

Fiber-Packed Bakes Kids Will Actually Love

These three fiber-rich recipes are perfect for kids - sweet, soft, and loaded with gut-friendly ingredients. They're great for lunchboxes, snacks, or breakfast on the go!

1. Happy Belly Muffins (Banana Oat Muffins)

Ingredients:

- [] 2 ripe bananas, mashed
- [] 1 cup rolled oats
- [] 1 cup whole wheat flour
- [] 1/3 cup honey or maple syrup
- [] 1/2 cup Greek yogurt
- [] 2 eggs
- [] 1 tsp baking soda
- [] 1 tsp cinnamon
- [] 1 tbsp ground flaxseed (optional)
- [] A handful of mini chocolate chips (optional)

Instructions:

- **Preheat oven to 180°C (350°F) and line a muffin tin.**
- **Mix mashed bananas, eggs, yogurt, and honey.**
- **Add oats, flour, baking soda, cinnamon, and flaxseed.**
- **Fold in chocolate chips if using.**
- **Scoop into muffin cups and bake for 18-20 minutes.**

2. Garden Loaf Cakes (Apple & Carrot Mini Loaves)

Ingredients:

- [] 1 apple, grated
- [] 1 carrot, grated
- [] 1 cup whole wheat flour
- [] 1/2 cup rolled oats

- [] 1/2 cup coconut sugar or brown sugar
- [] 1/2 cup milk (dairy or non-dairy)
- [] 1/4 cup olive oil or melted coconut oil
- [] 1 egg
- [] 1/2 tsp cinnamon
- [] 1 tsp baking powder

Instructions:

- **Preheat oven to 180°C (350°F).**
- **Mix all ingredients in a bowl.**
- **Pour into greased mini loaf pans or muffin tins.**
- **Bake for 20-25 minutes until golden and a toothpick comes out clean.**

3. Magic Fiber Bars (Chewy Oatmeal Bars)

Ingredients:

- [] 2 cups rolled oats
- [] 1/2 cup almond butter or peanut butter
- [] 1/4 cup honey or maple syrup
- [] 1/4 cup ground flaxseed
- [] 1/2 cup chopped dried fruit
- [] 1/4 cup pumpkin or sunflower seeds
- [] 1/2 tsp vanilla extract

Instructions:

- **Preheat oven to 175°C (350°F).**
- **Mix all ingredients well in a large bowl.**
- **Press into a lined baking pan.**
- **Bake for 15-20 minutes, cool, then slice.**

Tips for Picky Eaters

- Blend veggies like carrots or zucchini into the batter so they're undetectable.

- Let your child name the muffin or pick a fun 'secret' ingredient.
- Top with mini chocolate chips or swirl in nut butter.
- Serve with yogurt or a fruit dip for added fun.