

Low-Fibre Recipes

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Introduction

This package contains a variety of delicious low-fibre recipes for you to make at home. If you need to avoid fibre because of digestive problems (such as recent -ostomy surgery), use these recipes to help nourish your body on a regular basis.

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Low-Fibre Recipes

Soups

Apple Carrot Soup with Coriander

Ingredients:

- 2 tsp extra virgin olive oil
- 2-3 medium yellow onions, chopped (optional)
- 3-4 garlic cloves, minced (optional)
- 2 stalks celery, diced (optional)
- 2 lbs carrots, scrubbed and chopped
- 5 cups vegetable stock or filtered water
- 3-4 fist-sized apples, peeled, cored, and chopped
- 1 Tbsp coriander powder
- 1 tsp cinnamon
- 2 tsp sea salt

Instructions:

- Heat the olive oil in a soup pot on medium heat. Add the onions and sauté for 6 minutes, until softened.
- Add the garlic and celery and sauté for another 4 minutes.
- Add the carrots and stock water and increase heat to bring to a boil. Once boiling, reduce heat to low, cover and simmer for 12 minutes.
- Add the apple, coriander powder, cinnamon, and salt, stir and cook for another 20 minutes.
- Remove from heat, and ladle soup into a blender. Blend on high until very smooth and creamy, transfer to a clean pot. Continue to blend soup in batches until all of the soup has been puréed.
- Adjust seasonings as desired.

**This recipe is borrowed from Get It Ripe, Jae Steele. 2008.*

Broccoli Cream Soup

Ingredients:

- 1-2 Tbsp extra virgin olive oil
- *1 medium yellow onion, chopped (1 ½ -2 cups) (optional)*
- 1 bay leaf
- ½ tsp sea salt
- 4 cups chopped broccoli florets and stalks (peel off the tougher skin on the stalks)
- 1 small zucchini, diced (1 cup)
- 1 ½ cups vegetable stock or filtered water
- 2 cups organic milk, or unsweetened dairy-free milk alternative
- ½ tsp thyme
- ¼ tsp allspice

Instructions:

- Heat the olive oil in a soup pot on medium heat. Add the onion, bay leaf, and salt, and sauté for 8-10 minutes, until onions are translucent.
- Add the broccoli, zucchini, and stock water, stir and cook for another 10 minutes or until broccoli is very tender.
- Remove from heat and add the milk. Remove bay leaf and ladle soup into a blender. Blend on high until very smooth and creamy, transfer to a clean pot. Continue to blend soup in batches until all of the soup has been puréed.
- Whisk in remaining ingredients, adjust seasonings as desired. Heat gently before serving, being careful not to boil (may cause milk to curdle).

**This recipe is borrowed from Get It Ripe, Jae Steele. 2008.*

Chicken Soup with Vegetables

Ingredients:

- 5 cups chicken broth
- 1 carrot, chopped
- 1 potato, chopped
- 1/2 cup tomato flesh (no skin or seeds)
- 1 bunch asparagus tips

Instructions:

- Place broth, carrot, and potato in a small saucepan and bring to a boil, then reduce heat and cook until vegetables are very tender.
- Add tomatoes and asparagus tips and cook until asparagus is tender.

** This recipe is borrowed from, www.jeanetteshealthyliving.com/2011/03/low-residue-diet/low-fiber-diet.html.*

Congee “Rice Soup”

Ingredients:

- 1 cup of brown or white rice
- 5-6 cups of water
- 1 tsp of sea salt

Instructions:

- Mix rice and water in a pot and let cook on low heat for 40 minutes if using white rice, or 2+ hours if using brown rice. It should have the consistency of a thin porridge or thick soup.
- Other foods such as herbs, meats, and/or vegetables may be added during the cooking process.

