

## Fantastic Fibre Facts

Laya Super Troopers understand the importance of fibre as part of a healthy, balanced diet. Fibre is found in foods which come from plants such as fruit, vegetable and beans. The main function of fibre is to keep our digestive system running smoothly; it can also assist in preventing diseases and help us to feel fuller for longer!

Having a bowl of cereal every morning is a good way to include fibre in your diet; here are some more fun and tasty suggestions!

### High Fibre Muffins

**This homemade recipe is delicious and so much fun to bake!**

#### Ingredients:

- › 1 1/2 cups whole wheat flour (whole wheat food have more fibre)
- › 2 cups oats
- › 1/2 cup ground flaxseed
- › 2 teaspoons of cream of tartar
- › 1 teaspoon baking soda
- › 2 tablespoons ground cinnamon
- › 4 egg whites
- › 1 cup of milk
- › 3/4 cup plain yoghurt
- › 1/4 cup of honey
- › 1 cup of blueberries

#### Method:

1. Preheat your oven to 200°C / Gas Mark 6.
2. Grease your muffin tins with a little butter.
3. Take a large bowl and mix the flour, oats, flaxseed, cream of tartar, baking soda and cinnamon.
4. In another large bowl, mix the egg whites, milk, yoghurt and honey. When they are fully mixed, add to the other bowl of dry ingredients.
5. Mix all of the ingredients together and add in the blueberries.
6. Fill the muffin cups with the mixture and bake for about 20 minutes.
7. Remove from the oven, allow your muffins to cool and then enjoy your tasty treat



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### Wholesome Wholewheat Bread

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This fibre packed bread will fill you up!

#### Ingredients:

- › 1lb of wholemeal flour
- › 2 teaspoons of bran
- › 2 teaspoons of wheat-germ
- › ½ pint of buttermilk
- › 1 teaspoon of brown sugar
- › 1 teaspoon of bread soda
- › 2 teaspoons of sunflower oil
- › 1 medium egg

#### Method:

1. Pre-heat the oven to 180°C / Gas Mark 4.
2. Prepare a loaf tin by greasing with a little butter.
3. In a bowl, mix all the dry and wet ingredients together well.
4. Pour the mixture into the loaf tin.
5. Bake in the pre-heated oven for 15 minutes.
6. Reduce heat to 150°C / Gas Mark 2 and bake for about another 40 minutes.



Check out  
[layasupertroopers.ie](http://layasupertroopers.ie)  
for more fun tips  
and activities!

# laya Super troopers

## Fantastic Fibre Facts

### Yummy Hummus

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**Hummus is a tasty way to get fibre into your diet. Why not spread it on your whole wheat bread for a delicious healthy snack?**

#### Ingredients:

- › 200g tinned chickpeas or dried chickpeas that have been soaked and cooked
- › 2 tablespoon lemon juice
- › 2 cloves of garlic, crushed
- › 4 tablespoons water
- › 50ml of tahini
- › Salt and pepper to taste

### Kale Chips

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**Here's a high fibre Kale snack recipe for you to try at home!**

#### Ingredients:

- › 1 bunch of Kale, washed and dried
- › 2 tablespoons of lemon juice
- › 1 tablespoon olive oil
- › ½ teaspoon salt



#### Method:

1. Carefully, blend the chickpeas, lemon juice, tahini, garlic, salt and pepper in a blender.
2. Add a little water gradually to make a paste.
3. Pop the hummus into the fridge and leave overnight if you have time.
4. Before using, season again.

#### Method:

1. Preheat oven to 180°C / Gas Mark 4.
2. Prepare an oven tray by lining with parchment paper.
3. Remove kale leaves from the stem and tear the leaves into smaller pieces.
4. In a bowl, mix the kale leaves, lemon juice, olive oil and salt.
5. Spread the kale mixture out on the oven tray.
6. Bake for about 15 minutes, checking regularly to see when the kale is crispy.
7. Leave to cool and then enjoy!

