



Tyramine-Free Sample Recipe

Looking for new, tasty and safe easy-to-make tyramine-free recipes designed to please every member of your family? Each featured monthly FD NOW recipe has been made from scratch and has been sampled in our kitchens by at least one person with FD with no adverse side effects. A picture of the actual dish made in our kitchens appears below.

Iron Fortified Multi Grain Cheerios Breakfast Bites

from Andrew Slaw (Illinois)

Eating fortified cereal helps boost iron levels. For those who do not like eating cereal straight from the box, or steeped in milk, consider placing cereal in a coffee grinder to make iron-fortified powder and use as flour.

1 1/3 cups of Multi Grain Cheerios = 1/3 cup iron-fortified powder = 100% of iron per day. Eating two breakfast bites per day provides half of the recommended daily iron. The key is to use Multi Grain Cheerios to create the powder, as this type of Cheerios is super-rich in iron. Other types of Cheerios do not have as much iron.



Ingredients – (Yields 24 breakfast bites)

2 cups Multi Grain Cheerios powder (about 5-6 cups Multi Grain Cheerios) ground in coffee grinder or food processor

14 oz homemade sweetened condensed milk (we avoid canned food, so we make this from scratch – just simmer 4 cups milk, 1 1/2 cup sugar and simmer for 1 hour, stirring frequently)

1/2 cup or less chocolate chips (we used a bit less as the chocolate may contain tyramine)

1 tsp baking powder

1 tsp vanilla extract

1/4 tsp salt

Directions:

Mix in bowl. (The dough will be thick.) Place in greased mini muffin tins for 18 minutes in 350 degree oven. When a toothpick comes out clean, they're done. They are soft, not crunchy, and don't even taste like Cheerios.

Variations:

Substitute the type of milk and chips if you are dairy-free, or substitute chopped apples or peaches for the chips.