

High-Fiber Snacks

These snacks with at least five grams of fiber (20 percent of the daily recommended value).

Orange Spinach Smoothie

Toss 1 large orange (peeled and separated)
1/2 a large banana
1 handful of strawberries
2 cups of spinach
1/3 cup of plain Greek yogurt
1 cup of ice into a blender. Store any leftovers in the freezer for tomorrow.
(Pro tip: Pour the leftovers in ice cube trays for easy blending the next day.)

Raspberry Avocado Toast

Toast 1 slice of whole-grain bread
spread with 1 to 2 slices of avocado
top with a 1/2 cup of raspberries.
Each cup of raspberries has eight grams of fiber

Mediterranean Artichokes

Strain a 6-ounce jar of artichoke hearts to remove all liquid.
Snack on them as is or get fancy by topping with 1 tablespoon of feta, a squeeze of lemon juice, a little olive oil, and some cracked pepper.
This 6-ounce serving of the hearts has more than seven grams of fiber.
Plus, they're a rich source of vitamin C.

Stuffed Apple with Steel-Cut Oatmeal

Boil 1 cup of steel-cut oats in 4 cups of water.
Stir in a pinch of cinnamon and nutmeg, and a drizzle of maple syrup.
Then turn the heat to low while the oats cook (covered) for 20 minutes.
Stuff the apples with oatmeal and then bake them at 350-degrees for 10 minutes or until the apple is tender.

Sweet Potato Fries

Cut a sweet potato lengthwise and toss in your choice of oil and spices.
A medium sweet potato has more potassium than a banana and five grams of fiber.

Pear and Cottage Cheese

Core a pear and slice it in half, top to bottom.
Scoop low-fat cottage cheese on top of the pear and sprinkle with cinnamon or poppy seeds.
One medium pear touts an impressive six grams of fiber.

Edamame Hummus

Bring a pot of water to a boil, and toss in 1 ½ cups of frozen edamame (12 whopping grams of fiber!).
Boil for five minutes, remove from heat, and drain.
Combine edamame with:
1/4 cup tahini
1/2 teaspoon lemon zest
1 clove of garlic
3/4 teaspoon kosher salt
1/2 teaspoon ground cumin
1/4 teaspoon coriander
1/4 cup water and the juice from one lemon.

Blend all of the ingredients in a food processor. Drizzle in some olive oil at the end and serve with toasted pita bread or sliced veggies like carrots and cucumber.

Pumpkin Yogurt Dip

Mix together a 1/2 cup of canned pumpkin purée

1/2 cup of non-fat plain Greek yogurt

1 teaspoon of honey

1/2 teaspoon of vanilla

a good helping of cinnamon and nutmeg (or pumpkin spice if you're feeling fancy).

Spoon it straight or use as a dip with graham crackers or apple slices.

Pumpkin is a superfood rich in beta carotene (essential for skin and eye health), is an easy and tasty way to sneak in some fiber.

(Note: Make sure to use plain puréed pumpkin, not pumpkin pie filling, which is loaded with sugar and salt.)

Rice Cake With Almond Butter and Pumpkin Seeds

Schmear 1 brown rice cake with 2 tablespoons almond butter.

For even *more* crunch (and fiber), sprinkle 1 tablespoon pumpkin seeds on top. Pumpkin seeds are a super-rich source of magnesium, which is especially good for strong bones.

Almond butter beats peanut butter when it comes to fiber, iron, and vitamin E.)

Extra bonus: Just half a cup of pumpkin seeds has about 14 grams of protein.

Banana Berry Oatmeal

Mix a 1/2 cup of rolled oats and a dash of cinnamon with a 1/2 cup of water.

Microwave for one minute.

Remove the bowl, add 1/2 a banana (sliced), and cook for another minute.

Stir in 3 to 4 tablespoons of low fat milk or vanilla almond milk, and top with about a cup of sliced strawberries, blackberries, and other berries of your choice.

While all fruit helps out in the fiber department, berries are especially good sources—raspberries and blackberries have eight grams per cup.

Spiced Flax Balls

Pulse 1 cup of almonds in a food processor until finely chopped.

Add a 1/2 cup of ground flax seed

1/2 cup of dates

1/2 cup of raisins

1/4 cup of chopped dried apricots

1/4 cup of shredded coconut

1 teaspoon of cinnamon

a pinch of nutmeg and ground ginger.

Pulse the mixture until it sticks (you may want to add a teaspoon or two of water).

Roll the dough into walnut-sized balls, then cover in cling wrap and refrigerate.

The flax in these balls gives a healthy dose of fiber (five grams per tablespoon) and omega-3s.

Blackberry Basil Popsicles

Toss 1 ½ cups of fresh blackberries (which have one of the highest fiber contents of any fruit)

1 handful of fresh basil

1/4 cup of honey

and the juice of one lemon into a food processor or blender.

Purée the ingredients until well combined (strain out the seeds if you'd like it smooth).

Add the mixture to popsicle molds or small paper cups, and freeze for at least eight hours.

For extra big kid fun, pour the mixture into ice cube molds and add them to blackberry margaritas or mojitos for icy, antioxidant-filled treats.

