

Iron-Fortified Infant Cereal Recipes

What should a program do if an older infant (ages 8 through 11 months) refuses to eat iron-fortified infant cereal (IFIC)?

- Try preparing and serving the recipes on the back for iron-fortified infant muffins or iron-fortified infant pancakes!

BEFORE serving, check with the infant's parents/caregivers to ensure that:

- the infant has been introduced to all ingredients
- the infant is developmentally ready to chew and swallow foods of these textures
- the parent approves of the infant receiving these foods

Appropriate wording to include on the Infant Meal Record:

- IFIC Muffin
- IFIC Pancake

Keep a copy of the recipes on file



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Iron-Fortified Infant Pancakes

Yield: 6, 4-inch Pancakes



Ingredients

- 2 egg yolks
- 1 cup prepared iron-fortified infant formula (IFIF) – (4 scoops of formula per 8 fl oz of water)
- 2 TBSP canola oil
- ¾ cup iron-fortified infant rice cereal (IFIC)
- 1 TBSP sugar
- 1 tsp baking powder
- ½ tsp baking soda

Instructions

- 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
- Try serving with applesauce instead of syrup

Crediting Info:

One pancake credits as one serving IFIC (2 Tbsp).

The formula does not contribute to the IFIF requirement.

Iron-Fortified Infant Muffins

Yield: 12 Muffins



Ingredients

- 2 egg yolks
- 1 cup prepared iron-fortified infant formula (IFIF) – (4 scoops of formula per 8 fl oz of water)
- ¼ cup canola oil
- 1 ½ cups iron-fortified infant rice cereal (IFIC)
- ½ cup enriched wheat flour
- ½ cup sugar
- 1 TBSP baking powder

Instructions

- Heat oven to 400°F
- Grease bottom of 12 muffin cups (or use paper liners)
- Beat egg; stir in formula and oil
- Mix in remaining ingredients until moistened (batter should be lumpy)
- Fill muffin cups 2/3 full
- Bake for 20 minutes

Crediting Info:

One muffin credits as one serving IFIC (2 Tbsp).

The formula does not contribute to the IFIF requirement.