

9 Iron-Rich Recipes to Boost Your Hemoglobin

Here are 9 simple and delicious recipes designed to help you incorporate more iron into your diet. Each recipe includes a special tip to help maximize your body's iron absorption.

1. Lemon Garlic Amaranth Stir-fry

A quick and easy way to enjoy the iron-rich benefits of amaranth leaves.

Ingredients:

- 1 large bunch of amaranth leaves (about 250g), washed and chopped
- 4-5 cloves of garlic, minced
- 1 tablespoon of olive oil
- $\frac{1}{2}$ teaspoon of salt (or to taste)
- 1 tablespoon of fresh lemon juice

Instructions:

1. Heat the olive oil in a pan over medium heat.
2. Add the minced garlic and sauté for about 30 seconds until fragrant.
3. Add the chopped amaranth leaves and salt. Stir-fry for 3-5 minutes, until the leaves are wilted and tender.
4. Remove from heat and stir in the fresh lemon juice before serving.

Iron Boost Tip: The Vitamin C from the lemon juice significantly enhances the absorption of non-heme iron from the amaranth leaves.

2. Moringa Lentil Soup

A nourishing and comforting soup that combines the power of moringa and lentils.

Ingredients:

- 1 cup of fresh moringa leaves
- $\frac{1}{2}$ cup of red lentils (masoor dal), rinsed
- 1 small onion, chopped
- 1 tomato, chopped
- $\frac{1}{2}$ teaspoon of turmeric powder
- Salt to taste
- 1 teaspoon of ghee or oil
- $\frac{1}{2}$ teaspoon of cumin seeds

Instructions:

1. In a pot, combine the rinsed lentils, chopped onion, chopped tomato, turmeric powder, and 3 cups of water. Bring to a boil and then simmer until the lentils are soft (about 15-20 minutes).
2. Add the moringa leaves and salt. Cook for another 5 minutes until the leaves are tender.
3. In a small pan, heat the ghee or oil and add the cumin seeds. Once they splutter, pour this tempering over the soup.
4. Serve hot.

Iron Boost Tip: The tomatoes provide Vitamin C, which aids in the absorption of iron from both the moringa leaves and the lentils.

3. Hearty Horsegram Soup

A traditional, protein-packed soup known for its warming and healing properties.

Ingredients:

- ½ cup of horsegram, soaked overnight
- 1 tomato, chopped
- 2-3 cloves of garlic, crushed
- ½ inch of ginger, grated
- ¼ teaspoon of black pepper powder
- Salt to taste
- 1 teaspoon of oil
- A handful of fresh cilantro, chopped

Instructions:

1. Drain the soaked horsegram and pressure cook it with 3 cups of water for 6-8 whistles, or until very soft.
2. Mash the cooked horsegram slightly. Do not discard the water.
3. In a pot, heat the oil and sauté the garlic and ginger for a minute.
4. Add the chopped tomato and cook until soft.
5. Pour in the cooked horsegram along with its water. Add salt and black pepper.
6. Simmer for 10-15 minutes. Garnish with fresh cilantro and serve.

Iron Boost Tip: The Vitamin C in the tomatoes and cilantro helps your body better absorb the iron from the horsegram.

4. Simple Split Chickpea Curry (Chana Dal)

A classic and flavorful curry that is a staple in many households.

Ingredients:

- 1 cup of split chickpeas (chana dal), soaked for at least 1 hour
- 1 onion, finely chopped
- 1 large tomato, pureed
- 1 teaspoon of ginger-garlic paste

- ½ teaspoon of turmeric powder
- ½ teaspoon of red chili powder
- 1 teaspoon of coriander powder
- Salt to taste
- 2 tablespoons of oil

Instructions:

1. Pressure cook the soaked split chickpeas with 2 cups of water and a pinch of turmeric until soft.
2. In a separate pan, heat the oil. Add the chopped onions and sauté until golden brown.
3. Add the ginger-garlic paste and cook for another minute.
4. Add the tomato puree, turmeric, red chili powder, and coriander powder. Cook until the oil starts to separate from the masala.
5. Add the cooked split chickpeas along with their water. Add salt, mix well, and simmer for 10 minutes.

Iron Boost Tip: The tomato puree is a great source of Vitamin C, which enhances the absorption of iron from the split chickpeas.

5. Classic Kidney Bean Curry

A rich and comforting curry, perfect with a side of brown rice.

Ingredients:

- 1 cup of dried kidney beans, soaked overnight
- 1 large onion, finely chopped
- 2 large tomatoes, pureed
- 1 teaspoon of ginger-garlic paste
- 1 teaspoon of garam masala
- ½ teaspoon of turmeric powder

- Salt to taste
- 2 tablespoons of oil

Instructions:

1. Drain the soaked kidney beans and pressure cook with 3 cups of water until they are completely soft.
2. In a pan, heat the oil and sauté the onions until they turn golden.
3. Add the ginger-garlic paste and cook for a minute.
4. Pour in the tomato puree and cook until it thickens and the oil separates.
5. Add the turmeric powder, garam masala, and salt. Mix well.
6. Add the cooked kidney beans and simmer for 10-15 minutes, allowing the flavors to meld.

