

# Pumpkin Chocolate Chip Cookies

## Ingredients

- 15 oz. can pumpkin
- ½ cup olive oil
- ½ cup applesauce
- ½ cup brown sugar
- 1 tsp vanilla
- 1 tsp baking powder
- ¼ tsp salt
- 1 ½ cups flour
- ¼ cup FiberWise® All Purpose
- 1 cup mini semisweet chocolate chips

## Directions

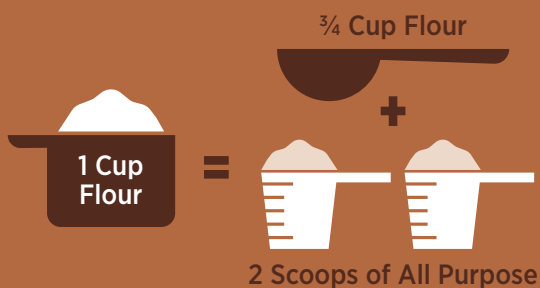
Preheat oven to 350°F. In a bowl, mix pumpkin, oil, applesauce, brown sugar, and vanilla until combined. Blend in baking powder and salt. With a mixer on low speed, slowly add in flour and *FiberWise All Purpose*, blending just until nearly combined. Fold in chocolate chips. Using a cookie scoop or 2 Tbsp at a time, drop dough onto a baking sheet 2 inches apart. Bake in oven for 10-15 minutes. Let cool on wire rack.

## Fiber Content

Makes roughly 15 cookies

Approximately 1 gram of fiber per cookie

### Quick Conversion Chart for Any of Your Favorite Recipes



# FIBERWISE®

All Purpose



# Pumpkin Bread

## Ingredients

1 egg

½ cup milk

½ cup oil (coconut, olive, or vegetable)

1 cup pumpkin puree

½ cup Vanilla Vitality Elevate™ or Classic Vanilla ProFlex20® Protein

¼ cup FiberWise® All Purpose

1 cup flour

1 Tbsp baking powder

½ tsp salt

1 ½ tsp pumpkin spice

½ cup brown sugar

## Directions

Preheat oven to 350°F. Butter and flour a bread loaf pan. In a large bowl, blend eggs, milk, oil, and pumpkin puree. In a medium bowl, whisk together Vanilla *Vitality Elevate* or Classic Vanilla *ProFlex20 Protein Shake*, *FiberWise*, flour, baking powder, salt, pumpkin spice, and brown sugar. Combine the dry mixture with the wet mixture and blend well. Place batter in pan. Bake in oven for 25–30 minutes or until the cake tester comes out clean. Let the loaf cool for 10 minutes before removing from the pan.

## Fiber Content

Makes roughly 8 slices

Approximately 3 grams of fiber per slice

### Quick Conversion Chart for Any of Your Favorite Recipes



1 Egg

=

8 tsp Water

+



1 Scoop of All Purpose



1 Cup Flour

=

¾ Cup Flour

+



2 Scoops of All Purpose

# FIBERWISE®

All Purpose



# Peanut Butter Chocolate Chip Energy Bites

## Ingredients

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- 1 cup whole rolled oats
- ½ cup unsweetened toasted coconut
- ½ cup Vanilla Vitality Elevate™ or Classic Vanilla ProFlex20 Protein
- ½ cup peanut butter
- 3 Tbsp honey
- 2 Tbsp ground flaxseed
- ¼ tsp salt
- ½ tsp of vanilla
- 3 ½ scoops FiberWise® All Purpose + 2 Tbsp water
- ¼ cup mini semi-sweet chocolate chips

## Directions

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Add oats, coconut, Vanilla *Vitality Elevate* or Classic Vanilla *ProFlex20 Protein Shake*, peanut butter, honey, flaxseed, salt, and vanilla in a food processor or blender. Blend ingredients until desired consistency. Pour mixture from the blender into a medium mixing bowl. Mix *FiberWise All Purpose* with water first and then add it to the batter in the mixing bowl. Mix until combined. Fold in the chocolate chips. Use a small cookie scoop to scoop and form the dough into ball shapes. Store in a covered container in the fridge or freezer.

