

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

APPROX

2.9mg

IRON PER SERVE

16.11% RDI for females
36.25% RDI for males



NUT AND SEED BARS

Makes 8 Bars

Nuts and seeds are some of the best plant based sources of iron. Especially hemp, chia, cashews and flaxseeds, all of which are included in these bars! Such a great snack to include in your diet because they not only boost the iron in your diet but they are super delicious and versatile! Use whatever combination of nuts and seeds you like as well.

1 cup roasted almonds

1/2 cup walnuts

1/3 cup brazil nuts

1/4 cup sunflower seeds

1/4 cup pepitas

1/4 cup hemp seeds

2 tbsp flaxseeds

2 tbsp sesame seeds

1 tsp cinnamon

12 medjool dates

1/4 cup rice malt syrup

1/2 cup cashew butter

1 tsp vanilla

Pinch of salt

200g dark chocolate

2 tbsp olive oil

Food Allergy Notice: Please be aware this recipe contains nuts. If you have a food allergy, please consider the ingredients list before preparing



METHOD

- 1 Soak the dates in boiling water for 5 minutes then drain
- 2 Place the nuts and seeds into a food processor and pulse a few times to chop
- 3 Pour into a bowl and stir through the cinnamon
- 4 Place the drained dates into the food processor with rice malt, cashew butter, vanilla and salt and blend until a paste forms
- 5 Add the paste to the bowl with the nuts and seeds and use your hands or a spatula to combine until all sticky
- 6 Press this mixture firmly into a lined square baking tray and set aside
- 7 Melt the chocolate and stir through the oil, pour over the base and place into the fridge for 10 minutes
- 8 Place back into the fridge to set before slicing

DID YOU KNOW 38% of Australian women aged 19-50 are low in iron?¹ 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 health professional.

Ferrogen in collaboration with

NO MEAT MAY



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Reference: 1. Australian Health Survey: Usual Nutrient Intakes, 2011-12.

Always read the label & follow the directions for use.