



Healthy Kids Recipes

50 + Healthy Recipes for Toddlers

This Master List of 50 + Recipes are full of healthy and easy breakfast, lunch, snack and dinner recipes for your little one! Most of these recipes can be made in 5-30 minutes.

Inside ...

[Banana Strawberry Almond Smoothie Recipe](#)

[Homemade Potato Vada Recipe](#)

[Grilled Fish Recipe](#)

[Palak Paneer Recipe](#)

[Soya Kheema Recipe](#)

[Multigrain Dosa Recipe](#)

[Almond Waffles Recipe](#)

[Appam Recipe](#)

[Vegetable Stew Recipe](#)

[Soya Curry Recipe](#)

[Homemade Mava Barfi Recipe](#)

[Hara Bhara Kebab Recipe](#)

[Palak \(Spinach\) + Grapes + Apple Juice Recipe](#)

[Potato Sabzi Recipe](#)

[Banana Oats Milkshake Recipe](#)

[Egg Paratha Recipe](#)

[Lauki Halwa Recipe](#)

[Dal Pakoda Recipe](#)

[Egg Pulav Recipe](#)

[Mini Kanchipuram Idlis Recipe](#)

[Pasta in White Sauce Recipe](#)

[Missi Roti Recipe](#)

[Grilled Chicken Recipe](#)

[Mango Yoghurt Recipe](#)

[Chunda Recipe](#)

[Carrot Capsicum Sabzi Recipe](#)

[Mashed Sweet Potato Recipe](#)

[Jowar \(Sorghum\)- Paneer – Palak Paratha Recipe](#)

[Carrot-Moong Dal \(Split Green Gram\) Soup Recipe](#)

[Bhagar \(Millet\) Cooked in Buttermilk Recipe](#)

[Ragi \(Finger Millet\) Satva Recipe](#)

[Egg White Pancakes Recipe](#)

[Egg Custard Recipe](#)

[Date and Tomato Chutney Recipe](#)
[Gobi \(Cauliflower\) Paratha Recipe](#)
[Paneer \(Cottage Cheese\) Bhurji Recipe](#)
[Rice Porridge Recipe](#)
[Lauki Moong Dal Soup Recipe](#)
[Egg Omelette Recipe](#)
[Whole Wheat Pasta Recipe](#)
[Watermelon Juice Recipe](#)
[Wheat Banana Sheera Recipe](#)
[Wheat Laddoo Recipe](#)
[Veg Rava Idli Recipe](#)

Banana Strawberry Almond Smoothie Recipe



When it comes to a strawberry milkshake or a refreshing banana smoothie nothing can beat the relief which this energizing drink has to offer! Not only amongst adults but with kids too, a strawberry milkshake or a banana smoothie is the best way to include all the vital nutrients with a yummy taste. So here we have a sweet and velvety banana strawberry almond smoothie recipe which will be an instant hit at home! You can introduce this smoothie recipe to toddlers as well, they will love the taste and also get all the vital nutrients loaded in this drink. So scroll on to read how to make a banana strawberry almond smoothie at home for your baby!

Cooking Time

Type	Time (hh:mm:ss)

Preparation Time	00:05:00
Cook Time	00:10:00
Total Time	00:15:00

Cooking Method

No cooking required

Type of Meal

Vegetarian

Suitable For

Toddlers older than 20 months of age

Meal Schedule

In between-meal option, Breakfast

Recipe Type

Beverage

Ingredients

Type	Quantity
Banana	01 ripe
Strawberries	07 – 08
Yoghurt	4 tablespoons
Milk	4 tablespoons
Soaked Almonds	07 – 08

Instructions

Below mentioned are the step by step directions to make a banana strawberry almond smoothie:

1. Make sure that you have stocked up all the required ingredients.
2. Chop the bananas into small pieces and keep them aside. Slice the strawberries and keep them aside.
3. Take a blender and chop the bananas into the jar. Add the sliced strawberries, yoghurt, milk, and almonds into the jar.
4. Blend it for 4-5 minutes or until it turns out to a smooth creamy smoothie.
5. Pour into a glass and enjoy the drink!

Recipe Tips

- This simple banana strawberry almond smoothie recipe is easy to blend and can be made in a variety of ways.
- The homemade banana strawberry almond smoothie baby food recipe is best served immediately after blending or else it might become thick.
- For toddlers and very young babies, you may also add breast milk or formula milk instead of regular milk to adjust the consistency of the smoothie.
- For adults and kids above 2 years, you may also add cocoa powder for a rich chocolaty taste.
- For toddlers and young babies, you may try other combinations with dates or baby spinach to enhance the iron content of the recipe.
- It is highly recommended to consult with your paediatrician before introducing any new recipes to young babies.

Nutrition Information (Per 200 Grams or 1 cup serving)

Type	Value
Carbohydrates	72.6 grams
Protein	3.9 grams
Fat	5.6 grams
Potassium	1003 milligrams
Sodium	304.5 milligrams
Calcium	86.4 milligrams
Iron	12.2 %
Copper	9.8 %
Folate	11.8 %
Manganese	30.6 %
Magnesium	20.8 %
Phosphorous	8.3 %

Niacin	6.6%
Pantothenic Acid	4.7 %
Zinc	6.6%
Riboflavin	14.2 %
Vitamin A	23.2 %
Vitamin C	120.3 %
Vitamin E	103.7 %
Vitamin B6	36.2 %
Vitamin D	50%
Calcium	63.1%

Health Benefits

You would be delighted to know that this tasty and healthy beverage is fully loaded with many health benefits:

- A banana strawberry smoothie is an excellent source of Vitamin C, an antioxidant that fights against viruses helps in healing wounds, and also helps reduce the damage caused by free radicals.
- Banana contains healthy fibre that aids in digestion and easy bowel movements in children.
- The high potassium content in banana also makes it an excellent fruit to eat that decreases the risk of kidney stones.
- Strawberries are known to improve eyesight and also help decrease the symptoms of arthritis.
- Strawberry is an excellent source of antioxidants that helps protect against oxidative stress and ageing of the cell.
- The banana and strawberry in the smoothie contain folate which is very good for expecting mothers and the growing baby. Folate helps ward off the birth defects of the spine in babies.
- The almonds in the smoothie are highly nutritious and very rich in healthy fats.
- Almonds are a rich source of vitamin E that lowers the rate of heart diseases, cancer, and Alzheimer's diseases.

Buying Guide

Below mentioned are certain buying tips while choosing the ingredients for baby food recipes:

- Make sure that the bananas you choose are ripe and do not have black spots on the skin.
- Buy fresh and organic strawberries for this recipe.
- You can use vanilla flavoured yoghurt and low-fat skimmed milk for this recipe.

Banana Strawberry Almond Smoothie for babies can be easily made at home within no time! It's a gluten-free recipe that's best had in the morning to kick start a day filled with energy!

Homemade Potato Vada Recipe



Batata vada is a famous Maharashtrian street food that is loved by all! This mashed potatoes and gram flour dish is a delicious snacking option for kids too. Well, what if we told you that you can make this recipe for your toddler too! If you wish to know this simple Homemade batata /potato vada recipe, we recommend reading this post for the same!

Cooking Time

The table below shows the amount of time that you may need to invest to make this yummy snack for your munchkin:

Type	Time
Preparation Time	00:05:00
Cook Time	00:25:00
Total Time	00:30:00

Cooking Method

Gas Stove, Frying

Type of Meal

Vegetarian

Suitable For

Toddlers over 20 months of age.