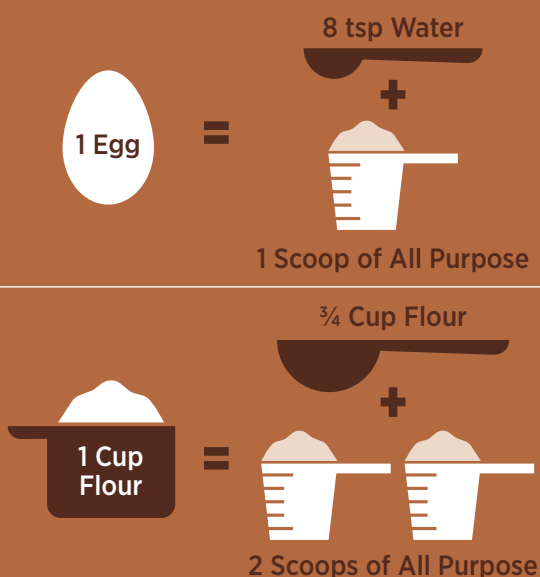
## Fiber Content

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Makes roughly 26 energy bites

Approximately 2 grams of fiber per energy bite

### Quick Conversion Chart for Any of Your Favorite Recipes



# FIBERWISE®

All Purpose



# Banana Bread

## Ingredients

- 4 very ripe bananas
- 2 large eggs
- 1/3 cup brown sugar
- 1/3 cup sour cream or yogurt
- 1/3 cup olive oil
- 1 tsp baking soda
- 1/2 tsp salt
- 2 1/4 cups flour
- 1/4 cup FiberWise® All Purpose

## Directions

Preheat oven to 350°F. Butter and flour a bread loaf pan. Mash bananas. In a large bowl, blend eggs and brown sugar until light and fluffy. Blend in sour cream or yogurt, oil, and mashed bananas until fully combined. Blend in baking soda, salt, flour, and *FiberWise All Purpose*. Place batter in pan. Bake in oven for 30–40 minutes or until the cake tester comes out clean. Let the loaf cool for 10 minutes before removing from the pan.

## Fiber Content

Makes roughly 12 slices

Approximately 3 grams of fiber per slice

### Quick Conversion Chart for Any of Your Favorite Recipes

1 Egg

=

8 tsp Water

+



1 Scoop of All Purpose

3/4 Cup Flour

+



1 Cup Flour

=



2 Scoops of All Purpose

# FIBERWISE®

All Purpose



# Coconut Almond Rice Squares

## Ingredients

- 1 ½ cups square rice cereal
- ½ cup slivered almonds
- ½ cup unsweetened coconut
- ¼ cup honey
- ⅛ cup coconut oil
- ¼ tsp salt
- ⅛ tsp almond extract
- ⅛ tsp stevia
- 1 scoop FiberWise® All Purpose

## Directions

Preheat oven to 350°F. In a large bowl, mix square rice cereal, almonds, and coconut and set aside. In a small saucepan on medium heat, melt honey and coconut oil. Stir in salt, almond extract, stevia, and *FiberWise All Purpose*. Pour the mixture over the cereal and stir together. Pour onto a baking sheet and spread evenly to cover the entire pan. Bake in oven for 10–12 minutes until golden. Cool and break into pieces.

## Fiber Content

Makes roughly 6 servings

Approximately 3 grams of fiber per serving

### Quick Conversion Chart for Any of Your Favorite Recipes



1 Egg

=

8 tsp Water

+



1 Scoop of All Purpose



1 Cup Flour

=

¾ Cup Flour

+



2 Scoops of All Purpose

# FIBERWISE®

All Purpose



# Almond Flour Waffles

## Ingredients

- 1 cup almond flour
- ¼ tsp stevia
- 1 tsp vanilla
- ⅛ tsp salt
- ½ tsp baking soda
- 1 scoop FiberWise® All Purpose
- ⅛ cup nonfat dry milk
- 1 Tbsp coconut oil
- Chocolate chips
- Water (as needed)
- Butter or nonstick spray for waffle maker

## Directions

Mix all ingredients together, adding water to thin out as needed. Spray or butter waffle maker. Cook in waffle maker until golden brown.

## Fiber Content

- Makes roughly 4 waffles
- Approximately 6 grams of fiber per waffle

### Quick Conversion Chart for Any of Your Favorite Recipes

