

Iron Fortified Infant Cereal Recipes

Many babies begin to reject Iron Fortified Infant Cereal (IFIC) once they start eating table food. The following are recipes using IFIC that were found on the Internet. They may be used to encourage babies between 8 and 11 months old to continue eating IFIC until they turn 1 year old. Although IFIC may be replaced at lunch/dinner with meat once babies turn 8 months old, the CACFP still requires providers to offer 2-4 Tbsp IFIC at breakfast until babies turn 1 year old. Use the Meal Pattern Chart for Infants to determine portion sizes needed for other components in the recipe. If the serving size from the recipe does not meet a minimum of 2 Tbsp IFIC, serve additional IFIC to make up the difference.

Please use your judgment in deciding if the baby you serve is developmentally ready for each of these recipes. Each baby is different and some of these recipes may not be appropriate for certain babies. Talk with the parent to see if they think their baby is ready for the recipe you would like to use. Also, watch the baby closely for any signs of allergic reactions. Tell your monitor during a visit if IFIC is in a recipe you are serving a baby.

<p style="text-align: center;">Chicken & Potato Chowder</p> <p>(For 10 months and older)</p> <p>Ingredients:</p> <p>1/3 C diced and cooked boneless breast or ground chicken</p> <p>1/4 C cubed and cooked potato</p> <p>1 T of shredded mild cheddar or American cheese</p> <p>1/4 C Iron Fortified Infant Formula (IFIF)</p> <p>2 tsp margarine</p> <p>IFIC</p> <ol style="list-style-type: none"> 1. Mix chicken, potato, IFIF, and margarine in a small saucepan. 2. Simmer over low heat for 10 mins. 3. Stir in cheese. Add IFIC by tablespoons until you get your desired thickness. 4. Mash or puree to desired consistency. Cool before serving. 	<p style="text-align: center;">Banana-Oatmeal Cookies</p> <p>(For 11 months or older)</p> <p>Ingredients:</p> <p>1 C enriched all-purpose flour</p> <p>1/2 tsp baking soda</p> <p>1/4 tsp salt</p> <p>3/4 C vegetable shortening</p> <p>1/2 C juice</p> <p>1 large egg yolk</p> <p>2 or 3 bananas, mashed and very ripe (puree them to get ALL the lumps out)*</p> <p>2 3/4 C Iron Fortified Oatmeal Cereal (IFOC)</p> <p>Instructions:</p> <p>This recipe will make 5-dozen baby sized cookies or 3-dozen regular sized cookies.</p> <ol style="list-style-type: none"> 1. Preheat oven to 400 degrees. 2. Combine flour, baking soda, and salt in small bowl. 3. In large bowl, cream the shortening, juice and 1/2 C IFOC. Beat in the egg and bananas. Gradually add the dry ingredients, remaining IFOC, and mix well. 4. Drop by teaspoonfuls 1-1/2 inches apart onto ungreased cookie sheet. 5. Bake for 12 minutes until lightly browned. Cool on rack.
<p style="text-align: center;">Baby Cereal Biscuits</p> <p>2 T shortening</p> <p>1/2 C granulated sugar</p> <p>1 egg yolk</p> <p>1 tsp baking powder</p> <p>1/4 tsp salt</p> <p>1 1/2 tsp vanilla extract</p> <p>1 tsp water</p> <p>1 1/2 C IFIC</p> <p>Preheat oven 300 degrees</p> <p>Cream shortening and sugar. Add egg yolk, baking soda, salt, vanilla extract and water. Mix until well blended. Gradually stir in IFIC. Knead until smooth. Pat into rectangle. Cut into 12 (1") bars, smoothing edges so they will not be sharp. Place on ungreased cookie sheet. Bake for 20 to 30 mins or until dry. Store in uncovered container overnight. Freeze whatever you're baby won't be able to eat in 5 days.</p>	<p>You should freeze whatever cookies your baby won't be able to eat in 5 days.</p> <p>*Riper bananas are easier on babies' digestive system.</p>

