

Low Iron Lesbians

COOKBOOK

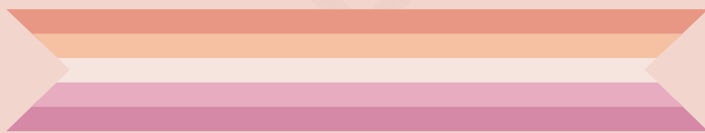


Low
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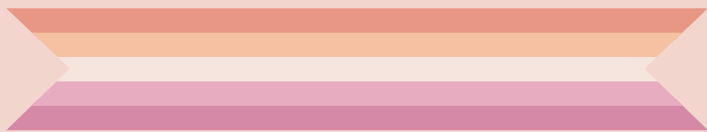
CHANGING THE NARRATIVE ONE STORY AT A TIME!

BYSA (Blacktown Youth Services Association) is a community organisation dedicated to supporting young people aged 12 to 24. Since 1986, BYSA has been a safe space where young people can access services, engage, unwind, and take part in a variety of programs. While BYSA has changed over the years, our mission remains the same, being here to support young people on their journeys.... every step of the way!



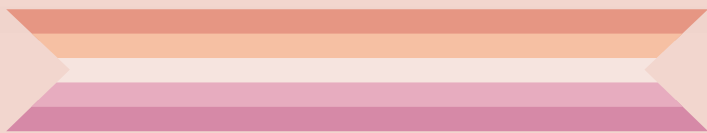
AllOut! Blacktown

AllOut! Blacktown is a community group dedicated to supporting queer young people in the Blacktown LGA. Established in 2018 by two (then) young individuals, AllOut! was created as a welcoming, inclusive and safe environment. There is a lack of access to queer youth services in the area and AllOut! did what they could to provide a necessary space and service.





Why iron?



Iron deficiency is a common health concern affecting people across various demographics. The heart of this program is to educate people on the importance of nutrition for health and development, as well as providing a range of recipes that are convenient, economical, quick, and most importantly nutritious, to not only those who identify as lesbian but to friends and allies as well!







Effects

Low iron can have a range of effects on the body because iron is essential for producing hemoglobin, a protein in red blood cells that carries oxygen throughout the body. Without adequate iron, the body cannot produce enough healthy red blood cells, leading to a condition known as iron deficiency. Here are some of the main effects of low iron on the body;


 Fatigue and Weakness  Pale Skin

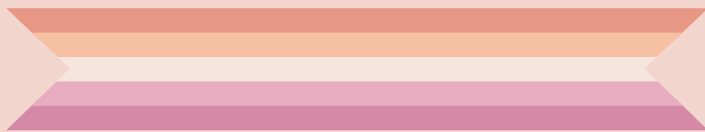
 Shortness of Breath  Heart Palpitations

 Headaches and Dizziness  Cold Hands and Feet

 Brittle Nails and Hair Loss  Restless Leg Syndrome

 Cognitive Impairments  Weak Immune System

 Heavy or Irregular Menstrual Cycles



Snacks

IRON-RICH SMOOTHIE

INGREDIENTS:

1 CUP OF SPINACH

1 BANANA

1 CUP OF FORTIFIED ALMOND MILK

1 TABLESPOON OF ALMOND BUTTER

1 TEASPOON OF HONEY (OPTIONAL)

INSTRUCTIONS:

PLACE ALL THE INGREDIENTS IN A BLENDER.

BLEND UNTIL SMOOTH.

POUR INTO A GLASS AND ENJOY IMMEDIATELY.

PUMPKIN SEED AND DARK CHOCOLATE TRAIL MIX

INGREDIENTS:

1 CUP OF PUMPKIN SEEDS (PEPITAS)

1/2 CUP OF DRIED CRANBERRIES

1/2 CUP OF DARK CHOCOLATE CHIPS (PREFERABLY 70% COCOA OR HIGHER)

1/2 CUP OF ROLLED OATS

1/4 CUP OF SUNFLOWER SEEDS

INSTRUCTIONS:

IN A LARGE BOWL, COMBINE ALL THE INGREDIENTS.