Iron Boost Tip: The high concentration of Vitamin C in the tomato puree is essential for unlocking the iron in the kidney beans.

6. Homemade Tahini Dip

A creamy and versatile dip made from one of the richest plant sources of iron.

Ingredients:

- 1 cup of hulled sesame seeds
- 2-4 tablespoons of a neutral oil (like light olive oil or avocado oil)
- A pinch of salt

Instructions:

1. Lightly toast the sesame seeds in a dry pan over low-medium heat for 3-5 minutes, stirring constantly until they are fragrant. Do not let them brown.
2. Let the seeds cool completely.
3. Add the cooled sesame seeds to a high-speed blender or food processor. Blend until a crumbly paste forms.

4. With the blender running, slowly drizzle in 2 tablespoons of oil. Continue to blend until the mixture is smooth and creamy. Add more oil, one tablespoon at a time, if needed to reach your desired consistency.
5. Stir in the salt.

Iron Boost Tip: Serve your homemade tahini with a squeeze of lemon juice or with Vitamin C-rich vegetables like bell peppers and tomatoes for dipping.

7. Spiced Roasted Pumpkin Seeds

A crunchy, delicious, and highly nutritious snack.

Ingredients:

- 1 cup of raw pumpkin seeds
- 1 teaspoon of olive oil
- $\frac{1}{4}$ teaspoon of paprika
- $\frac{1}{4}$ teaspoon of cumin powder
- A pinch of salt

Instructions:

1. Preheat your oven to 350°F (175°C).
2. In a bowl, toss the pumpkin seeds with olive oil, paprika, cumin powder, and salt until they are evenly coated.
3. Spread the seeds in a single layer on a baking sheet.
4. Roast for 12-15 minutes, stirring halfway through, until they are golden and crispy.
5. Let them cool completely before storing.

Iron Boost Tip: While this recipe is a direct source of iron, you can pair this snack with a Vitamin C-rich fruit like an orange or a handful of berries to boost absorption.

8. Iron-Rich Oatmeal with Raisins

A warm and hearty breakfast to start your day with a good dose of iron.

Ingredients:

- ½ cup of rolled oats
- 1 cup of water or milk
- 2 tablespoons of raisins
- A handful of fresh strawberries or orange slices
- A sprinkle of cinnamon

Instructions:

1. In a small saucepan, bring the water or milk to a boil.
2. Stir in the rolled oats and cinnamon. Reduce the heat and simmer for 5-7 minutes, stirring occasionally, until the oats are cooked through.
3. Stir in the raisins.
4. Top with fresh strawberries or orange slices before serving.

Iron Boost Tip: The fresh strawberries or orange slices are packed with Vitamin C, which will significantly improve the absorption of iron from the oats and raisins.

9. No-Bake Apricot Energy Bites

A perfect, healthy snack for a quick energy and iron boost.

Ingredients:

- 1 cup of dried apricots
- ½ cup of raw almonds or cashews
- 2 tablespoons of chia seeds
- ¼ cup of unsweetened shredded coconut

Instructions:

1. Combine the dried apricots, almonds/cashews, and chia seeds in a food processor.
2. Pulse until the mixture is crumbly and starts to stick together when pressed.
3. Roll the mixture into small, bite-sized balls.
4. Roll the balls in the shredded coconut to coat them.
5. Refrigerate for at least 30 minutes to firm up.

Iron Boost Tip: The apricots themselves contain some Vitamin C, which helps with the absorption of their own iron content. The nuts also provide a good source of non-heme iron.

10. Sesame & Dry Fruit Laddoos (Kid-Friendly!)

A delicious and healthy treat that kids will love, packed with iron from sesame seeds and dates.

Ingredients:

- 1 cup of sesame seeds
- 1 cup of pitted dates
- $\frac{1}{4}$ cup of chopped almonds
- $\frac{1}{4}$ cup of chopped walnuts
- 2 tablespoons of ghee (clarified butter)
- A pinch of cardamom powder

Instructions:

1. Dry roast the sesame seeds in a pan on low heat until they turn light golden and aromatic. Let them cool completely.
2. Grind the roasted sesame seeds into a coarse powder.
3. In a food processor, blend the pitted dates into a smooth paste.
4. In a bowl, combine the ground sesame seeds, date paste, chopped almonds, and chopped walnuts. Add the cardamom powder.

5. Mix everything together well. The mixture should be sticky enough to form balls.
6. Grease your palms with a little ghee and roll the mixture into small, bite-sized laddoos.
7. Store the laddoos in an airtight container.

Iron Boost Tip: Dates are a good source of iron and natural sweetness, making these laddoos a powerhouse of energy and nutrients without any refined sugar. The nuts also add healthy fats and more iron.