



Soluble Fibre Recipes

Integrative Health Institute

<https://erinwiley.com>

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Peach Chia Pudding

2 servings

3 hours 5 minutes

Ingredients

- 1 cup Oat Milk
- 1 tbsp Maple Syrup
- 1/2 tsp Vanilla Extract
- 1/4 cup Chia Seeds
- 1/2 cup Frozen Peaches (thawed and chopped)

Directions

- 1 In a mixing bowl combine the oat milk, maple syrup, and vanilla. Stir in the chia seeds. Refrigerate for at least three hours or until chilled and chia seeds have set.
- 2 Divide between jars or bowls, top with the chopped peach, and enjoy!



Strawberry & Flax Seed Chia Pudding

1 serving

2 hours 10 minutes

Ingredients

- 2 tbsps Chia Seeds
- 2 tsps Ground Flax Seed
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Vanilla Extract
- 2 tbsps Sunflower Seed Butter
- 1/3 cup Strawberries (chopped)
- 1 tbsp Almonds (chopped)

Directions

- 1 In a bowl, stir together the chia seeds, flax seeds, milk, vanilla, and sunflower seed butter. Refrigerate for at least two hours or until chilled and the chia seeds have set.
- 2 Serve the chia pudding topped with strawberries and almonds. Enjoy!



Strawberry & Orange Protein Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 cup Frozen Strawberries
- 1 Navel Orange (peeled and sectioned)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Ground Flax Seed

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Enjoy!



Raspberry Chia Jam

4 servings

2 hours

Ingredients

- 1 cup Raspberries
- 1 tsp Lemon Juice
- 1 tbsp Raw Honey
- 1 1/2 tbsps Chia Seeds

Directions

- 1 Add the raspberries, lemon juice, and honey to a blender and pulse blend for a few seconds, until desired consistency. Alternatively, you can mash with a fork.
- 2 Add to a sealable container and mix in the chia seeds. Transfer to the fridge and allow to sit for at least two hours. Enjoy!



Banana Chia Crisps

1 serving
25 minutes

Ingredients

- 1 Banana (medium, ripe)
- 1/4 cup Chia Seeds
- 1 tsp Cinnamon

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
- 3 Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
- 4 Remove from oven. Let cool and enjoy!



Pecan Chia Granola

6 servings

30 minutes

Ingredients

- 3 tbsps Coconut Oil (melted)
- 3 tbsps Maple Syrup
- 1 1/2 cups Oats (rolled)
- 1/2 cup Pecans (chopped)
- 2 tbsps Chia Seeds

Directions

- 1 Preheat the oven to 300°F (150°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl, combine the melted coconut oil and maple syrup. Stir in the oats then add the pecans and chia seeds. Mix well.
- 3 Transfer the granola mixture to the prepared baking sheet. Bake for 22 to 25 minutes, stirring halfway through, or until the oats are golden brown.
- 4 Allow the granola to cool completely on the baking sheet before transferring to an airtight container. Enjoy!



Matcha Chia Pudding

3 servings

15 minutes

Ingredients

- 1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)
- 1 cup Unsweetened Almond Milk
- 2 tsps Green Tea Powder
- 1/4 cup Chia Seeds
- 1/2 Avocado
- 3 tbsps Maple Syrup

Directions

- 1 Scrape the coconut cream from the top of the can into a bowl and set aside (aim for about 1 cup if you are making 3 servings). The cream should have separated from the coconut juice after being refrigerated overnight.
- 2 Add the remaining coconut milk from the can into a blender with almond milk, green tea powder, chia, avocado and maple syrup. Blend until smooth. Place in fridge to thicken about 10 to 15 minutes.
- 3 Once it has thickened up, layer chia pudding into mason jars or containers. Follow with a layer of coconut cream. Repeat layers until all ingredients are used up. Add toppings if you wish, and enjoy!



Coconut Chia Pudding

2 servings

1 hour

Ingredients

- 3/4 cup Canned Coconut Milk
- 3/4 cup Water
- 1/4 cup Chia Seeds
- 1 tsp Vanilla Extract

Directions

- 1 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 2 Stir well and divide into cups or containers if on-the-go. Enjoy!



Detox Chia Lemon Water

1 serving

5 minutes

Ingredients

- 2 cups Water
- 1 tbsp Chia Seeds
- 1/4 Lemon (juiced)

Directions

1

Stir together all ingredients in a tall glass or mason jar. Let sit for 5 minutes or until chia seeds swell. Enjoy!