Cooked Breakfast Cereal

Ingredients:

- grain (see chart for grain type and amount)
- water (see chart for amount)
- 1 tsp of organic butter
- a pinch of sea salt

GRAIN	AMOUNT	WATER	COOKING TIME
Quick/Rolled Oat flakes	½ cup	1 cup	15 minutes
Millet	½ cup, *dry-toast for a better flavour and texture	2 cups	30-40 minutes
Arborio, Jasmine, Short Grain White, or White Basmati Rice	½ cup, grind rice kernels in a coffee grinder until coarsely ground	1 ½ cups	15 minutes

***Note:** rinse the millet grain 2-3 times, then heat the washed grain in a pot, stirring constantly until it is toasted dry and gives off a nutty aroma, about 5-7 minutes.

Instructions:

- Place grain of choice and required water in a pot.
- Bring to a boil, cover, and then simmer on low heat for required time or until all the water is absorbed.
- Remove from heat, and add the butter, sea salt, and spices to taste.
- Blend cooked grain in a blender or with a hand blender to make a smoother consistency.

Extra ingredients to add More Taste and More Protein to Cereals:

- 1 Tbsp of unsweetened coconut flakes
- 1 Tbsp of extra virgin coconut oil
- a pinch of cinnamon or other spices (e.g. cardamom, nutmeg)
- ¼ cup of organic, non-homogenized plain yogurt
- ¼ cup of allowable fresh raw or stewed fruit (i.e. berries, sliced apples/pears, chopped bananas)

Cream of Asparagus Soup with Dill

Ingredients:

- 2 Tbsp extra virgin olive oil or organic butter
- 1 medium yellow onion, chopped (optional)
- 1 stalk celery, chopped (optional)
- 1 tsp ground cumin
- 1 tsp dried dill
- 1 bunch asparagus, washed, trimmed and cut into 2-inch pieces (use mostly the tips)
- 2 cups vegetable or chicken stock
- 2-3 cups filtered water
- 1 bay leaf
- ½ cup rolled oats
- 1 tsp sea salt
- freshly squeezed lemon juice

Instructions:

- Heat the olive oil in a soup pot on medium heat. Add the onion, celery, cumin, and dill, and sauté until onions are soft and translucent.
- Add the asparagus and sauté for a few more minutes.
- Add the stock, water, bay leaf, oats, and salt.
- Bring to a boil, then turn down heat and let simmer for 15 minutes.
- Remove from heat. Remove bay leaf and ladle soup into a blender. Blend on high until smooth and creamy, transfer to a clean pot. Continue to blend soup in batches until all of the soup has been puréed.

This recipe is borrowed from **Feeding the Whole Family, Cooking with Whole Foods: Recipes for Babies, Young Children and Their Parents 3rd Ed., Cynthia Lair. 2008.*

Creamy Butternut Squash Soup

Ingredients:

- 2 Tbsp extra virgin olive oil
- *1 large yellow onion, peeled and finely chopped (optional)*
- *6 cloves garlic, minced (optional)*
- 1 tsp of cumin powder
- 1, 4-5 lb butternut squash, seeded, peeled, and cut in half (lengthwise)
- 3-4 cups chopped tomatoes, seeded
- 2 cans coconut milk
- 4 cups vegetable or chicken stock
- *½ cup chopped cilantro (optional)*
- 2 tsp sea salt

Instructions:

- Preheat oven to 350 degrees Fahrenheit, place the two halves of the butternut squash facing down on a greased baking pan and bake until soft, about 45-60 minutes. Set aside.
- When the squash is ready, heat the olive oil in a large soup pot on medium heat, add the onions and sauté for 5 minutes, until translucent.
- Add the garlic and cumin powder, sauté for 1-2 minutes more, stirring frequently so the garlic does not burn.
- Scoop the butternut squash from its skin into the pot.
- Add the tomatoes, coconut milk, and stock. Cover and simmer over low heat for about 30 minutes or until squash is very tender.
- When squash is cooked, add cilantro and stir. Ladle soup into a blender and blend on high until very smooth and creamy, transfer to a clean pot. Continue to blend soup in batches until all of the soup has been puréed. Add sea salt to taste.

