

# 21 High Fiber Desserts

## Fiber

1. Peanut Butter and Jelly Dessert Bars ..... 3.7 gm
2. The Easiest Low Carb Chocolate Banana Bread Recipe ..... 5 gm
3. Healthy Apple Crumble Recipe (with Pear) ..... 6 gm
4. Fudgy Mocha Black Bean Brownies ..... 6.5 gm
5. Vegan Avocado Chocolate Pudding ..... 10 gm
6. Peanut Butter Banana Smoothie ..... 8 gm
7. Healthy Blueberry Crumble ..... 3 gm
8. High Protein Muffin [Chocolate Chip Banana Nut] ..... 5 gm
9. Vegan Chickpea Brownies ..... 4 gm
10. Mango Coconut Milk Smoothie ..... 13 gm
11. Cocoa-Peppermint Power Patties ..... 6 gm
12. Delicious Cherry Parfait ..... 10 gm
13. No Bake Pumpkin Protein Balls ..... 3 gm
14. Sweet Potato Vegan Edible Cookie Dough ..... 5 gm
15. Healthy Strawberry Rhubarb Crisp [Gluten Free] ..... 7 gm
16. High Calorie Vegan Breakfast [Chia Pudding Parfait] ..... 8 gm
17. Almond Flour Raspberry Cookies ..... 3 gm
18. Easy Flourless Black Bean Brownies ..... 10 gm
19. Healthy Chocolate Baked Donut Recipe [Without Yeast] ..... 4 gm
20. Gluten-free Chocolate Avocado Brownies ..... 4 gm
21. Highest Calorie Dessert Chocolate Pie ..... 4gm