



Cookies with baby cereals

Source of iron, calcium, vitamin D, folic acid, fibres (if whole wheat flour)



Ingredients

¼ cup	Yogurt, plain	60 ml
¼ cup	Margarine or butter, softened	60 ml
2	Eggs	2
¼ teaspoon	Baking soda	1 ml
¼ cup	Whole wheat flour	60 ml
1 cup	Iron-fortified baby cereals	250 ml
1 tablespoon	Sugar, brown	15 ml
½ teaspoon	Cinnamon, ground (optional)	2 ml
½ teaspoon	Nutmeg, ground (optional)	2 ml



Preparation

1. Preheat the oven to 350 °F (175 °C)
2. In a large bowl, use a fork to mix together yogurt, margarine or butter, and egg to form a smooth mixture.
3. Add remaining ingredients (do not over mix).
4. With a small spoon, form dough balls and place them on a baking sheet.
5. Bake for 10-12 minutes in the middle of the oven.



Tip

Use any moist ingredient you have on hand: Aromatized yogurt, applesauce, vegetable puree (squash, pumpkin, sweet potato, etc.), mashed banana, etc.

Adapted from: bebemangeseul.com