This recipe is borrowed from **The Whole Life Nutrition Cookbook 2nd Ed., Alissa Segersten & Tom Malterre.*

Easy Pureed Beet and Carrot Soup

Ingredients:

- 4 cups vegetable broth
- 1 carrot, sliced
- 1 ½ cup cooked beets
- sea salt to taste

Instructions:

- Place sliced carrot and vegetable broth in a small saucepan and bring to a boil. Reduce heat and cook, covered, until carrots are very tender.
- Add beets and cook until heated through.
- Pour soup into a blender and purée until smooth.
- Season to taste with salt.
- Serve with a spoonful of yogurt stirred in if desired.

** This recipe is borrowed from, www.jeanetteshealthyliving.com/2011/03/low-residue-dietlow-fiber-diet.html.*

Sweet Potato and Coconut Milk Soup

Ingredients:

- 4 cups vegetable stock or filtered water
- 2 ¼ lb orange-fleshed sweet potatoes (yams), peeled and diced (6 cups)
- 1 Tbsp ground turmeric
- 2 tsp sea salt
- 2 Tbsp extra virgin coconut oil or olive oil
- 2 tsp ground coriander
- 2 tsp ground cumin
- ½ tsp ground cinnamon
- *1 medium yellow onion, diced (optional)*
- 1 ½ Tbsp grated, fresh ginger root
- 2 garlic cloves, minced
- ⅔ cup coconut milk (canned, non-light version)
- *a few sprigs of fresh cilantro (optional)*

Instructions:

- Pour the stock water into a soup pot on high heat. Add the sweet potatoes, turmeric, and salt, and bring to a boil. Once boiling, reduce heat to medium, cover and cook for about 8-10 minutes, until potatoes are soft, stirring occasionally. Remove from heat and set aside.
- Heat the oil in a medium-sized skillet on medium heat. Add the coriander, cumin, and cinnamon, and sauté for about 30 seconds, until fragrant but not browning. Add the onions and sauté for about 7 minutes.
- Add the ginger and garlic (and a splash of water if needed to prevent sticking), stir and continue to sauté for another 5 minutes, until onions are translucent.
- Transfer onion mixture into the soup pot and stir in the coconut milk. Remove from heat and ladle soup into a blender, and blend on high until smooth, transfer to a clean pot. Continue to blend soup in batches until all of the soup has been puréed.
- Adjust seasonings as desired. Garnish with cilantro.

**This recipe is borrowed from [Get It Ripe](#), Jae Steele. 2008.*

Vegetable Dishes

Mashed Cauliflower

Ingredients:

- 1 head cauliflower
- 1 head roasted garlic
- 1 Tbsp extra virgin olive oil or ghee (i.e. clarified butter)
- sea salt and freshly ground pepper to taste

Instructions:

- In medium saucepan, cook cauliflower pieces in water until tender.
- Drain, reserving liquid.
- Mash cauliflower with garlic and olive oil or ghee, adding reserved liquid as required.
- Season to taste.

**This recipe is borrowed from Thirteen Moons, Seasonal Recipes to Nourish & Inspire, Louise Racine, 2006.*

Mashed Sweet Potato “Yams”

Ingredients:

- 4 fist-sized, orange-fleshed sweet potatoes (yams), peeled and diced (5 cups)
- $\frac{3}{4}$ tsp sea salt
- $\frac{1}{4}$ cup organic milk, unsweetened dairy-free milk alternative, or coconut milk (canned, non-light version)
- 2 Tbsp extra virgin coconut oil or olive oil
- *juice of $\frac{1}{4}$ a lime (optional)*

Instructions:

- Bring a large pot of water to the boil. Once boiling, add the sweet potatoes (yams) and $\frac{1}{2}$ tsp salt. Cook for about 12 minutes, until tender.
- Remove from heat and drain. Return potatoes to pot and mash them well, adding the milk, oil, lime juice, and remaining $\frac{1}{4}$ tsp salt. More milk can be added to make a smoother consistency.