<p style="text-align: center;">Baby's Apple Pie</p> <p>Ingredients: 3 cooking apples IFIC ½ tsp lemon juice 1 tsp brown sugar 1 tsp of water or apple juice</p> <ol style="list-style-type: none"> 1. Peel, core and dice the apples into small pieces 2. Add the lemon juice and water and cook over medium heat in a small saucepan for 20 minutes or until soft. 3. Mash or puree to desired consistency. 4. Add IFIC by 1 T, until you get the desired thickness 5. Bake at 350 degrees for 15 mins or until set. Cool before serving. 	<p style="text-align: center;">Chicken and Broccoli Supreme</p> <p>(For 10 months and older)</p> <p>Ingredients: 1 large boneless skinless chicken breast 1 bag frozen broccoli floweret's 1 can chicken broth, no salt added 1 can cream of chicken soup, no salt added Iron Fortified Rice Cereal (IFRC)</p> <p>Instructions: Cook chicken and broccoli in unsalted chicken broth for about an hour simmered on low heat. Add cream of chicken soup and process in blender (or mash with potato masher for older babies). Add IFRC to desired consistency.</p>
<p style="text-align: center;">Healthy Kiwi Mash</p> <p>(For 10 months and older)</p> <p>Ingredients: 1 kiwi ¼ cup cottage cheese ¼ cup IFOC or Iron Fortified Mixed Cereal (IFMC) A teaspoon maple syrup (optional)</p> <p>Instructions: <ol style="list-style-type: none"> 1. Dice or mash kiwi with a fork 2. Add cottage cheese, IFOC or IFMC, and a little maple syrup (optional). </p> <p>**Variations: Add some wheat germ for an extra nutritional punch. Remember that vitamin C helps the body absorb more iron. There is vitamin C in the kiwi and iron in the infant cereal and wheat germ.</p> <p>**You can also use banana or peaches; instead of cottage cheese, you can use yogurt. Banana adds iron, but not much vitamin C, so serve with orange juice or some other high vitamin C juice.</p>	<p style="text-align: center;">Broccoli-Corn Casserole</p> <p>1 C steamed broccoli 1 C steamed corn, very tender 2 T IFIC Chicken broth for pureeing (can substitute vegetable broth or water)</p> <p>Combine all in a blender and add chicken broth as needed to obtain the desired consistency. This freezes well in ice cube trays for storage.</p> <hr/> <p style="text-align: center;">Peaches and Cream</p> <p>Steamed or poached Peaches – puree to desired consistency. Mix with instant or already cooked IFIC, breast milk, or IFIF to make a creamy “dessert”.</p> <p>It's best to just freeze the peach puree alone when storing, then add the other ingredients just before serving.</p>
<p style="text-align: center;">Apples & Chicken</p> <p>(For around 9 months and older)</p> <p>Ingredients: 1/3 C chopped & cooked boneless chicken ¼ C cooked apple (no skin or seeds), very soft IFIF or breast milk IFIC</p> <p>Mix chicken with cooked apple. Chop or puree in food processor or blender. Add IFIF or breast milk to thin, if needed. Add IFIC for thickening. Puree until smooth. Serve, refrigerate or freeze.</p>	<p style="text-align: center;">Apples & Ham</p> <p>(For around 9 months & older)</p> <p>Ingredients: 1/3 C chopped & cooked boneless ham, in small cubes* ¼ C cooked, skinless, seedless apple, very soft IFIF or breast milk IFIC</p> <p>Mix ham with cooked apple. Chop or puree in food processor or blender. Add IFIF or breast milk if mixture needs to be thinned. Add IFIC for thickening. Serve, refrigerate or freeze.</p> <p>*Use ham that does not have added salt or preservatives.</p>

