

Healthy Homemade Psyllium Fiber Supplement (like Metamucil)



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SERVINGS: 2 cups

PREP TIME: 10 mins TOTAL TIME: 10 mins

Ingredients

- 170g (1 cup + 3 tbs) Psyllium Husk Powder
- 1 cup Powdered Erythritol (or Stevia in the Raw)

Instructions

1. Whisk together the ingredients in a very large bowl.
2. Transfer the mix into jars, tightly seal, and store in a cool, dark place, such as the pantry. To use, add 1 tsp of the mixture into a blender or shaker cup along with 1 cup of liquid (water, milk, juice, etc.).
3. Blend or shake vigorously. It will thicken the longer the mixture sits, so add more liquid if you don't like it like that.

Recipe Notes

Serving suggestion: 1 tsp - 1 tbs

Nutrition Facts

Healthy Homemade Psyllium Fiber Supplement (like Metamucil)

Amount Per Serving (1 tbs)

Calories 2

% Daily Value*

Carbohydrates 4g 1%

Fiber 4g 17%

* Percent Daily Values are based on a 2000 calorie diet.

COURSE: Side CUISINE: American KEYWORD: DIY