MIX WELL TO ENSURE AN EVEN DISTRIBUTION.

STORE IN AN AIRTIGHT CONTAINER FOR A QUICK AND EASY SNACK.

SPINACH AND CHICKPEA SALAD

INGREDIENTS:

1 CUP OF CANNED CHICKPEAS, DRAINED AND RINSED

2 CUPS OF FRESH SPINACH LEAVES

1 TABLESPOON OF OLIVE OIL

1 TABLESPOON OF LEMON JUICE

SALT AND PEPPER TO TASTE

INSTRUCTIONS:

IN A LARGE BOWL, COMBINE THE SPINACH LEAVES AND CHICKPEAS.

IN A SMALL BOWL, WHISK TOGETHER THE OLIVE OIL, LEMON JUICE, SALT, AND PEPPER.

POUR THE DRESSING OVER THE SPINACH AND CHICKPEAS AND TOSS TO COMBINE.

Did you know!?

Vitamin C enhances the absorption of non-heme iron (the type found in plant-based foods). Pair iron-rich foods with sources of vitamin C



Dinner

TOFU AND BROCCOLI STIR-FRY

INGREDIENTS:

1 BLOCK OF FIRM TOFU, DRAINED AND CUBED

2 CUPS OF BROCCOLI FLORETS

2 TABLESPOONS OF SOY SAUCE

1 TABLESPOON OF SESAME OIL

1 TEASPOON OF MINCED GARLIC (OPTIONAL)

INSTRUCTIONS:

HEAT THE SESAME OIL IN A LARGE PAN OR WOK OVER MEDIUM-HIGH HEAT.

ADD THE MINCED GARLIC AND SAUTÉ FOR 1 MINUTE UNTIL FRAGRANT (IF USING).

ADD THE TOFU CUBES AND STIR-FRY UNTIL GOLDEN BROWN ON ALL SIDES.

ADD THE BROCCOLI FLORETS AND SOY SAUCE, STIRRING TO COMBINE.

COOK FOR 5-7 MINUTES UNTIL THE BROCCOLI IS TENDER BUT STILL CRISP.

LENTIL AND SPINACH STEW

INGREDIENTS:

1 CUP OF DRIED LENTILS, RINSED

2 CUPS OF FRESH SPINACH LEAVES

1 400 GRAM CAN OF DICED TOMATOES

TEASPOON OF GROUND CUMIN

INSTRUCTIONS:

ADD THE LENTILS AND DICED TOMATOES (INCLUDING THE LIQUID) TO THE POT.

ADD 2 CUPS OF WATER AND THE GROUND CUMIN.

BRING TO A BOIL, THEN REDUCE THE HEAT AND SIMMER FOR 20-25 MINUTES UNTIL THE LENTILS ARE TENDER.

STIR IN THE SPINACH LEAVES AND COOK FOR ANOTHER 5 MINUTES UNTIL WILTED.

BEEF AND CAPSICUM SKILLET

INGREDIENTS:

250 GRAMS OF BEEF MINCE

2 LARGE BELL PEPPERS (ANY COLOR), SLICED

1 MEDIUM ONION, SLICED

2 TABLESPOONS OF SOY SAUCE

1 TABLESPOON OF VEGETABLE OIL

INSTRUCTIONS:

HEAT THE VEGETABLE OIL IN A LARGE SKILLET OVER MEDIUM-HIGH HEAT.

ADD THE SLICED ONION AND CAPSICUM, AND COOK UNTIL SOFTENED, ABOUT 5 MINUTES.

ADD THE MINCE TO THE SKILLET, BREAKING IT APART WITH A SPATULA, AND COOK UNTIL BROWNED.