Blueberry Chia Parfait

2 servings

30 minutes

Ingredients

- 1 3/4 cups Unsweetened Almond Milk
- 1/3 cup Chia Seeds
- 1 tbsp Maple Syrup
- 1 cup Frozen Blueberries (thawed)
- 1/4 cup Slivered Almonds

Directions

- 1 In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 2 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
- 3 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!



Blueberry Chia Pancakes

3 servings

20 minutes

Ingredients

- 1 cup Oats
- 1/2 cup Oat Milk (unsweetened, plain)
- 1 Banana (medium)
- 1 Egg (large)
- 1 tsp Baking Powder
- 1 cup Frozen Blueberries
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Extra Virgin Olive Oil

Directions

- 1 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
- 2 Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 3 Divide onto plates and enjoy!



Warm Apple Chia Pudding

4 servings

10 minutes

Ingredients

- 3/4 cup Chia Seeds
- 3 cups Unsweetened Almond Milk
- 1 tsp Cinnamon
- 4 Apple (cored and diced)
- 1/2 cup Pecans
- 1/4 cup Almond Butter
- 1 1/3 tbsps Bee Pollen (optional)

Directions

- 1 Whisk together the chia seeds, almond milk and cinnamon in a small pot over medium-low heat.
- 2 Stir until heated through and the mixture has thickened up, about 5 to 7 minutes.
- 3 Remove from heat and add to a bowl. Top with apples, pecans, almond butter and bee pollen. Enjoy!



Coconut Chia Seed Yogurt

1 serving
30 minutes

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1/4 cup Chia Seeds
- 1 tsp Cinnamon
- 1/4 cup Strawberries (chopped)

Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!



Vanilla Ricotta Chia Mousse

2 servings

35 minutes

Ingredients

1 cup Ricotta Cheese
1/2 cup Plain Greek Yogurt
1 1/2 tsps Chia Seeds
1 tsp Vanilla Extract
1/4 tsp Stevia Powder

Directions

1

Add all ingredients to a food processor and blend until well combined and creamy. Divide into small bowls or jars, one per serving, and refrigerate for at least 30 minutes or overnight. Enjoy!



Fluffy Flax Pancakes

4 servings

30 minutes

Ingredients

2 tbsps Ground Flax Seed
1/3 cup Water
1 cup Unsweetened Almond Milk
1/4 cup Maple Syrup
8 ozs Unbleached All Purpose Flour
2 tsps Baking Powder
1 1/2 tsps Coconut Oil (melted, for the pan)

Directions

- 1 Combine the flax and water in a large mixing bowl and let sit for about five minutes until thickened.
- 2 To the same mixing bowl add the milk and maple syrup and mix well. Add the flour and baking powder and combine until a thick batter forms.
- 3 Heat a nonstick pan over medium-low heat. Lightly brush the pan with oil. Spoon the batter into the pan in 1/4 cup portions. Cook the pancakes for about four minutes per side or until golden brown. Repeat with the remaining batter.
- 4 Divide the pancakes between plates and enjoy!



Cinnamon Flax Muffins

12 servings

30 minutes

Ingredients

- 2 cups Ground Flax Seed
- 1 tbsp Baking Powder
- 1/4 tsp Sea Salt
- 2 tbsps Cinnamon
- 6 Egg (room temperature)
- 1/3 cup Coconut Oil (melted)
- 1/2 cup Water (warm)

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
- 4 Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 5 Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
- 6 Let cool and enjoy!



Flax Bread Avocado Toast

2 servings

5 minutes

Ingredients

2 slices Grain-Free Flax Bread
1/2 Avocado
1/8 tsp Red Pepper Flakes
1/8 tsp Sea Salt

Directions

- 1 Toast flax bread in toaster, or broil on high for about 3 minutes per side.
- 2 Mash avocado on bread. Sprinkle red pepper flakes and sea salt. Enjoy!



Berry & Flax Baked Oatmeal

6 servings

50 minutes

Ingredients

- 2 cups Oat Milk
- 1/2 cup Unsweetened Applesauce
- 1/4 cup Maple Syrup
- 2 cups Oats (quick or rolled)
- 1/3 cup Ground Flax Seed
- 1 tsp Cinnamon
- 1 1/2 cups Frozen Berries

Directions

- 1 Preheat the oven to 350°F (176°C).
- 2 In a mixing bowl combine the oat milk, applesauce, and maple syrup. Stir in the oats, flaxseed, and cinnamon. Fold in the berries.
- 3 Transfer to a baking dish and bake for 40 to 45 minutes or until the oatmeal is spongy to the touch in the center and a toothpick comes out clean.
- 4 Let the baked oatmeal cool slightly before slicing and serving. Enjoy!