Meal Schedule

Mid Morning Snack or Evening Snack

Recipe Type

Appetizers

Ingredients

You need the following ingredients to make Homemade batata/potato vada baby food recipe:

Type	Quantity/Volume
Potatoes	4-5 medium-sized
Ginger (finely chopped)	½ an inch
Garlic (finely chopped)	4 to 5 cloves
Curry leaves	5-6
Mustard seeds	½ teaspoon
Turmeric powder	1 teaspoon
Coriander leaves (finely chopped)	1 tablespoon
Gram flour	1 cup
Cumin powder	1 teaspoon
Lemon juice	1 tablespoon
Water	As required
Oil for frying	As required
Salt	As required

Instructions

Here are the step by step directions for making batata vada:

1. Boil potatoes in a pressure cooker for 2 whistles or until they turn soft and tender. Keep them aside to cool. Once cooled down, peel and mash them coarsely.
2. Heat one tablespoon oil in a pan.
3. Add mustard seeds and sauté them until they start spluttering.
4. Add curry leaves and cook them until they turn crisp.
5. Add chopped ginger and garlic and cook for a minute or two.
6. Add ½ teaspoon turmeric powder and mix well.
7. Slowly add coarsely mashed potatoes and salt. Mix well with the rest of the ingredients. Cook on low flame for a few minutes.
8. Put lemon juice, mix well and remove from the heat. Let it cool.
9. Mix gram flour, cumin powder, ½ teaspoon turmeric powder, and salt in a deep bowl.
10. Slowly add water to the flour mixture by whisking it continuously.
11. Heat oil in a wok for frying.
12. Scoop out small ball sized potato mix and dip it in gram flour batter. Slowly release the vadas in hot oil. Cook on medium flame until they turn crispy.
13. Place the vadas on a paper towel to remove excess oil. Serve at room temperature with homemade chutney or dip!

Recipe Tips

To master the correct way of how to make homemade batata /potato vada recipe, keep in mind some of the following tips too:

- Make sure the potatoes are not over boiled or else it may spoil the texture of the recipe. You need firm boiled potatoes for the recipe.
- The gram flour batter should neither be too thick nor too watery or else the vadas may not turn out well.
- You can add a tablespoon of rice flour or cornflour to make crispier vadas.

Nutrition Information (Serving Per 100 Grams)

The following table indicates the nutritional information present in batata vadas:

Type	Value
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Energy	250 Calories
Carbohydrates	20 grams
Protein	5 grams
Fat	15 grams
Potassium	385 milligrams
Sodium	750 milligrams
Vitamin A	800 IU
Vitamin C	35 milligrams
Calcium	25 milligrams
Magnesium	15 milligrams
Phosphorus	23 milligrams

Health Benefits

Here are some benefits of Homemade batata /potato vada for toddlers:

- The presence of Folate in potatoes helps in the synthesis and repair of DNA, which proves beneficial in keeping various kinds of cancers at bay.
- Potatoes are power-packed with calcium, iron, magnesium, and phosphorus, and all these nutrients help in strengthening bones.
- The presence of several nutrients such as potassium, vitamin B6, vitamin C, etc is beneficial for maintaining good heart health.
- Loaded with starch, enzymes and vitamin C, regular intake of potatoes help in nourishing and protecting the baby's delicate skin.
- Gram flour or besan does not contain gluten, thus it proves to be a healthy alternative for babies with gluten sensitivity.

Buying Guide

Keep in mind the following tips while buying ingredients for the recipe:

- Buy fresh and firm potatoes that do not have any marks on them. If possible, buy organic vegetables for the recipe.

- Do not buy loose gram flour. Buy pre-packed gram flour from any renowned brand.

Your search for a yummy snacking option ends with this easy to make batata vada recipe! Do try this recipe and bring a big smile on your munchkin's face!

Grilled Fish Recipe



Grilling fish is a much healthier option than frying fish. Cooking fish on a high heat makes sure that the fish is cooked well, crispy and flaky. This simple grilled fish recipe can be made in an oven, barbecue kits, or simply on the gas too. It tastes delicious and can be had as it is or an accompaniment to rice. When making grilled fish it is important to choose a large fish or fillet that is firm and fresh.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:15:00
Cook Time	00:20:00
Total Time	00:35:00

Cooking Method

Gas Stove, Induction

Type of Meal

Non-Vegetarian

Suitable For

For toddlers older than 21 months of age

Meal Schedule

Lunch or Dinner

Recipe Type

Main Dish

Ingredients

Type	Quantity
Fish fillet (any variety)	300 grams
Onions finely chopped	1 cup
Ginger Garlic paste	1 teaspoon
Red Chilli Powder	1 teaspoon
Turmeric Power	1/8 teaspoon
Garam Masala	¾ teaspoon
Lemon Juice	1-1 ½ teaspoon
Semolina or <i>Rava</i>	1 teaspoon
Salt	As per taste
Oil	As required for greasing

Instructions

Follow these simple step-by-step guide to learn how to make Grilled Fish for babies. A perfect dish to serve your toddler, you can now make it in a jiffy:

1. Wash the fillet under running water. Pat it dry with a kitchen towel. Slit the fillet and keep it aside.
2. Add all the other ingredients except the semolina in a bowl. Mix well so that everything blends well together.

3. Marinate the fillet and coat it with the mixture nicely and make sure you cover the slits too.
4. Now refrigerate the marinated fillet in the refrigerator for an hour.
5. Preheat the oven at 160 degrees for about ten minutes.
6. Place the marinated fillet on a baking tray and sprinkle the semolina on it.
7. Bake it for about 30-40 minutes. Keep checking to see if the fillet is being cooked constantly.
8. After about 20 minutes, use a knife or fork and widen the slit. This will help to grill the fish evenly and thoroughly.
9. If you do not have an oven, place the marinated fish on a stainless steel roasting net and cook on a low flame. This process will take time and you have to constantly check to see if the fillet is being cooked.

Recipe Tips

This home-made grilled fish baby food recipe is simple and can be easily perfected with the below tips. Just follow them to make it your baby's favourite dish:

- You could use any variety of fish but salmon is the best. Salmon is large enough and tastes wonderful when marinated. It is also one of the healthiest variety of fish.
- If you use salmon, you do not have to add any oil as salmon is an oily fish in itself.
- Try to marinate the fish and leave it overnight. This helps the marinade to be absorbed by the fish.
- Squeeze some lemon juice over the grilled fish before serving. Your kid may well love the tangy taste.
- Try not to char your meat as charred meat is linked to cancer. Discard any part that is over baked.

Nutrition Information (Per 100 Grams)

Type	Value
Calories	192 kCal
Carbohydrates	5 grams

Protein	31 grams
Fat	5 gms
Cholesterol	75 mg
Sodium	102 mg
Fibre	1 gms
Sugar	1 gm
Potassium	508 mg

Health Benefits

Fish is a powerhouse of nutrition and it is but natural that this grilled fish for babies is equally nutritional and healthy. Read on to find out more about the health benefits:

- Fish is rich in vitamins, proteins, and Omega 3. The Omega -3 found in mackerel and salmon is great for the health of the heart and also aids brain development.
- Fish is good for developing vision and keeps the eyes healthy.
- Fish is rich in fat-soluble vitamins like Vitamin A, Vitamin D, Vitamin E, and Vitamin K.
- Fish is also great for the skin and keeps the skin healthy.
- Eating fish is known to improve the mood of human beings in general and it holds good for babies too.

Buying Guide

Although fish can be served to infants of six months of age and over, you need to be a little cautious about sourcing it. Read on to find out more:

- Make sure you buy cleaned fish from the market
- Buy fish that has low mercury content for your baby.
- Try to buy salmon as it has low mercury content and is known to cause fewer allergies.
- Buy fish without any bones.

