

Soft, Iron-Rich Orange and Chocolate Cookies



These simple and original patties contain baby cereal and sunflower seeds to replenish iron. This patty is perfect as a snack, dessert or breakfast on the go.

Preparation 15 min

Cooking 15 min

Servings 12

Nutrition Facts (per serving)

Calories 175

Fat 8

Carbohydrates 22

Fibre 4

Protein 4

Sodium 195

Ingredients

- 1 orange
- 125 ml (½ cup) orange juice
- 1 large egg
- 45 ml (3 tbsp) oil
- 250 ml (1 cup) whole wheat flour
- 500 ml (2 cups) oat baby cereal

- 2.5 ml (½ tsp) salt
- 60 ml (¼ cup) sunflower seeds
- 60 ml (¼ cup) semi-sweet chocolate chips

Preparation

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Zest the peel of the orange. Set aside.
3. In a food processor, purée the orange flesh and juice. Add egg and oil. Mix well.
4. In a separate bowl, combine flour, baby cereal, baking powder and salt.
5. Stir liquid mixture into dry ingredients.
6. Add sunflower seeds, chocolate chips and orange zest. Stir to combine.
7. Shape into 12 small patties and place on a baking sheet.
8. Bake for 15 minutes or until a toothpick inserted in the center comes out clean.

Notes

Can be stored for 7 days in an airtight container at room temperature.



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