Chocolate Blueberry Chia & Flax Pudding

1 serving

3 hours

Ingredients

- 1 cup Oat Milk
- 2 tbsps Cocoa Powder
- 1/4 tsp Stevia Powder
- 3 tbsps Chia Seeds
- 1 1/2 tbsps Ground Flax Seed
- 1/4 cup Blueberries

Directions

1

Add all ingredients except the blueberries to a jar and shake well until combined. Refrigerate overnight or for at least three hours until all liquid is absorbed.

2

Stir well before serving and top with the blueberries. Enjoy!



Greek Yogurt, Blueberries & Ground Flax Seeds

1 serving

5 minutes

Ingredients

2 tbsps Ground Flax Seed
1/2 cup Plain Greek Yogurt
1/3 cup Blueberries

Directions

1

Mix the ground flax seeds into the yogurt and add the blueberries on top.
Serve and enjoy!



Figs & Yogurt with Flax

1 serving

5 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1 tbsp Ground Flax Seed
- 3 Fig (sliced)
- 1 tbsp Maple Syrup

Directions

1

In a small bowl, mix together yogurt and flax. Top with figs and drizzle syrup overtop. Enjoy!



Apple & Date Oats

1 serving
15 minutes

Ingredients

- 1 cup Oat Milk
- 1/2 cup Oats (rolled)
- 1/8 tsp Cinnamon
- 1 tsp Maple Syrup
- 1/4 cup Pitted Dates (chopped)
- 1 Green Apple (medium, sliced)

Directions

- 1 Add the oat milk and oats to a small saucepan. Bring to a boil. Reduce the heat to a steady simmer and cook, stirring occasionally, for about five minutes or until the oats are tender and most of the water is absorbed.
- 2 Add the oats to a bowl and top with the cinnamon, maple syrup, dates, and apple. Enjoy!



Oatmeal Berry Jars

1 serving
8 hours 5 minutes

Ingredients

- 1/2 cup Oats (rolled or quick)
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Frozen Berries

Directions

1

Add the oats to a jar along with the milk and berries. Stir to combine. Cover and place in the fridge overnight, or for at least eight hours. Enjoy!



Yogurt Overnight Oats

2 servings

8 hours

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Cow's Milk, Whole
- 2 tsps Maple Syrup
- 1 tsp Vanilla Extract
- 1/2 cup Oats
- 1/2 cup Blackberries
- 1/2 cup Raspberries

Directions

- 1 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 2 Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!



Blueberry Overnight Oats

4 servings

8 hours

Ingredients

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!



Oat Bread

12 servings

55 minutes

Ingredients

- 4 Egg (large, whisked)
- 2 cups Plain Goat Milk Yogurt (runny)
- 3 1/2 cups Oat Flour
- 2 tbsps Baking Powder
- 1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 350°F (175°C). Grease a loaf pan and line it with a rectangular strip of parchment paper that hangs out of the pan to easily lift the bread out after baking.
- 2 Using a stand or hand mixer, combine the eggs and yogurt. In a separate medium-sized bowl, add the oat flour, baking powder, and salt. Mix well to combine. Fold the dry mixture into the wet mixture.
- 3 Pour the dough evenly into the loaf pan. Bake for 45 minutes or until golden.
- 4 Let the bread cool completely before slicing, about 30 minutes. Serve and enjoy!



Lemon Oat Bars

16 servings

2 hours 5 minutes

Ingredients

1 cup Oat Flour
1/3 cup Coconut Oil (melted)
1/2 cup Raw Honey (divided)
1/2 tsp Sea Salt (divided)
6 Egg (large)
2 tbsps Coconut Flour
1 tbsp Lemon Zest
1/2 cup Lemon Juice

Directions

- 1 Preheat the oven to 350°F (175°C). Line a pan with parchment paper and set aside.
- 2 In a large bowl, combine the oat flour, coconut oil, half of the honey, and half of the salt. Mix well until a wet, but firm consistency is formed.
- 3 Press the dough into the lined pan, making sure to press it out evenly and into the corners. Bake for 15 minutes, until lightly browned and set. Let cool.
- 4 While the crust is baking, in a mixer add the eggs, coconut flour, lemon zest, lemon juice, the remaining honey, and remaining salt. Mix for about four minutes or until well combined.
- 5 Pour the mixture on top of the crust and bake for 30 minutes, or until set and cooked through. Cool completely then chill for one to two hours before serving.
- 6 When ready to serve, remove from the pan, cut into squares, and enjoy!