Apart from being fresh, tasty, and natural, seafood like fish is good for the health, development, and vitality of an infant. Serve this grilled fish by itself or with rice or *rotis*.

Palak Paneer Recipe



Palak paneer is a traditional dish that has been quite popular in Indian households. This Punjabi style recipe can be made by cooking cottage cheese in a smooth lentil-based gravy. This mild-spiced delicious dish not only has an irresistibly taste but meets the daily nutrition needs of your child. The combination of spinach, herbs, and spices in this rich gravy makes a humble accompaniment for your steamed rice, paratha, or hot chapatti. Bookmark this recipe of how to make palak paneer easily and see how it becomes a staple in your weekly meal plan for the entire family.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:15:00
Cook Time	00:30:00

Total Time	00:45:00
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Cooking Method

Stove

Type of Meal

Vegetarian

Suitable For

For toddlers older than 15 months of age

Meal Schedule

Lunch or dinner

Recipe Type

Side Dish

Ingredients

Type	Quantity
<i>Paneer</i>	150gram
<i>Palak</i>	2 Cup
<i>Ghee</i> /Butter	2 tbsp.
Salt	As Per Taste
Onion	¾ Cup finely chopped
Ginger-Garlic Paste	1 tsp
<i>Garam Masala</i>	½ Tsp
Turmeric Powder	1/8th tsp
Tomato	½ Cup
Cashewnuts	8-10
Cumin	1/8 Tsp
Cardamom	2
Cinnamon	1 Inch
Cloves	2
<i>Kasuri Methi</i>	2 Tsp
Fresh Cream	2 Tbsp

Instructions

This specific step by step directions of making *palak paneer* will help mothers to follow the guidelines and complete the task at hand successfully.

1. Select the tender *palak* leaves and discard the stems as they may have a bitter taste.
2. Rinse the lentils well and put it in a pan of boiling water. Add a little salt and blanch the leaves for 3 minutes until wilted. Immerse in cold water and strain out the water completely.
3. Add the spinach in a blender with ginger, garlic cloves and blend into a smooth paste.
4. Puree to a smooth paste. Take butter in a pan and melt it in a low flame.
5. Add the whole spices like cardamom, cinnamon, cloves, ½ tsp cumin, and bay leaf to the pan. Add finely chopped onion and ginger-garlic paste to the pan and sauté till the raw smell goes away.
6. Fry tomatoes and sprinkle salt. Stir till it turns mushy.
7. Add ¼ tsp of turmeric powder, *kasuri methi*, and sauté the gravy well.
8. Pour half cup water and cook in low flame for 10 minutes with the pan covered.
9. Stir at regular intervals to avoid sticking at the bottom.
10. Throw in the *paneer* cubes and add *garam masala* on top.
11. Add fresh cream and serve hot.

Recipe Tips

- This simple *palak paneer* recipe can be used to spicier with the addition of green chillies or chilli powder for older children.
- Add lemon juice or curd to make the gravy to make it tangier.
- Wash the *palak* thoroughly to remove the soil in them completely.
- Put some salt to the *palak* leaves and boil it in advance to remove its raw smell.
- This homemade *palak paneer* food recipe can be made tastier by adding ½ tsp of sugar.

- You can use tofu if your child has lactose intolerance towards dairy products.
- Store-bought *paneer* can be soaked in a bowl of lukewarm water for 15-20 minutes to keep it soft. Choosing good quality *paneer* is the key to a tasty gravy.

Nutrition Information (Per 1 Serving)

Type	Value
Carbohydrates	10gram
Calories	412 Kcal
Protein	15gram
Sodium	486mg
Fibre	2gram
Fat	34gram
Potassium	235mg
Calcium	484mg
Vitamin C	12mg
Vitamin A	1960IU
Iron	1.1mg
Cholesterol	61mg
Sugar	2gm

Health Benefits

Palak paneer is one of the yummiest choices for mothers for providing nutrition to your baby. Here are some of the health benefits of eating *palak paneer*:

- Spinach protects the liver from infections and reduces gastric problems in children.
- Rich in protein and calcium, *paneer* strengthens bones and teeth of babies.
- The folic acid in *paneer* assists in brain development. Vitamin B in *paneer* helps in better concentration and memory.

- *Palak* provides instant energy to children and keeps them active all day.
- The dietary fibre in *paneer* improves the baby's metabolism and boosts the immune system.

Buying Guide

This buying guide can be followed before heading out to purchase the ingredients for making *palak paneer*.

- Buy fresh tender and leafy palak from an organic store to ensure that's it is naturally grown.
- Consider its strong smell and vibrant colour of whole spices to determine the quality of whole spices.
- Use homemade clarified butter for cooking. Refined oil can also be used.
- Check the expiry date of the pre-packed frozen paneer bought from the store. There are less-fat versions that can be tried.

Homemade *palak paneer* for babies is a convenient and healthy dish to make that can make your child excited at the sight of it. This flavourful combination of *palak and paneer* is sure to tempt your child's taste buds when they are ready for solids. Try any new food in small quantities and consult your paediatrician in case of any allergic reactions in babies.

Soya Kheema Recipe



If you are looking for a recipe which is a powerhouse of protein this soya kheema recipe for babies is just for you. Soya chunks or meal-maker is a widely used ingredient in the Indian household for its loaded nutrition value and great taste. A meal with a good source of vitamins, minerals, and carbohydrates for your munchkin is this soya kheema which you can serve with soft rice or soft chapatis. Do not worry if you are wondering How to make soya kheema as you can find the recipe below along with its health benefits:

Cooking time

Type	Time(hh:mm:ss)
Preparation time	00:15:00
Cooking time	00:20:00
Total Time	00:35:00

Cooking Method

Gas Stove

Type of Meal
Vegetarian
Suitable For
Toddlers above 20 months
Meal Schedule
Lunch or dinner
Recipe Type
Main Dish

Ingredients

Ingredients	Quantity and Volume
Soya chunks	1 cups
Ginger garlic paste	1 tsp
Onions	2 medium-size
Tomatoes	2 medium-size
Cinamon	1 inch
Bay leaf	1 no
Oil	2 tbsp
Turmeric powder	¼ tsp
Chilli powder	¼ tsp
Corriander powder	½ tsp
<i>Garam masala</i>	½ tsp
salt	As per taste
Lime juice	½ tsp
Corriander leaves	1 tbsp

Instructions

This simple soya *kheema* recipe is a healthy dish that goes well with soft *rotis*. Follow the instructions below to ace this recipe.

1. Bring 4 cups of water to a boil in a pot and add in the soya chunks and switch off the flame.

2. Wait till you see the soya chunks swell and find the debris settle under the water.
3. Now discard the water and squeeze the soya chunks tightly until you remove the water from them.
4. Grind the soya chunks in a mixer to make soya granules.
5. Grind the onions into a puree and keep it aside.
6. Blanch the tomatoes in hot water and make it into a fine paste.
7. Heat oil in a pan and add in cinnamon and bay leaf followed by ginger garlic paste and onion puree and cook till the onions turn brown.
8. Now add in the tomato puree and the spice powders like turmeric, chilly and coriander and give it a good mix.
9. Cook till the raw smell of the tomatoes is gone.
10. Now, add in the ground soya granules, *garam masala*, and salt and cook covered on a low flame for 5 min.
11. Once done, garnish with coriander leaves and a dash of lime juice.

Recipe Tips

Now that you know the step by step instructions to make this delicious soya kheema, keep in mind the following pointers before you start with this recipe:

- Always remember to gently grind the soya chunks as it might get powdered very quickly.
- You can adjust the consistency of the *kheema* and make it a little dry by cooking for a few more minutes in the end or leave it a little moist.
- You can add cooked fresh green peas while adding the soya granules for added taste and nutrition.

