



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

Hi-FiBER Breakfast Recipes



Easy ways to add fiber to
your diet!



Grains



Beans/ Lentils



Fruits



Vegetables



Nuts & Seeds



Fiber for Health

Breakfast is often viewed as the most important meal of the day and for good reason, this meal regulates your blood sugar and energy levels throughout your day. It is important that we cut down our sugar intake in our first meal and replace it with fiber-rich foods. A normal pancake made with all-purpose flour and topped with maple syrup is very high in sugar and has no fiber to offer. This will lead to a blood sugar spike and subsequent crash soon after, leaving you drained and low in energy. A breakfast that is high in fiber will be absorbed more slowly giving sustained energy, free of blood sugar spikes or crashes.

The World Health Organization (WHO) 2023 recommends 25 to 30 grams of fiber intake per day. The recipes we include will provide you with $\frac{1}{3}$ of the amount of intake required for fiber. So that you can reach your fiber goals in every meal.

What is unique about our 'Hi-Fiber' recipes?

- Each recipe provides almost one-third fiber requirement for the day.
- A team of nutrition experts developed these recipes.
- The recipes are developed with easily available foods.
- They are low in cost.
- They are evaluated for the sensory characteristics in our laboratory.
- Nutritive value per serving is provided.

Easy ways to achieve the daily fiber requirement

- The recipes provide 7-8 grams of fiber per serving.
- However, we need an additional 2-3 grams of fiber.
- Have a fruit of your choice with every meal to meet your fiber needs for the day.



Hi-Fiber

Breakfast Recipes

Pancake & Waffle Ideas

1. Mixed Vegetable Pancakes

Preparation Time: 30 minutes

Cost Per Serving: \$1.82

Makes 8 pancakes (1 serving- 2 pancakes)

Ingredients:

- ¼ cup carrots
- ¼ cup cabbage
- ¼ cup green beans
- ¼ cup onions
- 1 cup chickpea flour
- 1 cup whole wheat flour
- ¼ teaspoon chili flakes
- ½ teaspoon grated ginger
- salt to taste
- 1 cup water (or as needed to reach desired consistency)



Steps:

1. Shred the vegetables and mix them with the chickpea flour and wheat flour.
2. Add the chili flakes and salt.
3. Mix in water until a pouring consistency is reached.
4. Heat a pan over medium heat and add a teaspoon of oil (unless using a non-stick pan).
5. Using a ladle or small measuring cup, pour the pancake batter onto the heated surface and cook on both sides till well done.

Variations Serving Suggestions:

- For gluten free pancakes exclude wheat flour.
- Serve with yogurt, ranch dressing or pickles.
- Add egg in place of wheat flour.
- Add only spinach and onions.
- Add shredded ginger for flavor.

Mixed vegetable pancakes		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	350.7 kcal	18 %
Total Fat	9 g	14 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	63.2 mg	3 %
Total Carbohydrate	52.4 g	17 %
Dietary Fiber	8.1 g	32 %
Sugars	7.6 g	
Protein	15.4 g	31 %
Vitamin A	5 % • Vitamin C	3 %
Calcium	4 % • Iron	22 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>

2. Oat Waffles

Preparation Time: 30 minutes

Cost Per Serving: \$1.37

Makes 8 pancakes (1 serving- 2 pancakes)

Ingredients

- 3 cup oats
- ¼ cup chopped onions
- 1 tbsp chopped cilantro
- ¼ tsp chilli flakes
- ½ cup greek yogurt
- Salt to taste
- 1 cup water (or as needed to reach desired consistency)



Steps:

1. Blend 1 ½ cup of your rolled oats to a fine powder.
2. Mix blended and remaining whole oats, yogurt, chopped onions, chili flakes, salt, and cilantro.
3. Set aside for 10 minutes.
4. Add water to reach a pouring consistency.
5. Heat a pan over medium heat and add a teaspoon of oil (unless using a non-stick pan).
6. Using a ladle or small measuring cup, pour the pancake batter onto the heated surface and cook on both sides till well done.
7. Serve with your favorite dip.

Variations

- Use millet powder, or chickpea flour in place of oats.
- Add any vegetable of your choice (Carrots, red or green bell peppers).

Oat Pancakes		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	340.9 kcal	17 %
Total Fat	7.4 g	11 %
Saturated Fat	2.4 g	12 %
Trans Fat	0.1 g	
Cholesterol	9.2 mg	3 %
Sodium	323.6 mg	13 %
Total Carbohydrate	53.7 g	18 %
Dietary Fiber	7.7 g	31 %
Sugars	3.1 g	
Protein	15.3 g	31 %
Vitamin A	1 %	Vitamin C 0 %
Calcium	11 %	Iron 18 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>

3. Beet and Onion Waffles

Preparation Time: 30 minutes

Cost Per Serving: \$1.17

Makes 8 pancakes (1 serving- 2 pancakes)

Ingredients

- 1 cup shredded beets
- ½ cup chopped onion
- 1 cup whole wheat flour
- 1 cup canned chickpeas, mashed
- ½ tsp chilli flakes
- 1 tbsp chopped cilantro
- 1 cup water (or as needed to reach desired consistency)



Steps:

1. Add wheat flour and mashed chickpeas to a bowl and mix well with water.
2. Add shredded beetroot and chopped onions to the flour mixture and mix well. Add salt, chili flakes, and cilantro.
3. Add water to reach a pouring consistency.
4. Heat a pan over medium heat and add a teaspoon of oil (unless using a non-stick pan).
5. Using a ladle or small measuring cup, pour the pancake batter onto the heated surface and cook on both sides till well done.
6. Serve with your favorite dip.

Variations

- Add lime juice or yogurt for a sour taste.
- Add chopped spinach to add a dash of green to the red color.

