

Baking recipes

Higher fibre baking recipes:

Muffins:

[Blueberry Banana Bran Muffins- Nadia Lim](#)

[High fibre breakfast muffins- The Gut Health Dietitian](#)

[Up & Go Muffins- Recipetineats](#)

Bars:

[Apricot Bumper Bars- Two Raw Sisters](#)

[Super Seeded Muesli Bars- Dish](#)

[Crunchy Muesli Bars- Recipetineats](#)

[Nutty Banana Fibre-Filled Flapjack- The Gut Health Doctor](#)

Brownies:

[Chocolate and Berry Brownie- Nadia Lim](#)

[Chickpea Blondie- My Kids Lick The Bowl](#)

[Kumara Brownie- Wonky Box](#)

Cookies:

[Oatmeal Breakfast Cookies- Recipetineats](#)

[Peanut Butter Oaty Cookies- My Foodbag](#)

[Chunky Monkey Cookies- The Gut Health Doctor](#)

Bliss balls

[Choco-nut Energy Balls- Nadia Lim](#)

[Choc-chip Banana Bread Balls- Two Raw Sisters](#)

Savoury:

[Frittata Egg Muffins- Recipetineats](#)

[Seed Crackers- Love Food Hate Waste](#)

Ways to increase fibre:

Nuts and seeds

Oats

Wholemeal flour or Bran

Legumes

Fruit and vegetables