Lemon Oat Cookies

8 servings

30 minutes

Ingredients

1/2 Lemon (juiced, zested)
2 1/2 tbsps Butter (unsalted, melted)
1 Egg
1/2 cup Oats
2 1/8 ozs Unbleached All Purpose Flour
1/4 tsp Baking Powder
1/4 cup Coconut Sugar

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, whisk together the lemon juice, lemon zest, butter, and egg(s). In a large bowl mix together the oats, flour, baking powder, and coconut sugar.
- 3 Add the egg mixture to the dry ingredients and whisk until everything is combined.
- 4 Place roughly 1 1/2 tablespoons of batter per cookie onto the baking tray, leaving approximately three inches between each cookie. Bake for 12 to 13 minutes, or until golden on the edges. Cool completely and enjoy!



Berry Baked Oatmeal

6 servings

45 minutes

Ingredients

2 cups Oats (quick or traditional)
2 cups Unsweetened Almond Milk
2 tbsps Maple Syrup
1/2 cup Unsweetened Applesauce
1 tsp Cinnamon
2 tbsps Chia Seeds
2 cups Frozen Berries
1/4 cup Sliced Almonds

Directions

- 1 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 2 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 3 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!



Raspberry & Almond Oatmeal

1 serving

15 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 cup Oats (rolled)
- 2 tbsps Vanilla Protein Powder
- 1/4 cup Raspberries
- 1 tbsp Unsweetened Coconut Flakes
- 1 tsp Cinnamon

Directions

1

Bring the almond milk to a boil in a small saucepan. Add the oats and protein powder. Reduce to a steady simmer and cook, stirring occasionally for about five minutes or until the oats are tender and most of the water is absorbed.

2

Transfer the cooked oats to a bowl. Top with raspberries, coconut flakes, and cinnamon. Enjoy!



Pecan Raisin Oat Muffins

6 servings

25 minutes

Ingredients

- 1 cup Oats
- 1/4 cup All Natural Peanut Butter
- 1/3 cup Maple Syrup
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 tsps Baking Powder
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1/4 cup Raisins
- 1/4 cup Pecans

Directions

- 1 Preheat the oven to 350°F (175°C) and line a muffin tray with baking cups or use a silicone muffin tray.
- 2 Add the oats to a high-powered blender or food processor and blend until a fine oat flour is created.
- 3 In a mixing bowl combine the peanut butter and maple syrup then stir in the almond milk.
- 4 Add the oat flour, baking powder, cinnamon, and salt to the bowl and stir until combined. Fold in the raisins and pecans.
- 5 Divide the batter evenly between the baking cups and bake for 16 to 18 minutes or until a toothpick inserted into the center of the muffin comes out with just a few moist crumbs.
- 6 Transfer the muffins to a cooling rack to cool completely. Enjoy!



Peanut Butter Chocolate Oat Muffins

6 servings

25 minutes

Ingredients

- 1/4 cup All Natural Peanut Butter
- 1/4 cup Maple Syrup
- 3/4 cup Unsweetened Almond Milk
- 1/2 cup Quick Oats
- 1/2 cup Oat Flour
- 1 1/2 tsps Baking Powder
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1/3 cup Dark Chocolate Chips

Directions

- 1 Preheat the oven to 350°F (176°C) and line a muffin tin with baking cups or use a silicone muffin tray.
- 2 In a mixing bowl combine the peanut butter and maple syrup then stir in the almond milk.
- 3 Add the oats, oat flour, baking powder, cinnamon, and salt to the bowl and stir until combined. Fold in the chocolate chips.
- 4 Divide the batter between the baking cups and bake for 14 to 16 minutes or until a toothpick inserted into the center of the muffin comes out with just a few moist crumbs.
- 5 Transfer the muffins to a cooling rack to cool completely. Enjoy!



