

YUMMY IRON RICH RECIPES



Conseil Cri de la santé et des services sociaux de la Baie James

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Cree Board of Health and Social Services of James Bay

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Better than store bought cookies!
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**Nutritional info
per cookie:
Sugar 2.4 g
Fiber 0.6 g
Sodium 37.1 mg
Iron 1.9 mg**



MOLASSES COOKIES

60 mL [$\frac{1}{4}$ cup] molasses

60 mL [$\frac{1}{4}$ cup] unsalted butter or non-hydrogenated margarine

1 egg, large

5 mL [1 tsp] vanilla

175 mL [$\frac{3}{4}$ cup] whole wheat flour

2.5 mL [$\frac{1}{2}$ tsp] baking soda

500 mL [2 cups] packaged iron enriched oat baby cereal

45 mL [3 Tbsp] water

5 mL [1 tsp] cinnamon [optional]

INSTRUCTIONS

- Preheat oven to 350°F.
 - Mix molasses and unsalted butter or non hydrogenated margarine. Add egg and vanilla. Mix again.
 - In a different bowl, combine flour, baking soda and cereal.
 - Add the dry mixture to the wet mixture.
 - Add the water to the combined mixture and blend evenly together.
 - Roll dough into small balls and drop on cookie sheet.
 - Flatten slightly with a fork. Bake 10 to 12 minutes.
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Yield: 25 small cookies Size: 1 $\frac{1}{2}$ to 2 inches



**Nutritional info
per pancake:
Sugar 1.8 g
Fiber 0.8 g
Sodium 69.6 mg
Iron 1.5 mg**

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*Fluffy child sized pancakes
with the goodness of oats.*
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*This recipe makes a lot, so freeze the
extra and pop it in the toaster to reheat!*
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OATMEAL PANCAKES

150 mL (2/3 cup) quick rolled oats

375 mL (1 1/2 cups) water

2 eggs, large

45 mL (3 Tbsp) canola oil

125 mL (1/2 cup) whole wheat flour

250 mL (1 cup) packaged iron enriched oat baby cereal

30 mL (2 Tbsp) sugar

15 mL (1 Tbsp) baking powder

INSTRUCTIONS

- Soak oatmeal in water for 5 minutes.
 - Mix oil and eggs and add to oat mixture.
 - Mix the dry ingredients together in a different bowl.
 - Combine the dry and liquid ingredients together.
 - Spoon 3 Tbsp (45 mL) of batter onto a greased frying pan or griddle at medium heat.
 - Cook until golden, about 1 1/2 to 2 min each side.
 - Please note that the batter will be slightly mushier than usual pancakes.
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Yield: 18 small pancakes Size: 3 1/2 inches

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*A tasty snack that your child will love!
Made with a touch of orange and the
natural sweetness of dates.*

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**Nutritional info
per muffin:
Sugar 8.1 g
Fiber 1.2 g
Sodium 129.6 mg
Iron 3.2 mg**



ORANGE DATE MUFFINS

WET MIX

250 ml (1 cup) unsweetened 100% pure orange juice
125 ml (½ cup) softened pitted dates, finely chopped
1 egg, large
45 ml (3 Tbsp) vegetable oil
45 ml (3 Tbsp) molasses

DRY MIX

250 ml (1 cup) all-purpose wheat flour
500 ml (2 cups) packaged iron enriched oat baby cereal
10 ml (2 tsp) baking powder
2.5 ml (½ tsp) salt

INSTRUCTIONS

- Preheat oven to 400°F.
 - Prepare muffin pans, grease or use paper muffin cups.
 - In a bowl, mix the ingredients of the wet mix.
 - In another bowl, mix the ingredients of the dry mix.
 - Add the wet mix to the dry mix, blend lightly together.
 - Portion into muffin cups. Bake for 15 min.
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Yield: 16 regular muffins. Can be frozen for up to 3 months

Recipes contained in this document were tested using iron enriched baby **oat** cereal. If substituting with other types of iron enriched baby cereal, the results and nutritional value may vary slightly.

Recipes were adapted from HealthLinkBC website:

www.healthlinkbc.ca/healthyeating/iron-infant-cereal-recipes.html

This recipe booklet was created as a companion resource to use with the flipchart:

Baby steps to complementary foods *6 months to 2 years old*

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