4 ways to add more fiber to your favorite desserts!
Incorporate oats, whole grains or spelt flour

Adding oats and whole grains to muffins or other baked goods makes for a heart-healthy option that can help with digestion and increased energy levels.
Berries and seeds (i.e. chia seeds) are a great source of fiber and omega-3 fatty acids, aiding in heart health and lowered risk for diabetes.
Incorporate beans in desserts for fiber and protein

Chocolate hummus for dessert? Yum! Baking with beans can help lower cholesterol, control blood sugar and help with digestion.
Vegetables can be incorporated into desserts, too!

Adding veggies, like zucchini, to brownies is a great way to add fiber, and flavor, to a dessert. Vegetables are a good source of healthy antioxidants, can lower blood sugar and contribute to brain health.