

Cinnamony Sweetness



This recipe features cinnamon and date puree. Dates are high in fiber and packed full of potassium, magnesium, copper, manganese, iron, and vitamin B-6. Cinnamon is anti-inflammatory and loaded with antioxidants.

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Nutrition Info

Makes: fluid ounces

= cups

= milliliters (mL)

Calories: 840 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 64.8%

Protein: 12.4%

Fat: 22.8%

Make it for the whole family:

Try this Pumpkin Pie Oatmeal using some of the same ingredients:
<https://damndelicious.net/2015/10/29/pumpkin-pie-oatmeal/>

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Ingredients

- 1 cup plain lowfat kefir
- 1 cup 2% milk (with vitamins A & D)
- 1 tablespoons olive oil
- 4 ounces prune or date purée
- 4 ounces infant sweet potato or pumpkin puree
- ½ cup dry infant oatmeal
- ½ teaspoon cinnamon

Preparation

1. Combine all ingredients into a bowl and whisk until smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

Food Scale

Measuring tools:

- 1 cup
- ½ cup
- 1 tablespoon
- ½ teaspoon

Tips

For a non-dairy version look for dairy-free kefir or swap soy or other non-dairy milk for the greek yogurt.

To keep up the protein you may want to add 1-2 teaspoons of your favorite protein powder such as pea protein or hemp protein.



For more recipes and information visit www.CookingForTubies.com
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