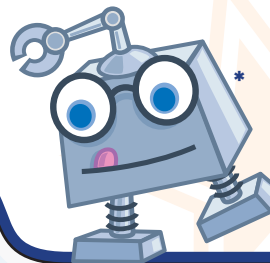


Getting children involved in cooking is a great way to turn them on to healthy eating. The **Fibre Up**\* recipes below are all high in fibre. Get your aprons on and start cooking together to **Fibre Up**\* everyone's day.

### Blueberry Pancakes



#### Ingredients

Makes about 14 pancakes

250 ml	1 cup	whole wheat flour
125 ml	1/2 cup	all-purpose flour
25 ml	2 tbsp	granulated sugar
15 ml	1 tbsp	baking powder
	1	Egg
425 ml	1 3/4 cup	2% milk
25 ml	2 tbsp	vegetable oil
250 ml	1 cup	high fibre bran flakes cereal, crushed to 125 ml (1/2 cup)
300 ml	1 1/4 cup	fresh or frozen (unthawed) blueberries

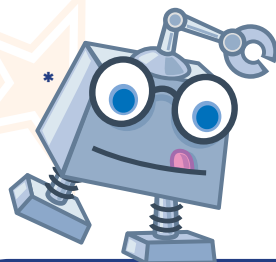
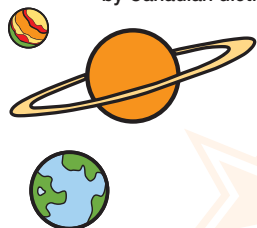
#### Directions

1. Stir together flours, sugar, baking powder and salt. Set aside.
2. In medium mixing bowl, beat egg until foamy. Stir in milk, oil and crushed cereal. Let stand 5 minutes. Stir again. Add flour mixture and blueberries, stirring just until combined.
3. Using 75 ml (1/3 cup) batter for each pancake, pour batter onto lightly-greased preheated skillet. Cook until bubbles form on surface and underside is golden brown. Carefully turn and cook until browned. Serve immediately, with syrup.

PER SERVING (2 pancakes): 220 calories, 7g protein, 37g carbohydrate, 6g fat, 4g fibre



Adventures in learning, created by Canadian dietitians



## Fibre Up Recipes



### Fruity Smoothie

#### Ingredients

Makes 500 ml (2 cups)

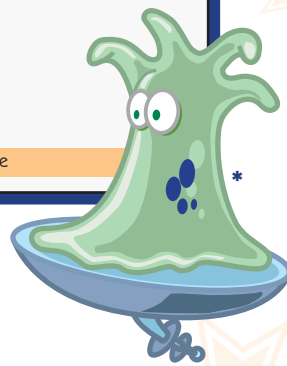
#### Directions

175 ml	3/4 cup	frozen or fresh mixed berries*
125 ml	1/2 cup	orange juice
175 ml	3/4 cup	vanilla yogurt
75 ml	1/3 cup	very high fibre cereal with psyllium

Place fruit in blender container. Add juice, yogurt, and cereal. Blend until smooth.

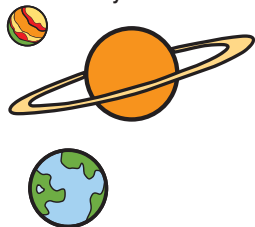
\*Substitute berries with 175 ml (3/4 cup) of any fruit or combination of fruit – e.g. mango, pineapple, banana, mandarin oranges, or peaches.

Per serving (250 ml/1 cup): 120 calories, 5g protein, 38g carbohydrate, 1g fat, 7g fibre



Learn more about making healthy food choices at [www.missionnutrition.ca](http://www.missionnutrition.ca) and [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

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## Fibre Up Recipes



### Banana Raisin Muffins

#### Ingredients

Makes 12 muffins

175 ml	3/4 cup	all-purpose flour
125 ml	1/2 cup	whole wheat flour
125 ml	1/2 cup	granulated sugar
10 ml	2 tsp	baking powder
1 ml	1/4 tsp	baking soda
1 ml	1/4 tsp	salt
300 ml	1 1/4 cup	mashed fully ripe bananas (3 medium)
250 ml	1 cup	high fibre bran type cereal
75 ml	1/3 cup	skim milk
5 ml	1 tsp	vanilla extract
50 ml	1/4 cup	vegetable oil
1		egg
125 ml	1/2 cup	raisins*

#### Directions

1. Combine flours, sugar, baking powder, soda and salt. Set aside
2. In large bowl, combine bananas, cereal, milk and vanilla. Let stand about 5 minutes or until cereal is softened. Add oil, egg and dates; beat well. Add flour mixture, stirring just until combined. Portion batter evenly into lightly greased muffin pan cups.
3. Bake at 200°C (400°F) 18-20 minutes or until golden brown and firm to the touch.

\*Substitute raisins with 1/2 cup of chocolate chips or chopped, pitted dates for a different flavour.

PER SERVING : 180 calories, 3g protein, 35g carbohydrate, 5g fat, 4g fibre