Nutrition Information (Per 100 Grams)

Nutrient	Value
Energy	150 cal
Carbohydrates	7.5 g
Calcium	82 mg

Iron	3.7 mg
Protein	14.2 g
Magnesium	62 mg
Fibre	8 g
Phosphorus	232 mg
Sodium	0.5 mg
Potassium	623 mg
Zinc	1.2 mg
Vitamin A	152.2 mcg
Vitamin C	2.3 mg

Health benefits

A homemade soya *kheema* baby food recipe has amazing health benefits for your baby, some of them are listed below:

- Soya chunks are loaded with proteins that are vital for your little one for muscle growth and a better immune system.
- Soya chunks are derived from soya beans and are high in carbs which are essential to keep your baby energetic all day long.
- Soya chunks are also a great source of iron and calcium that are necessary for better immune systems and bone strength respectively.
- This recipe is loaded with essential amino acids that are needed for building proteins in your baby's body.

Buying guide

Before you head towards the market to grab the ingredients for this recipe to make soya *kheema* for babies, note down the buying tips as under:

- Buy soya chunks that are organic for more nutritional value.
- Select tomatoes that are well ripe and without any black spots for a bright red tomato puree.
- Buy the vegetables from a local shop that sells organic produce to keep your child away from harmful chemicals and pesticides.

- Always remember to check the expiry date of the packaging before you buy them.

This soya *kheema* recipe is going to be your child's favourite for dinner as it is tasty, soft, and full of spices. Encourage homemade food like this soya *kheema* recipe for your little one than store-bought cereals or packaged ready to eat food to help your baby grow better and stronger.

Multigrain Dosa Recipe



Breakfast is an important meal of the day and it should be healthy. If you're looking for some new breakfast recipes so that your child has his breakfast without making a fuss, give multigrain dosa a try! Multigrain dosa for babies is easy to make and this dosa is high in nutrition. The recipe of multigrain dosa that we're going to provide you here will help you learn how to make delicious and crispy dosas for your little one. By making multigrain dosas for your child, your baby will get the nourishment of different millets. So read on to know how you can make multigrain dosa for your little one.

Cooking time

Type	Time(hh:mm:ss)
Preparation time	00:05:00

Cooking time	00:06:00
Total Time	00:11:00

Cooking Method

Gas Stove

Type of Meal

Vegetarian

Suitable For

Toddlers above 20 months

Meal Schedule

Breakfast or Dinner

Recipe Type

Main Dish

Ingredients

Ingredients	Quantity and Volume
Finger millet (<i>ragi</i>) flour	¼ cup
Sorghum (<i>jowar</i>) flour	¼ cup
Wheat flour	¼ cup
Rice flour	1/2 cup
Ground oats	2 tbsp
Salt	As per taste
Cumin seeds (jeera)	2 tsp
Corriander leaves	1 tbsp chopped
Curry leaves	1 tbsp chopped
Curd	¼ cup
Water	As required to mix the batter

Instructions

Make this flavorful and nutritious *dosa* for your little one once or twice a week to ensure that he gets all the essential nutrients for his healthy growth. Follow the instructions given below on how to make multigrain dosa:

1. Sieve all the flours in a large mixing bowl; add in the salt, coriander leaves, curry leaves, and cumin seeds, and mix well.
2. Now whisk in the curd then gradually add water to get the consistency of dosa batter.
3. Let the batter rest for about 30-40 minutes as it will help in fermenting the batter.
4. Heat a non-stick *dosa tawa* and pour a ladle-full of batter onto it and swirl the *tawa* a bit so that the batter spreads evenly on it.
5. You can add in a little more batter on the *tawa* if needed.
6. Pour some oil from the edges if needed.
7. Once the *dosa* is cooked from one side, gently flip it and cook for a couple of minutes and serve hot. Once it is properly cooked from both the sides, transfer it to a plate and serve warm!

Recipe Tips

In order to ensure that your homemade multigrain *dosas* taste delicious, keep a note of the following recipe tips:

- You can add finely chopped onions to the batter to enhance the taste of the *dosas*.
- The consistency of the dosa batter should be thin so that the *dosas* turn out to be crisp.
- You can also add some semolina flour for crispier *dosas*.
- Any millet flour can be added to this recipe to make it more nutritious.
- Mix the batter completely before making each dosa as this batter tends to settle at the bottom.

Nutrition Information (Per 100 Grams)

Nutrient	Value
Energy	130 cal
Carbohydrates	18.5 g
Calcium	72 mg
Iron	2.7 mg
Protein	3.2 g

Magnesium	35 mg
Fibre	4 g
Phosphorus	82 mg
Sodium	4.5 mg
Potassium	123 mg
Zinc	1.1 mg
Vitamin A	59 mcg
Folic acid	13.3 mcg

Health benefits

This simple multigrain dosa recipe has immense health benefits, some of which are listed below:

- *Ragi* is a rich source of calcium and is one of the non-dairy sources of calcium which is essential for the healthy development of bones and teeth in kids.
- *Ragi* has an abundance of iron in it which helps prevent anaemia.
- *Jowar* has all the essential vitamins and minerals that boost your baby's immune system and improves heart health.
- Multigrain flours used in this recipe are rich in high-fibre which helps in preventing overeating and keeps obesity at bay for your munchkin.

Buying guide

Make this delectable dosa for babies healthier by choosing the best of ingredients available in the market. Now that you know the step by step instructions to this recipe, here are some tips to note down before you head towards shopping:

- Buy the flours from an organic shop to make sure you feed your baby with chemical-free produce.
- Also, remember to check the expiry date of the flours in the pack.
- Select fresh curd over sour curd while buying for better taste.
- Buy coriander leaves that are bright green and avoid the ones which have turned pale yellow.

- Select curry leaves which are a little small as they are more flavourful than the bigger leaves.

Dosas are healthy and a staple in South India and by using multigrain flours you can make it even healthier for your toddler. Choosing recipes like this for breakfast or dinner over store-bought instant dosa mixes or other quick fix ensures better growth and development for babies.

Almond Waffles Recipe



When you have picky eaters, breakfast ruts get real and become a serious concern for mothers. If you're one of them and want to make sure your kid has eaten a balanced breakfast, almond waffles can be a good option. This kid-friendly recipe helps you to make the perfect waffles that are light, crispy on the outside, and fluffy from inside. Quick and fun-to-make, almond waffles are extremely delicious to taste and provides the best nourishment that your child needs to remain active all day. As you get creative with your cooking skills and find out how to make almond waffles most simply, the joy of watching your child enjoying the dish will surpass the effort you make.

Cooking Time

Type	Time (hh:mm:ss)

Preparation Time	00:10:00
Cook Time	00:20:00
Total Time	00:30:00

Cooking Method

Waffle Maker

Type of Meal

Non- Vegetarian

Suitable For

Toddlers older than 22 months of age

Meal Schedule

Breakfast, Evening-Snacks

Recipe Type

Main Dish

Ingredients

Type	Quantity
Almond flour	2 Cup
Egg	3
Milk	1 ¼ Cup
Baking Powder	1 Tsp
Salt	½ Tsp
Vanilla Extract	1 Tsp
Maple Syrup/Honey	2 Tbsp.
Arrowroot Starch	1 Tbsp.
Oats Flour	2 Cup
Water	1/3 Cup
Extra-virgin olive Oil	1 Tbsp.
Sugar	2 Tbsp.