STIR IN THE SOY SAUCE AND COOK FOR AN ADDITIONAL 2-3 MINUTES.

Dessert

IRON-RICH DATE AND NUT BITES

INGREDIENTS:

1 CUP OF PITTED DATES

1/2 CUP OF ALMONDS

1/4 CUP OF PUMPKIN SEEDS (PEPITAS)

1 TABLESPOON OF COCOA POWDER

1 TEASPOON OF VANILLA EXTRACT (OPTIONAL)

INSTRUCTIONS:

IN A FOOD PROCESSOR, BLEND THE DATES, ALMONDS, AND PUMPKIN SEEDS UNTIL FINELY CHOPPED AND WELL COMBINED.

ADD THE COCOA POWDER AND VANILLA EXTRACT (IF USING), AND BLEND UNTIL THE MIXTURE STARTS TO COME TOGETHER.

ROLL THE MIXTURE INTO SMALL BALLS AND REFRIGERATE FOR AT LEAST 30 MINUTES BEFORE SERVING.

TWO-INGREDIENT CHOCOLATE MOUSSE

INGREDIENTS:

350 GRAMS OF SILKEN TOFU

1 CUP OF DARK CHOCOLATE CHIPS (PREFERABLY 70% COCOA OR HIGHER)

INSTRUCTIONS:

MELT THE DARK CHOCOLATE CHIPS IN A MICROWAVE-SAFE BOWL IN 30-SECOND INTERVALS, STIRRING AFTER EACH INTERVAL UNTIL SMOOTH.

IN A BLENDER OR FOOD PROCESSOR, BLEND THE SILKEN TOFU UNTIL SMOOTH.

ADD THE MELTED CHOCOLATE TO THE TOFU AND BLEND UNTIL FULLY COMBINED AND SMOOTH.

POUR THE MIXTURE INTO SERVING DISHES AND REFRIGERATE FOR AT LEAST 1 HOUR BEFORE SERVING.

Tip!

POUR THE MIXTURE INTO A FREEZER-SAFE CONTAINER AND FREEZE FOR AT LEAST 2 HOURS FOR A CHOCOLATE ICE CREAM ALTERNATIVE.

BANANA AND BLACKSTRAP MOLASSES SMOOTHIE BOWL

INGREDIENTS:

2 RIPE BANANAS, SLICED AND FROZEN

1 CUP OF FORTIFIED ALMOND MILK

1 TABLESPOON OF BLACKSTRAP MOLASSES

1 TEASPOON OF CINNAMON

TOPPINGS: GRANOLA, SLICED ALMONDS, CHIA SEEDS, OR
FRESH FRUIT

INSTRUCTIONS:

PLACE THE FROZEN BANANA SLICES, ALMOND MILK,
BLACKSTRAP MOLASSES, AND CINNAMON IN A BLENDER.

BLEND UNTIL SMOOTH AND THICK.

POUR INTO A BOWL AND TOP WITH GRANOLA, SLICED
ALMONDS, CHIA SEEDS, OR FRESH FRUIT.

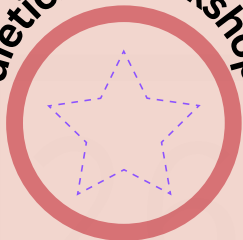
Did you know!?

Calcium can negatively impact the absorption of non-heme iron (iron found in plant based foods)! If you've made an iron rich smoothie bowl, maybe decide against using cows milk.

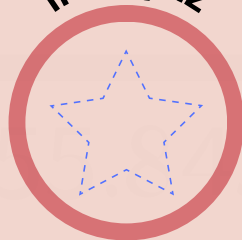


passport

dietician workshop



iron quiz



line dance session



cooking workshop



clashing sound



health service engagement



Low Iron Lesbians

PRESENTED
BY



**Blacktown Youth
Services Association**

IN
PARTNERSHIP
WITH



SUPPORTED BY



Lesbians Incorporated
creating spaces for lesbian community