<p style="text-align: center;">Chicken & Noodles</p> <p>(For around 9 months & older)</p> <p>Ingredients: 1/3 C chopped & cooked boneless chicken 1/4 C cooked elbow macaroni IFIF or breast milk for thinning, if needed IFIC</p> <p>Mix chicken with cooked macaroni. Chop in food processor or blender. (Or hand-mash for courser texture for older babies.) Add formula or breast milk to think of needed. IFIC will thicken any baby recipe. Puree until smooth. Serve, refrigerate or freeze.</p>	<p style="text-align: center;">Chicken & Rice</p> <p>(For around 8 months & older)</p> <p>Ingredients: 1/3 C chopped & cooked boneless chicken 1/4 C cooked brown or white rice IFIF or breast milk for thinning, if needed IFIC</p> <p>Mix chicken with cooked rice. Chop in food processor or blender. Hand-mash for courser texture for older babies. Add IFIF or breast milk to thin if needed. IFIC will thicken any baby recipe. Puree until smooth. Serve, refrigerate or freeze.</p>
<p style="text-align: center;">Chicken or Turkey With Peaches</p> <p>(For around 9 months or older)</p> <p>Ingredients: 1/3 C chopped & cooked boneless chicken or turkey 1/4 C cooked white or brown rice 1 very ripe peach 1 T IFIF or breast milk IFIC</p> <p>Optional: Tiny drop of vanilla extract</p> <p>Mix chicken or turkey, rice and peach. Chop in food processor or blender. (Or hand-mash for courser texture.) Add IFIF or breast milk, vanilla and IFIC. Puree until smooth. Serve, refrigerate or freeze.</p>	<p style="text-align: center;">Cream of Chicken & Potato</p> <p>(For around 10 months or older)</p> <p>Ingredients: 1/3 C chopped & cooked boneless chicken 1/4 C chopped & cooked potato 1 T shredded mild cheddar cheese 1/4 C IFIF or breast milk IFIC</p> <p>Optional: 2 tsp sweet-cream butter</p> <p>Combine all ingredients except the cheese and IFIC in saucepan. Simmer over low heat for 10 mins. (Make sure the liquid does not boil off.) Add cheese and IFIC & stir until desired thickness. Mash or puree the ingredients. Serve, Refrigerate or freeze.</p>
<p style="text-align: center;">Sweet & Sour Ham</p> <p>(For around 8 months & older)</p> <p>1/3 C cubed & cooked boneless ham* 1/4 C cooked brown or white rice 1 very ripe, peeled, pitted peach sliced thin IFIC</p> <p>Mix ham with cooked rice & peach slices Chop in food processor or blender. Add IFIF or breast milk to thin if needed. IFIC will thicken any baby recipe. Puree until smooth. Serve, refrigerate or freeze.</p> <p>*Use ham that does not have added salt or preservatives.</p>	<p style="text-align: center;">Applesauce</p> <p>(For around 6 months & older)</p> <p>3 cooking apples, washed Water or apple juice IFIC</p> <p>Peel, remove seeds, and slice the apples in very small pieces. (Discard peel) Simmer in water or apple juice in a small saucepan for 20 mins or until soft. Drain water/juice – but save in separate container in case applesauce needs thinning. Mash or puree the apples. Cool before serving to baby. Store extra servings in the refrigerator or freezer.</p>
<p style="text-align: center;">Melon (cantaloupe, honeydew, watermelon)</p> <p>(For 10 months & older)</p> <p>1/4 C sliced, soft, seedless melon, rind removed IFIC</p> <p>Puree in blender or mash with a fork. Add IFIC Stir until smooth. Serve or refrigerate.</p>	<p style="text-align: center;">Apricot Puree</p> <p>(For about 7 months & older)</p> <p>2 very ripe apricots IFIC</p> <p>Wash and peel apricots. Remove the pit and cut into small pieces. Mash or puree apricots. Add IFIC to thicken. Stir until very smooth. Serve, refrigerate or freeze.</p>

<p style="text-align: center;">Banana Puree</p> <p>(For around 6 months & older)</p> <p>Ingredients: 1 very ripe banana IFIC</p> <p>Optional: 2 T IFIF or breast milk</p> <p>Wash the outside of the banana peel carefully, and then remove peel. Slice into small circles, to make it easier for mashing. Mash with a fork. Add IFIC to thicken. Stir until very smooth. Serve, refrigerate or freeze.</p>	<p style="text-align: center;">Banana Yogurt</p> <p>(For around 10 months & older)</p> <p>1 very ripe banana ¼ C plain yogurt IFIC</p> <p>Wash the outside of the banana peel carefully, and then remove peel. Slice into small circles, to make it easier for mashing. Mash with a fork. Add yogurt. Add IFIC to thicken. Stir until very smooth. Serve, refrigerate or freeze.</p> <p>If the banana turns brown shortly after mashing it's okay - as long as it is consumed within a half an hour of preparation. Another fruit can be substituted for banana. If it is a hard fruit, such as apples be sure to cook until soft.</p>
<p style="text-align: center;">Nectarines</p> <p>(For 6 months & older)</p> <p>1 washed, soft nectarine IFIC</p> <p>Peel, remove pit & slice the nectarine in very small pieces. Puree nectarine in blender or mash with a fork. Add IFIC. Stir until smooth. Serve, refrigerate or freeze.</p>	<p style="text-align: center;">Peaches</p> <p>(For 6 months & older)</p> <p>1 washed, soft peach IFIC</p> <p>Peel, remove pit & slice the peaches in very small pieces. Puree peaches in blender or mash with a fork. Add IFIC. Stir until smooth. Serve, refrigerate or freeze.</p>
<p style="text-align: center;">Peach Cobbler</p> <p>For pie a-la-mode mix in some IFIF, breast milk and the tiniest drip of vanilla extract. 3 very soft ripe peaches, washed. 1 egg yolk 1 tsp water 1 tsp brown sugar IFOC</p> <p>Peel, remove pit and slice the peaches in very small pieces. Cook with the water in a small saucepan for 20 mins or until soft. Mash or puree the fruit. Stir in the egg yolk & sugar until smooth. Bake at 350 for 15 mins or until set. Cool before serving it to baby. Store extra servings in the refrigerator or freezer.</p>	<p style="text-align: center;">Pears</p> <p>(For 6 months & older)</p> <p>1 washed, soft pear IFIC</p> <p>Peel, remove pit & slice the pear in very small pieces. Puree pear in blender or mash with a fork. Add IFIC. Stir until smooth. Serve, refrigerate or freeze.</p>