Beet & Onion Pancakes		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	205.5	
% Daily Value*		
Total Fat	1.9 g	2 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	256.8 mg	11 %
Total Carbohydrate	41.6 g	15 %
Dietary Fiber	7 g	25 %
Total Sugars	4.4 g	
Added Sugars	0 g	0 %
Protein	7.9 g	
Vitamin D	0 mcg	0 %
Calcium	51 mg	4 %
Iron	2.4 mg	14 %
Potassium	165.8 mg	4 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		
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4. Spinach Pancakes

Preparation Time: 30 minutes

Cost Per Serving: \$1.19

Makes 8 pancakes (1 serving- 2 pancakes)

Ingredients:

- 2 cup spinach
- ½ cup chopped onion
- ⅔ cup canned chickpeas
- ½ cup whole wheat flour
- ½ cup semolina flour
- 1 roma tomato, chopped
- ¼ cup chopped cilantro
- 1 cup water (or as needed to reach desired consistency)



Steps:

1. Sauté spinach, and onion in a pan, add mashed chickpeas.
2. In a medium-sized bowl, add wheat flour and semolina flour. Mix in the blended spinach mixture.
3. Add chopped tomato, cilantro, chili flakes, salt to taste and mix well.
4. Add water to reach a pouring consistency.
5. Heat a pan over medium heat. Add a teaspoon of oil (unless using a non-stick pan).
6. Using a ladle or small measuring cup, pour the pancake batter onto the heated surface and cook on both sides till well done.
7. Serve with your favorite dip.

Variations

- For gluten free exclude wheat flour.
- Add egg in place of wheat flour.
- Add only spinach and onions.
- Add shredded ginger for flavor.

Green pancakes

Nutrition Facts

Serving Size

1 Serving

Amount Per Serving

Calories299.2

% Daily Value*

Total Fat

2 g

3 %

Saturated Fat

0.3 g

1 %

Trans Fat

0 g

Cholesterol

0 mg

0 %

Sodium

72 mg

3 %

Total Carbohydrate

59.9 g

22 %

Dietary Fiber

7.1 g

25 %

Total Sugars

2.4 g

Added Sugars

0 g

0 %

Protein

11.6 g

Vitamin D

0 mcg

0 %

Calcium

47.3 mg

4 %

Iron

2.3 mg

13 %

Potassium

334.7 mg

7 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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5. Sweet Potato Pancakes

Preparation Time: 30 minutes

Cost Per Serving: \$1.91

Makes 8 pancakes (1 serving- 2 pancakes)

Ingredients

- ½ cup sweet potato
- 3 medium-sized carrots
- ½ cup oats flour
- ½ cup chickpea flour
- ½ cup chopped onion
- ½ teaspoon of chili flakes
- ¼ cup chopped cilantro
- 1 cup water (or as needed to reach desired consistency)



Steps:

1. Shred the sweet potatoes and carrots to get about 1 cup of each.
2. Add oats and chickpea flour to a bowl and mix with the shredded vegetables.
3. Add chili flakes, salt to taste, and chopped onions. Mix well.
4. Add water to reach the pouring consistency.
5. Heat a pan over medium heat and add a teaspoon of oil (unless using a non-stick pan).
6. Using a ladle or small measuring cup, pour the pancake batter onto the heated surface and cook on both sides till well done.
7. Serve with your favorite dip.

Variations

- Add chopped tomatoes.
- Add beaten egg to add more protein.
- Add chopped spinach to add a dash of green to the orange color.
- Add millets to add more fiber.

Sweet Potato Pancakes		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	204.5	
	% Daily Value*	
Total Fat	2.3 g	3 %
Saturated Fat	0.4 g	2 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	70.4 mg	3 %
Total Carbohydrate	39.4 g	14 %
Dietary Fiber	7.2 g	26 %
Total Sugars	8.2 g	
Added Sugars	0 g	0 %
Protein	7 g	
Vitamin D	0 mcg	0 %
Calcium	59.8 mg	5 %
Iron	2.1 mg	12 %
Potassium	615.5 mg	13 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		

High fiber in grains

- ❧ Nature offers a variety of cereals & grains, so why restrict it to a few commonly consumed ones?
- ❧ Whole grains are a good source of fiber as they are not refined.
- ❧ Coarse grains are packed with a variety of nutrients including fiber.
- ❧ Whole grains are good sources of B vitamins.
- ❧ Did you know grains such as whole grain pasta contain a good amount of protein?

How does fiber improve our health?

- ❧ Daily intake of fiber improves digestion, maintains body weight, blood sugar, and cholesterol levels, and improves heart and gut health. Fiber is known to prevent certain types of cancers.
- ❧ Insulin resistance is a condition where insulin is produced in our body, but our cells are unable to respond to it.
- ❧ Intake of processed foods increases insulin resistance.
- ❧ While intake of more fiber helps maintain our insulin function.

Fiber Highlights



1/2 cup
Whole
wheat
flour

6.4g



1/2 cup
Semolina

3.5g



1/2 cup
Oats

5g



1/2 cup
Sweet
potato

4g

**Let's add fiber
and flavor to
our diets!**

The University of Nevada, Reno Extension Office plays a key role in helping our community learn and grow. It belongs to the University's College of Agriculture, Biotechnology & Natural Resources. The Extension Office translates research into useful information to help the people of Nevada choose healthy practices and improve their quality of life. The Extension Office focuses on important areas like farming, gardening, nutrition, health, and community development.

The Extension Office is keen to promote public health and nutrition. We provide helpful resources and teach individuals and families how to make healthier food choices and be more active.

In short, the University of Nevada, Reno Extension Office is a valuable resource for our community. The Extension Office ensures that the benefits of science are experienced far beyond the campus, helping to improve lives and strengthen communities throughout Nevada.

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