

**Dr. Fricke's**  
***Favorite High Fiber Breakfast***

*Ingredients can be found at Winco*

- 4 parts steel cut oats
- 2 parts Wheat bran
- 1 part ground golden flax seeds
- Cinnamon to taste

**For 2 Servings:**

Boil 2 cups of water

Add in 1 cup of cereal

Turn burner to low, stir, simmer 20 mins

Serve with soy milk, fresh fruit (sliced peaches, bananas, strawberries, blueberries etc), and chopped nuts. For a special treat, chop up an apple and add to boiling water for a couple of minutes before adding cereal, top with chopped dates and walnuts.

ENJOY!!!

NEVADA GASTROENTEROLOGY

**Wheat Bran**

**Nutrition Facts**

Serving Size 58g (1 cup)

**Amount Per Serving**

**Calories** 125      Calories from Fat 21

**% Daily Value\***

**Total Fat** 2g 4%

Saturated Fat 0g 2%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 1mg 0%

**Total Carbohydrate** 37g 12%

*Dietary Fiber* 25g 99%

Sugar 0g

**Protein** 9g

Vitamin A 0%      Vitamin C 0%

Calcium 4%      Iron 34%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.