

Iron-Fortified Infant Cereal Recipes

IFIC Muffins

2 egg yolks
1 cup iron-fortified infant formula(IFIF)
¼ cup vegetable oil
1 ½ cups rice iron-fortified infant cereal(IFIC)
½ cups enriched wheat flour
½ cup sugar
1 TBSP baking powder

Heat Oven to 400 degrees F. Grease bottom of 12 muffin cups(or use paper lines). Beat egg; stir in formula and oil. Mix in remaining ingredients until moistened. Batter should be lumpy. Fill muffin cups 2/3 full. Bake 20 minutes.

Yield:12 muffins

Credit: One muffin credits as one serving of IFIC(2T). The formula doesn't contribute to the IFIF requirement.

IFIC Pancakes

2 egg yolks
1 cups iron-fortified infant formula (IFIF)
2 TBSP vegetable oil
¾ cup rice iron-fortified infant cereal (IFIC)
¾ cup enriched wheat flour
1 TBSP sugar
1 tsp baking powder
½ tsp baking soda

Beat egg yolks; add remaining ingredients in order listed. Beat with a spoon until only small lumps remain. Grease heated griddle and divide batter into 6, 4 inch pancakes. Turn pancakes as soon as they are puffed and full of bubbles. Bake other side of pancake until golden brown. May be served with applesauce instead of syrup.

Yield:6, 4-inch pancakes

Credit: One pancake credits as one serving IFIC(2T). The formula doesn't contribute to the IFIF requirement.