Speltz Banana Oat Muffins

7 servings

35 minutes

Ingredients

- 4 Banana (medium, mashed)
- 1 Egg
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Coconut Sugar
- 1 tsp Vanilla Extract
- 1 1/2 cups Speltz Flour
- 1/2 cup Quick Oats
- 2 tsp Baking Powder
- 1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 Whisk the bananas, egg, oil, sugar, and vanilla extract in a large bowl. In a separate bowl, mix the flour, oats, baking powder, and salt. Slowly stir the dry ingredients into the wet ingredients until just combined.
- 3 Divide the batter evenly between muffin cups. Bake for 20 to 25 minutes or until a toothpick comes out clean.
- 4 Let the muffins cool in the tray until entirely cooled to prevent gumminess. Enjoy!



Cinnamon Pear Overnight Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (rolled)
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1/2 tsp Cinnamon
- 2 Pear (chopped)

Directions

- 1 Add all of the ingredients to a large bowl or container. Stir to combine. Place in the fridge for eight hours or overnight.
- 2 Divide the oats evenly between bowls or containers and enjoy!



Cherry Oatmeal Bars

12 servings

1 hour

Ingredients

2 cups Oats (rolled)
1 cup Spelt Flour
1/2 tsp Sea Salt
1/2 tsp Baking Powder
1/2 cup Butter (melted)
1/3 cup Maple Syrup
1/2 tsp Vanilla Extract
3 cups Frozen Cherries
1 tbsp Lemon Juice
1/3 cup Strawberry Jam
2 tsps Arrowroot Powder

Directions

- 1 In a large bowl, stir together the oats, flour, salt, and baking powder. Add the butter, maple syrup, and vanilla. Stir with a spatula until everything is well combined. Set aside.
- 2 Preheat the oven to 350°F (175°C) and line a pan with parchment paper going in both directions.
- 3 In a small saucepan over medium-low heat, combine the cherries, lemon juice, and jam. Bring to a low boil, pressing down on the cherries slightly to break them open. Sprinkle in the arrowroot powder and mix to combine. Simmer for five to seven minutes or until thickened. Remove from the heat.
- 4 Add 3/4 of the oat mixture to the pan, pressing down firmly to create an even crust layer. Add the cherry mixture over top. Crumble the remaining 1/4 of the oat mixture over top.
- 5 Transfer to the oven and bake for 35 to 40 minutes or until light golden brown on top and the mixture is bubbling.
- 6 Let it cool in the pan for at least 45 minutes and then remove using the parchment paper. Let it cool before slicing. Enjoy!



Blueberry Oat Bran Muffins

12 servings

25 minutes

Ingredients

- 1 1/2 cups Oat Bran
- 1 1/2 cups All Purpose Gluten-Free Flour
- 1/2 cup Coconut Sugar
- 1 tsp Baking Powder
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 3/4 tsp Cinnamon
- 2 1/2 Banana (medium, mashed)
- 2 Egg
- 2 tbsps Avocado Oil
- 1 cup Blueberries

Directions

- 1 Preheat the oven to 400°F (204°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, add the oat bran, flour, coconut sugar, baking powder, baking soda, salt, and cinnamon and whisk well to combine.
- 3 To the same bowl, add the bananas, eggs, and oil and mix to combine until everything is incorporated. The mixture will be thick. Fold in the blueberries and mix just to combine.
- 4 Pour the mix into the prepared muffin tray and bake for 15 minutes until cooked through. Let cool, and then remove the muffins. Enjoy!



Oat Bran Blueberry Pancakes

1 serving
20 minutes

Ingredients

- 2 Egg
- 1/3 cup Plain Greek Yogurt (divided)
- 1 tsp Cinnamon
- 1 tbsp Ground Flax Seed
- 1/2 tsp Stevia Powder
- 1/2 cup Oat Bran
- 3/4 cup Blueberries (divided)
- 1 tsp Extra Virgin Olive Oil

Directions

- 1 In a mixing bowl, whisk together the eggs, half of the yogurt, cinnamon, ground flax, and stevia. Add the oat bran and mix until a batter forms. Fold in 2/3 of the blueberries.
- 2 Heat the oil in a pan over medium-high heat. Scoop 1/2 cup of batter at a time into the pan, and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 3 Plate the pancakes and top with the remaining blueberries and yogurt. Enjoy!