**This recipe is borrowed from Get It Ripe, Jae Steele. 2008.*

Olive Oil Garlic Mashed Potatoes

Ingredients:

- 6 medium russet potatoes, peeled and cut into chunks
- 6 garlic cloves, peeled
- ½ cup reserved cooking liquid
- 6 Tbsp extra virgin olive oil
- ½ -¾ tsp Herbamare seasoning

****Note:** Herbamare is a yeast-free herb based seasoning salt that can be found in most grocery stores*

Instructions:

- Peel the potatoes and cut them into 1-2 inch chunks.
- Place potato chunks and whole garlic cloves into a large pot and cover with 1-2 inches of water. Boil at medium-high heat for 15-20 minutes, or until potatoes are tender.
- Drain off all the liquid into a bowl. Measure ½ cup and add it back into the pot.
- Add the olive oil and Herbamare
- Use a hand-held electric mixer to whip the potatoes. Beat for 1-2 minutes, or until light and fluffy.
- Adjust seasonings as desired.

This recipe is borrowed from **Nourishing Meals, Healthy Gluten-free Recipes for the Whole Family, Alissa Segersten & Tom Malterre. 2012.*

Snacks

All-Purpose Applesauce

Ingredients:

- 8 medium *apples, peeled, cored, and chopped

**Note: tart and juicy apples, like Fuji, Golden Delicious, Granny Smith, Jonagold, or McIntosh are preferable for this recipe.*

- 1 cup filtered water
- 2 tsp fresh lemon juice
- 1 tsp cinnamon (optional)

Instructions:

- Place the apples and water in a pot on medium heat. Cover and simmer for 30 minutes, stirring occasionally.
- Remove from heat, add the lemon juice and cinnamon, and mash. Allow to cool slightly before serving or using.

**This recipe is borrowed from Get It Ripe, Jae Steele. 2008.*

Apricot Kudzu Custard

Ingredients:

- 2 Tbsp kudzu powder
- 2 cups fresh apricot juice
- 2 tsp tahini (sesame seed paste)
- 1 tsp vanilla extract

Instructions:

- Dissolve the kudzu in cold or room-temperature apricot juice.
- Put mixture in a small pan over medium heat, stirring constantly.
- As mixture simmers, it becomes clear and thick. Once this happens, remove from heat.
- Add tahini and vanilla. Mix well.
- Serve immediately. Custard will get rubbery if allowed to cool to room temperature.

**This recipe is borrowed from Feeding the Whole Family, Cooking with Whole Foods: Recipes for Babies, Young Children and Their Parents 3^d Ed., Cynthia Lair. 2008.*

Baked Apples

Ingredients:

- 4 Honeycrisp or Fuji apples, peeled and cored
- ¼ cup rolled oats
- ½ tsp ground cinnamon
- ⅔ cup fresh apple juice or apple cider
- 1 Tbsp organic butter

Instructions:

- Preheat oven to 400 F.
- Wash apples and remove core from the tops, leaving bottom intact. Using a peeler, remove the skins.
- Place apples in a baking dish. Stuff each apple with rolled oats, a sprinkle of cinnamon, and fill with apple juice. Top each apple with a dab of butter.
- Bake 30-40 minutes, depending on how tender you want to have the apples (less time keeps the apples more tender).

**This recipe is borrowed from Feeding the Whole Family, Cooking with Whole Foods: Recipes for Babies, Young Children and Their Parents 3^d Ed., Cynthia Lair. 2008.*

Banana Milk

Ingredients:

- 1 ripe banana
- 2 cups organic milk, or unsweetened dairy-free milk alternative
- 2 tsp vanilla extract

Instructions:

- Blend all ingredients in a blender and serve.