Chocolate Bean Butter

Combine 1 can of white kidney beans

5 tablespoons of unsweetened cocoa powder

1/2 teaspoon of stevia powder (or sweetener of your choice)

a pinch of sea salt

3 tablespoons of coconut oil

1 teaspoon of vanilla extract in a blender or food processor.

Pulse until smooth (adding a splash of water or almond milk if it's too dry).

Spread the chocolatey goodness onto a brown rice cake or use it as a dip for sliced fruit.

Beans are an awesome source of fiber with 12 grams in every cup.

Kale Chips

Preheat oven to 375.

Rinse and dry 1 large bunch of kale, then remove the stems and tough center ribs.

Rip the kale into large pieces, toss with a little olive oil, then sprinkle with some salt and pepper.

Arrange the kale in a single layer on a large parchment-lined baking sheet (careful not to overlap).

Bake until crisp, which takes about 10. Make sure you check them frequently because they burn easily.

Buffalo Wing Hummus

Blend 2 cans of chickpeas

2 to 3 cloves of garlic

1/4 cup of tahini

1/4 cup of lemon juice

1 1/2 teaspoons paprika

3 tablespoons wing sauce

2 tablespoons hot sauce

1 tablespoon white vinegar

and a pinch of kosher salt.

Purée until smooth and perfect for dipping.

Enjoy the hummus with celery and carrot sticks (or by itself...).

Lentil Trail Mix

Bake 1 cup of red lentils in a 350-degree oven on a baking sheet (after sprinkled with a touch of salt) for 30 to 35 minutes, or until they are crunchy.

Chop up a 1/2 cup of dried apricots and pineapple, and toss the little chunks in rice flour to take away the stickiness.

Combine lentils, fruit

1/2 cup of pumpkin seeds

1/2 cup of sunflower seeds

and 1/2 cup of dried cranberries

* vegan, gluten-free, dairy-free, and sugar-free

Banana in A Sweater

In a small bowl, mix 1 teaspoon of honey with 2 tablespoons of a nut butter of choice (peanut and almond are our favorites)

In a shallow bowl, mix 1 tablespoon of oats

1/2 tablespoon of chia seeds

1/2 tablespoon of ground flaxseed

and 1/4 teaspoon of cinnamon.

Coat a peeled banana with the nut butter mixture (it'll be easier if the banana is cut in half), then roll it in the dry mixture.

This easy snack gets its fiber from three superfoods: flaxseed, chia, and oats.

While the banana serves as a carrier for all the tasty toppings, it adds three grams of fiber too.

Chocolate Peanut Butter Balls

Mix 3 scoops of chocolate protein powder
1/4 cup of ground flax seed
and 1/2 cup of peanut butter (look for the unsalted variety).
Form the mixture into small balls and pop in the freezer to set before eating.

Banana Chocolate Chip Quinoa Bake

Grease a microwave safe dish (try drizzling coconut or vegetable oil on a paper towel for a light coating).
In a small bowl, mix 1/3 of a medium banana (mashed)
1/4 cup of egg whites
1/2 cup of quinoa flakes
1 tablespoon of chocolate chips
1 tablespoon of chopped pecans
and a pinch each of cinnamon and nutmeg.
Pour the mix into the dish, and even it out with a fork until it reaches all of the edges.
Pop the dish in the microwave for two-and-a-half minutes. Let it cool and enjoy!

Spicy Roasted Chickpeas

Drain and rinse 1 can of chickpeas and add to a bowl.
Add 1 tablespoon of olive oil
1/2 teaspoon of salt
and 1/2 teaspoon of cayenne pepper and toss to coat.
Arrange the chickpeas in a single layer on a foil-lined baking sheet and bake for about 15 minutes at 450 degrees.
Take them out and shake 'em around before returning to the oven for another 15 minutes (or until the chickpeas are brown and crunchy).
Just half a cup of the guys provides six grams of fiber and six grams of protein.

Pumpkin Spice Smoothie

Combine 1 cup of pumpkin purée
1 tablespoon of honey
1 frozen banana
1 cup of unsweetened soy or almond milk
2 tablespoons of ground flax seed
and a 1/2 teaspoon each of cinnamon, nutmeg, ginger, and cardamom (pumpkin spice works too).
Besides being packed with fiber, pumpkin is a great source of vitamin A, which is key for healthy eyes and also helps maintain heart, lung, and kidney health.

Fig and PB Dough Balls

Grind 3/4 cup of peanuts in a food processor until it reaches a fine crumb.
Add in 2 tablespoons of maple syrup
1/4 cup of agave
1/2 cup of oats
2 tablespoons of peanut butter
1/4 cup of ground flax seed
1/2 teaspoon of cinnamon
2 tablespoons of chia seeds
and 6 dried figs.
Pulse until the mixture begins to come together, and then roll into 1-inch balls.
Each of these dough hunks has four grams of fiber and just 150 calories.

Avocado Boat

Cut an avocado in half, and twist it to separate both pieces. Remove the pit and fill up the hole with salsa and some shredded cheese. Aside from a pretty stellar fiber content (six grams for just half of a medium one), avocados are a

fantastic source of monosaturated fats, which can help improve cholesterol levels, decrease the risk of heart disease, and benefit brain activity.