Vegan Oat Bran Carrot Muffins

10 servings

30 minutes

Ingredients

- 1 tbsp Ground Flax Seed
- 3 tbsps Water
- 3 1/4 ozs Unbleached All Purpose Flour
- 3/4 cup Oat Bran
- 1/2 tsp Baking Soda
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 1 cup Unsweetened Applesauce
- 2 tbsps Coconut Oil (melted)
- 1 Carrot (medium, shredded)
- 1 tsp Vanilla Extract
- 1/2 cup Walnuts (chopped)

Directions

- 1 Preheat the oven to 375°F (190°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a medium-sized bowl, add the flax seeds and water and let it gel to form a flax egg. Set aside for a few minutes.
- 3 Meanwhile, in a large bowl, combine the flour, oat bran, baking soda, cinnamon, and salt and whisk well.
- 4 In the bowl with the flax egg, add the applesauce, coconut oil, carrot, and vanilla. Mix well to combine.
- 5 Pour the wet ingredients into the dry and stir until just combined. Fold in the walnuts. Fill each muffin liner 3/4 full and place in the oven to bake for 20 to 25 minutes, until cooked through and a toothpick inserted comes out clean. Let cool for 10 minutes before removing to a cooling rack. Enjoy!



Apple Cinnamon Oat Bran Porridge

2 servings

10 minutes

Ingredients

- 1 cup Oat Bran
- 2 cups Water
- 2 cups Oat Milk (unsweetened)
- 1 tsp Cinnamon
- 1/2 tsp Stevia Powder
- 1 Apple (sliced)

Directions

- 1 In a large saucepan over medium heat, add the oat bran and toast for 30 to 60 seconds, stirring often.
- 2 Add the water, oat milk, cinnamon, and stevia, and bring to a boil. Reduce the heat to a simmer and cook for three to four minutes, whisking constantly, until thickened.
- 3 Remove from the heat and pour into a bowl. Top with sliced apple and enjoy!



Chocolate Peach Oat Bran Porridge

2 servings

10 minutes

Ingredients

1 cup Oat Bran
2 cups Water
2 cups Oat Milk
1/4 cup Cocoa Powder
1/2 tsp Stevia Powder
2 tsp Cinnamon
1 Peach (sliced)

Directions

- 1 Add the oat bran to a large saucepan over medium heat. Toast for one minute, stirring often.
- 2 Add the water, oat milk, cocoa powder, stevia, and cinnamon. Bring to a boil. Reduce the heat to a simmer and cook for three to four minutes, whisking constantly, until thickened.
- 3 Remove from the heat and pour into a bowl. Top with peaches and enjoy!



Blueberry, Quinoa & Oat Bran Muffins

6 servings

1 hour

Ingredients

- 1/2 cup Quinoa (dry, rinsed)
- 2 tsp Ground Flax Seed
- 1/2 cup Water
- 1 cup Oat Bran
- 1/4 cup Plain Greek Yogurt
- 3/4 cup Oat Milk
- 1 tsp Stevia Powder
- 2 tsp Baking Powder
- 1 tsp Cinnamon
- 1 cup Blueberries

Directions

- 1 Cook the quinoa according to the package directions.
- 2 Preheat the oven to 375°F (190°C). Line a muffin pan with muffin liners or use a silicone muffin tray.
- 3 Mix the ground flax seed with the water and set aside for five minutes to thicken.
- 4 Blend the oat bran in a high-powered blender or food processor to make flour. Set aside.
- 5 In a large bowl, mix together the yogurt, oat milk, flax mixture, and stevia.
- 6 Add the quinoa, oat bran, baking powder, and cinnamon to the bowl and stir well. Fold in the blueberries. Evenly divide the batter between the muffin cups. Bake in the oven for 30 minutes.
- 7 Cool in the muffin pan until completely cool. Once cooled, enjoy!



Blueberry & Apple Oat Bran Muffins

9 servings

25 minutes

Ingredients

- 1 1/4 cups Oat Bran
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1/2 cup Unsweetened Applesauce
- 1/4 cup Oat Milk
- 1 Egg (large)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Vanilla Extract
- 1 tsp Apple Cider Vinegar
- 1/4 cup Blueberries

Directions

- 1 Preheat the oven to 375°F (190°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, mix the oat bran, baking soda, and salt. Set aside.
- 3 In a smaller bowl, mix the applesauce, milk, egg, oil, vanilla, and apple cider vinegar.
- 4 Add the wet mix into the dry ingredients and stir just until combined. Gently fold in the blueberries.
- 5 Divide the batter among muffin cups. Bake for 10 to 15 minutes or until cooked through. Let cool, and then remove the muffins. Enjoy!