

Recipes with Infant Cereal

Iron is important for your child's proper growth and development. Iron fortified infant cereal is a key source of iron for babies. Sometimes as babies get older, they prefer more textured foods, and refuse infant cereal made in the traditional way. Here are some new ways to use infant cereal to help your child get the iron he needs.

Oatmeal Pancakes

125 mL (½ cup) whole wheat flour
250 mL (1 cup) infant cereal, any variety
30 mL (2 Tbsp) sugar
15 mL (1 Tbsp) baking powder
150 mL (2/3 cup) rolled oats
375 mL (1 ½ cups) water
2 eggs
45 mL (3 Tbsp) canola oil

- Soak oatmeal in water for 5 minutes.
- Add oil and egg to oat mixture.
- Mix dry ingredients together in a different bowl.
- Combine dry and liquid ingredients.
- Spoon 2 Tbsp (30 mL) of batter onto a greased frying pan or griddle at medium heat.
- Cook about 3 minutes on each side or until done.

Please note that the batter will be slightly mushier than usual pancakes.

Yield: 24 pancakes

Each pancake contains 0.8-1.5 mg of iron. To get the most iron, choose an infant cereal with the highest daily value of iron per serving of the same size. Serve with vitamin C rich fruit such as kiwi, mango, strawberries or oranges to increase the iron absorption.

Muffins

250 mL (1 cup) whole wheat flour
125 mL (1/2 cup) sugar
10 mL (2 tsp) baking powder
250 mL (1 cup) infant cereal, any variety
125 mL (1/2 cup) water
30 mL (2 Tbsp) oil
3 eggs, beaten

- Preheat oven at 180°C (350°F).
- Mix flour, sugar, baking powder and infant cereal together in a large bowl.
- Mix water, oil and eggs in a separate bowl.
- Combine wet and dry ingredients only until blended.
- Spoon batter into 24 greased muffin cups.
- Bake for about 20 minutes.

Yield: 24 mini muffins

Each muffin contains 0.8-1.5 mg of iron. To get the most iron, choose an infant cereal with the highest daily value of iron per serving of the same size. Serve with vitamin C rich fruit such as kiwi, mango, strawberries or oranges to increase the iron absorption.

Molasses Biscuits

60 mL (¼ cup) molasses
60 mL (¼ cup) butter or non-hydrogenated margarine
1 egg
5 mL (1 tsp) vanilla
175 mL (¾ cup) whole wheat flour
2 mL (½ tsp) baking soda
500 mL (2 cups) infant cereal, any variety
45 mL (3 Tbsp) water
10 mL (2 tsp) cinnamon (optional)

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This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.

- Preheat oven to 180°C (350°F).
- Mix molasses and butter (or non hydrogenated margarine).
- Add egg and vanilla.
- In a different bowl, combine flour, baking soda and cereal.
- Add to the butter (non-hydrogenated margarine mixture).
- Add water and blend together.
- Roll dough into small balls and drop on cookie sheet.
- Bake 10-12 minutes.

Yield: 32 biscuits.

Each biscuit contains 1.3-2.3 mg of iron. To get the most iron, choose an infant cereal with the highest daily value of iron per serving of the same size and use blackstrap molasses. Serve with vitamin C rich fruit such as kiwi, mango, strawberries or oranges to increase the iron absorption.

Oatmeal Biscuits

500 mL (2 cups) rolled oats
60 mL (¼ cup) whole wheat flour
250 mL (1 cup) infant cereal, any variety
10 mL (2 tsp) baking powder
125 mL (½ cup) butter or non-hydrogenated margarine
125 mL (½ cup) brown sugar
2 eggs, beaten
5 mL (1 tsp) cinnamon, optional

- Preheat oven to 180°C (350°F).
- Combine oats, flour, cereal and baking powder.
- Beat butter or non-hydrogenated margarine with sugar and eggs in a separate bowl.
- Mix butter (or non-hydrogenated margarine) mixture with dry ingredients.

- Roll dough into small balls and drop on cookie sheet.
- Bake 10-12 minutes.

Yield: 36 biscuits

Each biscuit contains between 0.6 -1.1mg of iron. To get the most iron, choose an infant cereal with the highest daily value of iron per serving of the same size. Serve with vitamin C rich fruit such as kiwi, mango, strawberries or oranges to increase the iron absorption.

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Notes

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