Instructions

These step by step directions are easy tricks to remember when you try your hand at this unique recipe:

1. Take a large mixing bowl and combine eggs, almond flour, oats flour vanilla extract, baking powder, arrowroot, water, salt, sugar, and milk together by whisking everything well.
2. Add water if the batter seems thick.
3. Preheat the waffle maker. Grease it by spraying olive oil. Pour 1/4th cup of the batter at the centre of the waffle iron.
4. Cook until the waffles are puffy and done for about 5 minutes.
5. Use a fork to carefully remove the cooked waffle from the waffle maker. Transfer it to a plate. Repeat the process with the remaining batter.
6. Serve warm with your child's favourite topping.

Recipe Tips

- This simple almond waffles recipe made sweeter by adding apple sauce to the batter.
- Adding any multi-grain powder makes the waffles more nutritious for your kid.
- You can brush the waffle maker with butter or olive oil each time one round of waffles is done to prevent sticking to the base.
- This homemade almond waffles baby food recipe can be made healthier by using low-fat buttermilk and unsalted butter to the mix.
- Adding sugar or salt is not advisable for children less than one year of age.
- Cooking the waffles for a shorter time makes them soft and crunchy if you cook them for a longer time.
- Make sure that the batter is smooth and has no lumps in it.
- Any varieties of milk like almond milk, soy milk, coconut milk can be used for this recipe.

Nutrition Information (Per 1 paratha)

Type	Value
Carbohydrates	24.4gram
Calories	205kcal
Protein	6.6gram

Sodium	194.5gram
Fibre	2gram
Fat	15gram
Potassium	114mg
Calcium	97mg
Cholesterol	42mg
Sugar	10gram
Iron	1.5mg
Vitamin A	61IU

Health Benefits

Waffles are considered ‘food for life’ as they’re preservative-free convenient and fast breakfast solution. The health benefits listed below will encourage you to invest time and effort in making for your entire family:

- Eggs are a valuable source of protein for babies. Considered as the building blocks for growth and regeneration of cells, eggs make babies stronger.
- Almonds contain riboflavin and L-carnitine that stimulate brain activity in babies. They contain a high amount of fibre that aids the digestion process and regulates bowel movements.
- The fatty acids in almonds have anti-inflammatory properties that ensure good health for children. Phosphorous in almonds enhances bone and teeth health thereby preventing osteoporosis in later life.
- The rich composition of antioxidants in almonds helps to fight cancer.
- Milk contains calcium and Vitamin D needed to build strong muscles and keep for all-rounded growth and development of your child.

Buying Guide

This buying guide is a ready reckoner for all mothers venturing out to shop the best quality ingredients that will help to bring out the best taste and nutritional value of this dish.

- Almond flour can be made at home or bought from a store. Go for extra-fine, high protein variety for the smoothest and healthiest waffle batter.
- Check the expiry date on the label of the eggs mentioned in its pack. The eggshell should be clean, smooth, and not cracked.
- Buy pasteurised milk that is well within their use-by date. Avoid leaky milk cartons.

As mothers make no compromise with their child's health, homemade almond waffles for babies have the wholesome goodness that store-bought waffles fail to have. Hence, make sure eating your almond waffles become your child's favourite weekly treat that not only satisfies hunger pangs but helps create happy memories of mealtimes.

Appam Recipe



Making a delicious breakfast that your toddler will relish is not an easy task, but worry not as we bring to you a simple appam recipe. Appam is a south-Indian delicacy mostly popular in Tamil Nadu and Kerala. This is a delicacy with lacy border and spongy inside, isn't that interesting? It is also a healthy recipe as it requires very little oil. Let your little one feast on this delicious appam as it is or just generously pour coconut milk on the appam and let them enjoy it.

Cooking time

Type	Time(hh:mm:ss)
Preparation time	00:15:00
Cooking time	00:07:00

Total Time	00:22:00
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Cooking Method

Gas Stove

Type of Meal

Vegetarian

Suitable For

Toddlers above 20 months

Meal Schedule

Breakfast or dinner

Recipe Type

Main Dish

Ingredients

<i>Idli</i> rice	½ cup
Raw white rice	½ cup
<i>Urad dal</i>	1 tbsp
Fenugreek (<i>Methi</i>) seeds	1 tsp
Sugar	1 tsp
Coconut Milk	½ cup
Salt	As per taste
Cooked white rice (optional)	1 tbsp
Oil	To drizzle on Appam
Water	As required

Instructions

The following instructions explain How to make *appam* in a simple way:

1. In a large bowl filled with water soak *idli* rice, raw rice, *urad dal* and *methi* seeds for at least 5 hrs.
2. Grind the soaked rice and *dal* mixture in a mixer along with cooked white rice into a fine batter and let it ferment for 7-8 hrs.

3. After the batter is fermented well add salt, sugar, and coconut milk and give it a good mix.
4. Adjust the consistency of the *appam* batter a little thinner than that of a *dosa* batter.
5. In an *appam* pan which is similar to a small *kadai*, pour a ladle of batter in the centre and swirl the batter around the pan to coat the sides of the pan.
6. Add 1 tsp oil on the sides of the *appam* and close the lid and cook for 2-3 minutes.
7. Once you see the *appam* turning light brown in the corners you can remove it from the heat and serve with coconut milk or any *chutney* of your choice.

Recipe tips

As you are now aware of the step by step instructions for a traditional *appam* recipe, note down the following pointers to get the perfect texture and taste.

- Usually, *appam* batter should have a thin consistency to get the *appams* crispier towards the sides and soft and fluffy in the centre.
- If the batter is not fermented enough you add a pinch of baking soda to it.
- Homemade coconut milk enhances the flavour of *appam* than canned coconut milk.
- Leftover *appam* batter can be stored in the refrigerator for up to 3 days.
- You can use coconut oil or groundnut oil for preparing this recipe instead of refined sunflower oil for added health benefits.

Nutrition value (Per 100 Grams)

Nutrient	Value
Energy	100 cal
Carbohydrates	18 g
Fat	1.5 g
Protein	1.5 g

Vitamin A	1 mcg
Calcium	2.1 mg
Cholesterol	0 g
Fibre	0.8 g
Folic Acid	1.5 mcg
Magnesium	20 mg
Phosphorus	36 mg
Sodium	1.5
Zinc	0.3 mg

Health benefits

Appam is wholesome breakfast with the following health benefits for babies:

- Rice is abundant with complex carbohydrates which essentially provides energy to the little ones to keep them active all day long.
- Since *appam* is low in calories it helps in keeping obesity at bay for your munchkin.
- *Urad dal* has immense dietary fibre which is very much essential for improved digestion in babies.
- Rice also has vital proteins that are needed for proper muscle development in children.
- Coconut milk has mostly essential fats that are required by toddlers for better brain development and glowing skin.
- Coconut milk also has antimicrobial lipids that protect babies' body from germs and bacteria.

Buying guide

Making delicious home-made *appam* baby food recipe also dependants on the quality of ingredients used in it, so check out the buying guidelines below:

- Always make *appam* using fresh and white raw rice as it will yield whiter *appams*.
- Check the expiry date of the rice and *dal* you buy.

- Choose the coconut which is browner and free from cracks as it will have more white than water.
- Buy organic rice to keep your baby away from crops that are grown using chemicals and pesticides.

Your baby is sure to enjoy a plate of *appams* which is crispy outside and fluffy inside. Our babies are a priceless possession, therefore opt for home-made breakfast ideas like this *appam* recipe than depending on store-bought cereals. Get started to make these delicious *appams* right away!

Vegetable Stew Recipe



Introducing solids to your weaning baby is a vital process of establishing a healthy eating habit and limiting fussy mealtimes. This milestone can be crossed smoothly by feeding vegetables in the form of stew to your baby. The choice of varied vegetables used to cook this recipe encourages the acceptance of different textures, colours, flavours, and consistencies. Once your baby's tummy gets adjusted to clear vegetable stew it is time to cook a mix of vegetables in a mildly spiced stew. Easy to cook, vegetable stew can be accompanied by steamed rice, bread, or appams. Note down the recipe of how to make vegetable stew most simply and it could become a regular item in your baby's weekly diet.

