

Iron rich recipe brought to you by
Ferrogen iron supplements & Pheeb's Foods

APPROX

2.4mg

IRON PER SERVE

13.16% RDI for females
29.62% RDI for males



APRICOT CASHEW BALLS

Makes 8 Balls

1 300g dried apricots
½ cup cashews (70g)
3 tbsp sesame seeds (30g)
3 tbsp pumpkin seeds(35g)
½ cup rolled oats (45g)

⅓ cup shredded coconut (30g)
1 tbsp honey (20g) – could also use molasses for extra iron
Juice of half an orange



METHOD

1

Place all ingredients except honey and orange juice into a high-powered food processor or blender and pulse until everything is chopped

2

Add in the honey and orange juice and continue pulsing until it forms a stick dough

3

Use your hands to roll the dough into 8 evenly sized balls and coat in extra coconut or leave as is. Store balls in an airtight container in the fridge

DID YOU KNOW 38% of Australian women aged 19-50 are low in iron?! Ensuring your blood iron levels are in the healthy range for your body can help you to feel in your element. Ferrogen iron supplements support healthy nutritional choices via this yummy range of iron rich recipes developed in conjunction with wholefood nutritionist Phoebe Conway. When increased iron intake through diet proves inadequate, iron supplementation might be recommended by your doctor.

Reference: 1. Australian Health Survey: Usual Nutrient Intakes, 2011-12.
Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.

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