

Recipes

Recipes

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PROTEIN PLUS CEREAL PEANUT BUTTER ENERGY BAR RECIPE

(Makes 12 Energy Bars)

Bars will have about 141 calories, 3g of fat, 7g of protein, 1mg of cholesterol and 2g of fiber.

Ingredients

3 1/3 cups Protein Plus Cereal

1/2 cup Unbleached Flour

1/3 cup Milk (or Soy Milk)

1/4 cup Peanut Butter

1/4 cup Honey

Preparation

- 1) Crush Protein Plus cereal in food processor. Set aside.
- 2) Melt Peanut Butter in large sauce pan, over low heat.
- 3) Add Honey and Milk to melted Peanut Butter while still over low heat, stirring constantly until blended. Once fully blended remove from heat
- 4) Add crushed cereal and flour to melted Peanut Butter, Honey and Milk mixture, stirring together until evenly coated.
- 5) Press mixture into 7 inch x 10 inch pan with flat spatula.
- 6) Cool and cut into 12 Protein Plus cereal Energy Bars. For CRISPIER bars, bake in oven at 350 degrees for 5 to 8 minutes. Cool until crispy.

ENJOY!

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SIMPLY FIBER CEREAL CARROT RAISIN MUFFIN RECIPE

(Makes 12 Muffins)

Muffins will have about 165 calories, 2.5g of fat, 3g of protein, 1mg of cholesterol and 5g of fiber.

Ingredients

2 cups Whole Wheat Flour

1 cup crushed Simply Fiber Cereal

2 tspn Baking Powder

2 tspn Ground Cinnamon

¼ tspn Grated Nutmeg

1 ½ cups Skim Milk (or Soy Milk)

1 ½ cups Shredded Carrots

1 cup Brown Sugar

½ cup Raisins

1 Egg

2 tspn Canola Oil

Preparation

- 1) Combine flour, Simply Fiber Cereal, brown sugar, baking powder, cinnamon and nutmeg in a large bowl.
- 2) Combine milk, carrots, raisins, egg and oil in a medium bowl.
- 3) Stir the ingredients in the medium bowl into the large bowl just until blended. DO NOT mix vigorously.
- 4) Coat 12 muffin cups with a non-stick mist.
- 5) Fill cups ¾ full of batter.
- 6) Bake at 375° for 20-25 minutes.

ENJOY!

SIMPLY FIBER FRESH SMOOTHIE RECIPE

(Makes 3-4 cups)

Each cup will have about 160 calories, 0g of fat, 3g of protein, 1mg of cholesterol and 6g of fiber.

Ingredients

2 medium oranges, peeled, cut into bite size pieces (1 cup)

1 cup non-fat Yogurt

1 cup fresh or frozen fruit (pick your favorites: Banana, Strawberry, Mango, etc.)

¼ tspn Vanilla

½ cup Simply Fiber Cereal

1 cup Crushed Ice

6 tspn Honey

Preperation

- 1) Blend all ingredients, except ice, in a food processor or blender until smooth.
- 2) Add Ice and blend briefly.
- 3) Serve.

ENJOY!

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