Cooking Time

Type	Time (hh:mm:ss)

Preparation Time	00:10:00
Cook Time	00:30:00
Total Time	00:40:00

Cooking Method

Gas

Type of Meal

Vegetarian

Suitable For

Toddlers older than 15 months of age

Meal Schedule

Breakfast, Lunch or dinner

Recipe Type

Main Dish

Ingredients

Type	Quantity
Carrot	1 Tbsp.
Beans	1 Tbsp.
Green Peas	10 taken from the pod
Water	As Needed
Salt	As Per Taste
<i>Ghee</i> /Clarified Butter/Oil	¼ Tbsp.
Tomato	¼ Cup
Pepper Powder	½ tsp
Minced Garlic	2-3 Cloves
Small Onion	1
Corn-starch	1 Tbsp.
Dried Rosemary/Celery	1 Tbsp.
Ginger	1 Inch
Potato	1

Instructions

Follow the step by step directions given here to master the art of making the perfect vegetable stew for your little one.

1. Wash the vegetables in running water. Peel and cut the carrots, potato into small dices. Chop the beans into equal sizes. De-seed the peas from the pod.
2. Steam the chopped veggies in a steamer for about 10 minutes.
3. Once the vegetables are soft, cool, and blend them in a mixer till smooth.
4. Heat butter in a pan. Add the onion and sauté till it turns transparent.
5. Add the minced ginger, garlic, chopped tomatoes, and stir. As the tomatoes become mushy, pour in the vegetable broth.
6. Turn up the heat to boil. Mix 1 tsp of corn-starch with 2 tablespoons of water in a bowl.
7. Add the corn-starch to the stew. Stir it till the consistency becomes thick. Add more water if needed.
8. Add seasonings like salt, pepper powder, and herbs on top.
9. Switch off the flame and serve warm.

Recipe Tips

- This simple vegetable stew recipe can be made using coconut milk instead of water. While adding curry leaves replaces the Italian seasoning.
- Strain out the tomatoes if you think its skin or seed might cause choking while eating.
- Sterilize the vessels well that is used for cooking and feeding your baby.
- Make the baby sit in an upright position to feed the baby to avoid choking.
- Feed each of the vegetables used in this recipe individually to ensure no allergies have been found.
- You can pressure cook the vegetables with three whistles before making the stew.

- You can even use a combination of dals with vegetables for this homemade vegetable stew baby food recipe.

Nutrition Information (Per Serving)

Type	Value
Carbohydrates	23.25gram
Calories	134kcal
Protein	6.33gram
Sodium	540mg
Fiber	4.1gram
Fat	2.32gram
Potassium	526gram
Calcium	38mg
Vitamin C	20.3mg
Vitamin A	4130IU
Iron	1.74mg
Sugar	4.61gram

Health Benefits

A warm bowl of vegetable stew has the best therapeutic property for a sick child. Nevertheless, you can make this dish on other times too to meet the nutritional needs of a growing child:

- By sneaking vegetables into this dish, you can ensure that your child is getting well benefited from the essential vitamins and minerals present in the vegetables.
- Carrots are a rich source of fibre, beta-carotene, potassium, Vitamin K1, and antioxidants. Carrots promote good eye health and are used in an effective weight-loss diet.
- Beans are a good source of protein, vitamin C, folate, Vitamin A, fibre, and antioxidants. Start beans in small quantities for babies as undigested beans can increase flatulence.

Buying Guide

This shopping guide helps you to make informed choices about the products that are needed to make the tastiest vegetable stew for your baby.

- Use unsalted butter for cooking for babies. Branded butter can be bought from a reputed store.
- Spices can be bought in small quantities as they lose their aroma and colour easily. Check the expiry date of the sealed pack of spices.
- It is always better to choose organically grown vegetables. Fresh vegetables can, however, be bought from the local farmer's market.
- Check the ingredients mentioned on the label of the edible oil packet.

Self-fed or spoon-fed, homemade vegetable stew for babies always tastes best when made with love and care by doting mothers. This rich, savory broth is surely a healthy substitute for any packaged products that are readily available in the market. Serve it a little warm and your kid is sure to love it!

Soya Curry Recipe



One of the best sources of protein after breast milk is poultry and soya! Children, during their growth years, need a protein-rich diet for their overall growth, development, and energy requirements. Soya nuggets or soya chunks are one of the best sources of protein especially for kids as they would love the texture and taste of a well-cooked soya bean. Including soya bean in the everyday diet of kids will make sure that they get the required amount of protein and essential nutrients. This soya chunks curry is easy to cook and is enriched with delightful flavours! Read on to find out how to make soya curry at home for your baby.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:20:00
Cook Time	00:20:00
Total Time	00:40:00

Cooking Method

Gas

Type of Meal

Vegetarian

Suitable For

Toddlers older than 20 months of age

Meal Schedule

Breakfast, Lunch or Dinner

Recipe Type

Main Dish

Ingredients

Type	Quantity
Soya chunks	1 Bowl
Oil	1 tablespoon
Onions	1 medium-sized
Tomato	1 medium-sized
Ginger garlic paste	1 teaspoon
<i>Garam masala</i> powder (optional)	½ teaspoon
Turmeric powder	1 teaspoon
Water	2 cups
Salt	As required
Coriander leaves	A handful

Instructions

Below mentioned are the step by step directions to make Soya curry:

1. Get all the ingredients ready for a hassle-free cooking experience. Soak the soya chunks in a bowl of water for about 1.5 to 2 hours. Once soggy, squeeze out the excess water from the soya chunks and keep it aside.
2. Heat oil in a pan and add onions. Cook on medium flame until the onions turn translucent.

3. Next, add the ginger-garlic paste and cook for another 1-2 minutes until the raw smell goes away.
4. Once the onions and ginger garlic paste is done, add the tomatoes. Cook till the tomatoes soften and turn mushy.
5. Now, add turmeric powder, salt and *garam masala* powder, and mix well.
6. Add water to the pan and then the soya chunks. Cook on low flame for about 10-12 minutes until the soya chunks have absorbed all the flavour.
7. Open the lid and stir occasionally. Once done, add the coriander leaves and serve hot with *chapati* or rice.

Recipe Tips

- This simple soya curry recipe can also be made with some veggies of your choice.
- The homemade soy curry baby food recipe is best served hot along with *chapati* or rice.
- For toddlers and very young babies, you may skip the *garam masala* powder or reduce the quantity accordingly.
- Adjust water according to the consistency that you prefer.
- It is highly recommended to consult with your paediatrician before introducing any new recipes to young babies.

Nutrition Information (Per 200 Grams or 1 cup serving)

Type	Value
Carbohydrates	7.5 grams
Calcium	86.4 milligrams
Iron	3.7 milligrams
Protein	15.6 grams
Fat	7 grams
Fibre	8.3 grams
Magnesium	63 milligrams
Phosphorous	248.4 milligrams
Potassium	646.9 milligrams

Sodium	0.7 milligrams
Zinc	1.2 milligrams
Folic acid Vitamin B9	36 micrograms
Vitamin A	153.4 micrograms
Vitamin C	2.2 milligrams
Vitamin E	0.3 milligrams
Vitamin B1	0.3 milligrams
Vitamin B2	0.1 micrograms
Vitamin B3	1.1 milligrams

Health Benefits

Soya chunks are considered to be vegetarian's meat! But did you know that this simple to make and super tasty soya bean chunk is loaded with so many health benefits:

- Soya beans are a great source of protein and a decent source of carbohydrates and fats.
- Research shows that soya beans may help lower cholesterol, it helps reduce the LDL cholesterol and also helps in raising the HDL cholesterol.
- Soya beans also boost fertility in women, it is considered beneficial for women trying to conceive and undergoing fertility treatment. It helps boost ovulation and menstrual cycles in women with PCOD and hormonal imbalances.
- The isoflavones in the soya beans aid in reducing the menopause symptoms in women.
- Soya beans are the best source of plant-based protein and also an excellent source of many nutrients and phytochemicals.
- Soya contains prebiotic fibre and also provides a small amount of vitamin E, niacin, vitamin B6, and pantothenic acid.