**This recipe is borrowed from Feeding the Whole Family, Cooking with Whole Foods: Recipes for Babies, Young Children and Their Parents 3^d Ed., Cynthia Lair. 2008.*

Cardamom Tapioca Pudding

Ingredients:

- ¼ cup tapioca pearls
- 2 cups organic milk, or unsweetened dairy-free milk alternative
- 1 tsp stevia powder
- ½ tsp ground cardamom
- ½ tsp pure vanilla extract
- ⅛ tsp sea salt

Instructions:

- Soak the tapioca pearls in milk for 1 hour.
- Transfer tapioca and milk into a small saucepan. Heat on medium heat for 5 minutes, stirring continually to avoid clumps or mixture sticking to bottom.
- Whisk in the stevia, cardamom, and salt. Continue to stir for about 10 minutes until noticeable thickening occurs.
- Ladle the pudding into one large bowl and set the bowl aside for 15 minutes, then transfer to fridge to set for 1 hour.
- Eat cool, or allow to warm back to room temperature before serving.

**This recipe is borrowed from Get It Ripe, Jae Steele. 2008.*

Fresh Fruitsicles

Banana Coconut

- 1 ripe banana, cut into chunks
- ½ cup coconut milk
- ½ tsp stevia

Creamy Orange Vanilla Pops

- ¾ cup fresh orange juice
- ¼ cup organic, plain yogurt
- 1 tsp vanilla extract

Melonsicles

- 2 cups melon chunks (cantaloupe, honeydew, watermelon)
- ¼ cup filtered water

Peach Orange

- 1 ripe peach or nectarine, cut into chunks
- ½ cup fresh squeezed orange juice
- ½ tsp stevia

Cherry Apple

- 1 cup ripe cherries, pitted
- ½ cup fresh apple juice or apple cider
- ½ tsp stevia

Instructions:

- Place all ingredients for popsicles into a blender and blend until smooth.
- Pour into popsicle molds. Insert stick, and freeze for 6-8 hours or overnight.
- To release fruitsicle from mold, simply run under hot water for about 30 seconds.

**These recipes are borrowed from:*

The Whole Life Nutrition Cookbook 2nd Ed., Alissa Segersten & Tom Malterre.

Feeding the Whole Family, Cooking with Whole Foods: Recipes for Babies, Young Children and Their Parents 3rd Ed., Cynthia Lair. 2008.

Poached Pears

Ingredients:

- ½ cup fresh apple juice or apple cider
- ½-1 tsp stevia
- 2 pears, halved and cored
- 1 tsp kudzu powder
- 2 Tbsp filtered water

Instructions:

- Combine juice and stevia in a large skillet. Bring to a boil, then lower heat to a simmer. Stir constantly for about 2 minutes.
- Add pears to pan face down, turn heat to a very low simmer, cover and poach until tender, about 10 minutes.
- Using a slotted spoon, remove fruit from pan, set aside.
- Keep poaching the liquid in the pan. Combine starch with water in a small bowl. Bring poaching liquid to a simmer and stir starch mixture into poaching liquid, stirring constantly. As soon as mixture thickens and clears, remove from heat.
- Serve pear in a bowl and spoon sauce over top.

This recipe is borrowed from **Feeding the Whole Family, Cooking with Whole Foods: Recipes for Babies, Young Children and Their Parents 3^d Ed. Cynthia Lair. 2008.*

Pressure Cooked Plum Sauce

Ingredients:

- 4- 5 cups pitted sliced plums (1 ½ -2 lbs)
- 4-6 Tbsp fresh apple juice or apple cider
- ⅛ tsp sea salt
- ½ -1 tsp stevia

Instructions:

- Place plums, juice, and salt in pressure cooker.
- Bring heat to high until pressure gauge rises, then lower heat and pressure, cook for 5 minutes.
- Allow pressure to come down. Remove lid. Taste the plums. If the mixture needs to be sweeter, add some stevia and stir constantly until it dissolves.
- Purée in a blender until it reaches a smooth consistency.

This recipe is borrowed from **Feeding the Whole Family, Cooking with Whole Foods: Recipes for Babies, Young Children and Their Parents 3^d Ed., Cynthia Lair. 2008.*