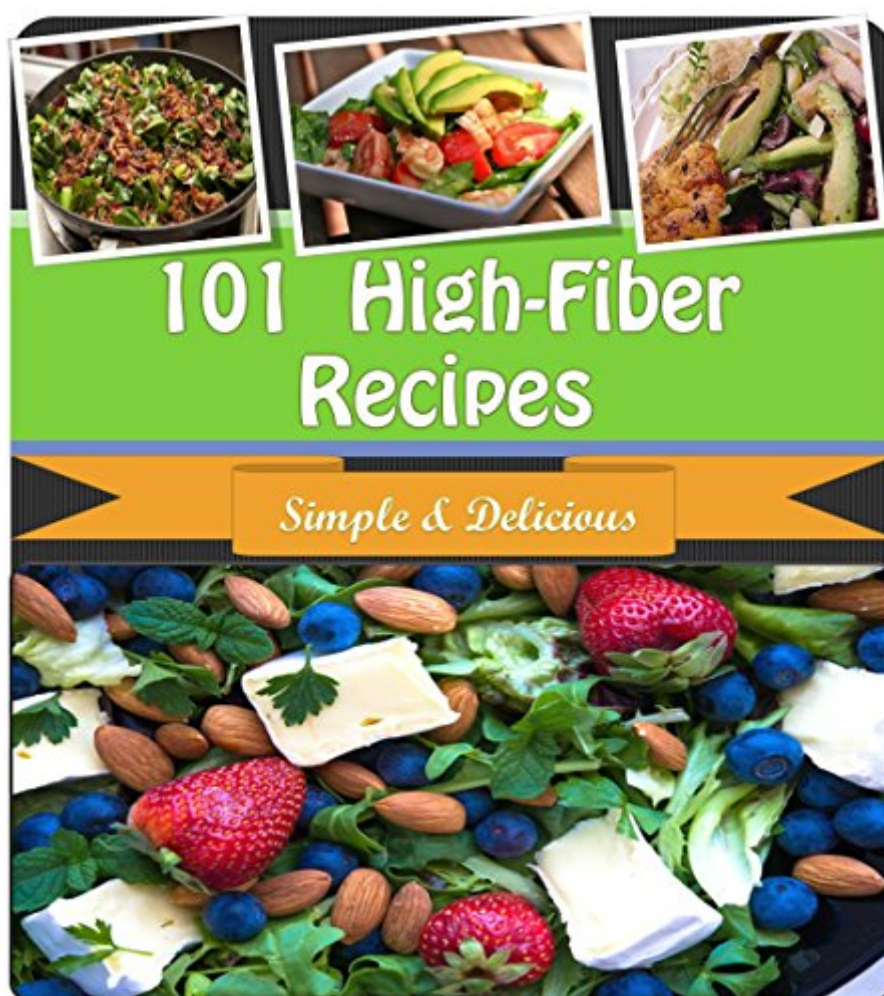


The book was found

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 youâ™re after. Inside youâ™ll find a wonderful selection of recipes for breakfast, snacks, dinner and dessert. Each recipe has nutritional information â€‘ per serving â€‘ so you can plan your meals accordingly. Inside youâ™ll find:â€¢ 20 Recipes for Breakfastâ€¢ 20 Recipes for Snacks & Side Dishesâ€¢ 50 Recipes for dinnerâ€¢ 11 Recipes for Dessert

Book Information

File Size: 755 KB

Print Length: 213 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 7, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00NEGVZ42

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #422,307 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #35

inÂ Books > Health, Fitness & Dieting > Nutrition > Fiber #658 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Healthy #3347 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets

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 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 Loseit 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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