Buying Guide

Below mentioned are certain buying tips while choosing the ingredients for baby food recipes:

- Always buy the soya chunks from a trusted source or brand.
- If including veggies in the recipe then make sure that you buy organic veggies and wash them thoroughly before cooking.

Soya curry for babies can be made in a variety of different styles at home. It is an easy to cook recipe, that will be loved by kids and adults both!

Homemade Mava Barfi Recipe



Barfi is a traditional Indian sweet prepared during festivals and is relished with everyone. There are many variations to barfi. Mava barfi being one of them. Mava barfi is a unique preparation made by mixing dried evaporated milk solids with sugar. Mava or khoya forms the base of most sweets. The extra creaminess of the mava makes this barfi melt in the mouth as soon as you put in your mouth. Whether . Note down how you can make mava barfi and you'll be surprised to see how the result is worth the effort.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:05:00
Cook Time	00:20:00
Total Time	00:25:00

Cooking Method

Gas

Type of Meal
Vegetarian
Suitable For
Toddlers above than 18 months of age
Meal Schedule
Breakfast, After Lunch or dinner
Recipe Type
Dessert

Ingredients

Type	Quantity
Crumbled <i>mava</i>	2 ½ cups
Sugar	¾ cups
Cardamom powder	1/8 tsp.
<i>Ghee</i>	1 tsp.
Saffron	1 pinch
Almond/pistachios	2 tbsp.
Milk powder	2 tbsp.

Instructions

Here's a step-by-step guide on how to make yummy homemade *mava barfi*:

1. Grate and crumble the unsweetened *mava*.
2. Heat *ghee* in a large pan. Add the chopped nuts and fry until golden brown. Set aside.
3. Soak saffron in a small bowl of milk for about 5 minutes. Set aside.
4. Add the crumbled *khoya* in the pan and stir on low flame for a couple of minutes. Add in the sugar, cardamom powder, roasted nuts, and saffron milk to the *mava* mixture. Give it a good mix.
5. As the *mava* and sugar start melting, stir uniformly until the mixture thickens.
6. Transfer the prepared mix into a greased mould layered with a baking paper. Pat it gently to smoothen the mixture.

7. Sprinkle some chopped nuts on top. Let it sit for 1-2 hours. Alternatively, you can refrigerate for 30 minutes.
8. Unmould and cut into pieces and serve.

Recipe Tips

Here are some tips that you should follow while making *mava barfi* at home:

- This simple *mava barfi* can be made aromatic by adding rose essence.
- *Mava barfi* can be stored in an air-tight container and stored in the refrigerator for 4-5 days.
- If your *barfi* doesn't set or turns sticky, add milk powder and mix well. You can cut the mould into squares, diamonds, or any shape of your choice.
- Adding dry fruits to this homemade mava barfi is optional but it makes it delicious.
- Use only fresh *khoya* for making this barfi.
- Spread the mixture evenly keeping the thickness of 1 inch at the edge.

Nutrition Information (Per Serving)

Type	Value
Carbohydrates	16gram
Calories	165gram
Protein	6gram
Sodium	90gram
Saturated Fat	5gram
Fat	5gram
Potassium	12gram
Calcium	229mg
Vitamin C	0.3mg
Calcium	229mg
Sugar	8gram

Vitamin A	155IU
Iron	0.1mg

Health Benefits

Homemade *mava* barfi has some of the best health benefits that will surprise you. Here are some of the reasons that will inspire you to try your hand at this recipe:

- The fatty acid present in ghee helps in brain development for a child and keeps them energized all day.
- Being a milk product, mava is rich in calcium that is good for strengthening bones and teeth of young children.
- Nuts like almonds and pistachios are a powerhouse of nutrients like vitamins, healthy fats, minerals, antioxidants, and dietary fibres. They all contribute to the overall physical and mental development of a child.

Buying Guide

Purchasing top-quality ingredients for making any dish needs a clear understanding and experience of shopping for food items. This buying guide for making *mava barfi* will help you choose the finest quality ingredients required for making *mava barfi*.

- If you're making *mava* at home, then use pasteurised milk alone. If you are buying it from a store, make sure that it is fresh.
- You will find enough and more options in sugar; granulated super-fine and confectioner's sugar, dark brown sugar, cane sugar, and palm sugar are some of the varieties of sugar you can choose from.
- Buy only branded saffron from a good store.
- Check the ingredients panel on the sealed pack of dry fruits before buying to avoid any additives or preservatives in them.

Royal in taste and luscious in texture, homemade *mava barfi* is the perfect dessert for babies and adults alike. It also gives a convenient way to incorporate dry fruits and milk solids in a fussy eater's diet. As children

have an innate preference for sweets, make this barfi for your child occasionally. It's okay to let him indulge once a while!

Hara Bhara Kebab Recipe



If you wish to make your child fall in love with green veggies, making the very tasty hara bhara kebab for him once a while would be a great option! Kebabs are a popular Asian snack that can have a variety of filling – both vegetarian and non-vegetarian. Here we will tell you how to make hard bhara kebab! They can be pan-fried, baked, or grilled over hot charcoal or tandoori fire. They taste delicious, no matter how you cook them. Made with a stuffing of spinach, green peas, some flavoured spices, mashed potatoes, it's simply hard to say no to them. Hara bhara kebabs can be the perfect answer to your child's hunger pangs on weekends. Without further ado, check out the recipe of hara bhara kebab!

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:25:00

Cook Time	00:15:00
Total Time	00:40:00

Cooking Method

Gas

Type of Meal

Vegetarian

Suitable For

Toddler older than 15 months of age

Meal Schedule

Lunch or dinner

Recipe Type

Snack

Ingredients

Type	Quantity
Oil	2-3 tsp
Potatoes	300 gram
Green peas	1 cup
Coriander leaves	½ cup
Salt	As per taste
Bread crumbs	¼ cup
Garam masala	½ tsp
Ginger garlic paste	1 ½ tsp
Lemon juice	1 tbsp
<i>Chaat masala</i>	1 tsp
Cumin seeds	2 tsp
Cornstarch	1 tbsp
Spinach	2 cup

Instructions

Keep the step by step directions given here in mind to make the yummiest Hara bara kebab for your little munchkin.

1. Wash spinach and put it in a pan on medium heat.
2. Add 1 tablespoon of water and cook for 2-3 minutes till the leaves shrivel.
3. Boil potatoes with green peas and keep aside.
4. Heat 1 tsp oil in a pan and sauté ginger-garlic paste in it until the raw smell disappears.
5. Add *palak* and sauté till it wilts off. Add the boiled green peas, salt, chaat *masala*, and gram masala. Stir fry for a minute until it emanates a nice aroma.
6. Cool completely and blend the mixture in a grinder to form a paste. Do not add water.
7. Mash the potatoes and mix them with the palak paste.
8. Mix cornstarch to the mixture to form a non-sticky dough. Add bread crumbs to absorb any excess moisture.
9. Add in the lemon juice and mix well. Then divide the dough to make 10 *kababs*. Flatten them with hand to form patties.
10. Heat 2 tbsp. of oil in a pan. Place the patties on the pan and pan-fry till golden brown.
11. Flip on both sides and serve hot.

