingredients easily found in your cabinet or any grocery store. No long complicated procedures. Some suitable to making ahead. Nutrition info for each recipe. Most importantly, delicious recipes.

Nothing innovative here. It's as if the authors just took a bunch of dull, mundane recipes and took obvious steps to add fiber to them. Ho hum.

I wish I'd know about this information many years ago.

Great recipes

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