Recipe Tips

Follow the recipe tips given below to make sure that you make the tastiest *hara bhara kebabs* ever!

- You can add green chillies simple *hara bhara kebab* recipe can be used to spice up using green chillies for older children.
- You can use *besan* in place of cornstarch to bind the dough.
- Frying in ghee instead of oil can enhance the taste of your *hara bhara kebab*.
- Add cashew nuts to the mixture to increase the nutritional value of the *kebabs*.
- You can fry coriander seeds along with cumin seeds in oil before adding the ginger garlic paste.
- Bake the *kebabs* in the oven if you do not want to fry them. Preheat the oven for 15 minutes at 180 degrees C, and grill for 10 minutes on each side after greasing the pan with oil.

Nutrition Information (Per 1 kabab)

Type	Value
Carbohydrates	16gram
Calories	101 kcal
Protein	5gram
Sodium	61mg
Fibre	3gram
Fat	3gram
Potassium	797mg
Calcium	179mg
Vitamin C	79.6mg
Iron	6.9mg
Vitamin A	21%
Vitamin B2	9%
Vitamin B3	2%
Vitamin C	5.4%
Vitamin E	0.3mg
Folic Acid	14%
Magnesium	6%
Phosphorous	5%
Potassium	2%
Zinc	1%

Health Benefits

Hara bhara kebabs have the goodness of greens and *ghee*. Each vegetable that goes in the *hara bhara kebab* has its nutrition value. Let's find out how the ingredients that go in the *hara bhara kebab* can benefit a child.

- Spinach is abundant in flavonoids that protect the body from free radicals. Considered as healthy brain food, spinach contains

- essential minerals like Vitamin A, C, magnesium, and folic acid.
- The dietary fibre in the vegetables used in this dish helps in digestion and reduces constipation in kids. Potatoes are an excellent source of potassium that plays a good role in a healthy cardiovascular system. Green peas contain Vitamin C, k, folate that maintains good eye, brain, and bone health.
- Cumin seeds promote digestion and reduce symptoms of irritable bowel syndrome.

Buying Guide

This buying guide has been formulated keeping the best interest of the consumer and your kid's health in mind:

- Look for fresh dark green leaves while buying the spinach.
- Look for the expiry date of branded edible oil before buying.
- It is always better to choose vegetables that are grown organically and free from harmful pesticides.

Homemade *hara bhara kebabs* for babies can be a tasty finger snack that you can make for your child and give a few to him in his lunch box. You can even make them as a birthday-party snack. These lip-smacking cutlets are delicious enough to tempt your kids every time you want to perk up their mood. No matter what the occasion, they're sure to love them.

Palak (Spinach) + Grapes + Apple Juice Recipe



If you are looking for a healthy drink for your child, how about you make palak-grape-apple juice? This tasty juice can serve as an all-in-one breakfast and you can give it to your child on days when he refuses to have breakfast and milk. This juice is also a tasty summer breakfast recipe. If you want to know how to make spinach-grape-apple juice at home, check out the recipe here!

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00
Cook Time	00:10:00
Total Time	00:20:00

Cooking Method

Blender, Mixer Jar

Type of Meal

Vegetarian

Suitable For

Babies above 13 months of age

Meal Schedule

Breakfast

Recipe Type

Drink with meal

Ingredients

Ingredients	Quantity and Volume
Spinach leaves (blanched)	1 ½ cups
Grapes	10
Green apples (peeled and chopped into pieces)	2
Ginger peeled and grated	1 ½ inch
Celery (optional)	1-2 large stalks

Instructions

Follow this step-by-step guide to learn how to make palak-grape-apple juice for your toddler.

1. Blend the spinach leaves and grapes in a blender.
2. Add the chopped apple pieces to the blender and blend again.
3. Follow it up with grated ginger and celery, and blend. Do not add water.
4. Pour it into glasses and serve immediately.

Recipe Tips

Follow these recipe tips to make a tasty palak-grape-apple juice.

- Chop the spinach finely. Try to chop it in a food processor so that it blends well with the grapes and apples.
- Make sure you peel the apples as the peel may not always blend in well.
- Chop the grapes horizontally and then blend it well.
- Do not add any water while blending these ingredients.
- Do not add any salt or sugar to this mixture. The juice should be consumed as is without adding any sweetener or salt.

Nutrition Information (Per 100 Grams)

Nutrient	Value
Energy	55 kCal
Protein	1 gm
Carbohydrates	13 g
Fibre	1 g
Cholesterol	33 mg
Sodium	60 mg
Potassium	150 mg
Sugar	10 gms

Health Benefits

A smoothie or juice is packed with health benefits. This home-made palak (spinach)-grape-and-apple juice is packed with nutrients that can benefit a child.

- Spinach is a powerful antioxidant. It is also rich in Vitamin K, Vitamin A, and folate. Vitamin K is essential to improve the health of the bones.
- Spinach has all the essential vitamins and minerals needed for good skin, hair, and health.
- Spinach is a rich source of iron and helps improve the energy levels of the body.
- Grapes are high in antioxidants and can help repair the cells and the damage caused by free radicals.
- Apples being a rich source of fibre can aid digestion.

- Ginger can help cure indigestion.
- Ginger is also good to improve immunity and provides resistance from cold, cough, and flu-like symptoms.

Buying Guide

Keep the following in mind when you go shopping for ingredients required to make this juice.

- Buy organic spinach as they are cultivated with natural ingredients. Make sure the bundle of spinach you buy has tender and fresh leaves.
- Buy apples that are ripe and firm.
- Buy grapes that are sweet and ripe.
- It is advisable to buy organic fruits and vegetables as they are free from chemicals and pesticides.

Spinach-grape-apple juice packs in a load of nutrients and minerals in their purest forms and can prove to be healthy breakfast or evening drink. Juices are a great way of introducing your child to different tastes and flavours. Try to serve this juice to your child – it is sure to refresh him and he will be more than willing to try new recipes after trying out this one.

Potato Sabzi Recipe



Potatoes are considered to be one of the most nutritious vegetables for babies. They can be introduced into a six-month-old baby's diet. They can offer ample energy to your growing baby and contribute to their healthy weight gain. Children love their soft, buttery texture and usually relish all potato dishes. Today, we will tell you how to make potato sabzi for your baby. It is easy to digest and loaded with essential minerals and vitamins, potato sabzi is the perfect dish that can be included in their child's daily diet. Learn how to make potato sabzi in no time.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00
Cook Time	00:20:00
Total Time	00:30:00

Cooking Method

Gas
Type of Meal
Vegetarian
Suitable For
Babies older than 11 months of age
Meal Schedule
Lunch or dinner
Recipe Type
Side Dish

Ingredients

Type	Quantity
Potatoes (medium-sized)	3-4
Onions (medium-sized, sliced)	2
Oil	1 tbsp.
Turmeric powder	¼ tsp
Salt	As per taste
Ginger-garlic paste	1 tsp
Parsley/coriander leaves	2 tbsp
Bay leaf	1
Garam <i>masala</i>	1 ¼ tsp
Cumin seeds	½ tsp
Lemon juice	1 tsp
Tomatoes (medium-sized)	2
Mustard seeds	½ Tsp
Coriander powder	1 Tsp

Instructions

The step by step directions given below will guide you to dish out the tastiest potato *sabzi*:

1. Wash potatoes and pressure cook them for 3 whistles. Once they cool, peel their skin and cut them into small cubes and keep aside.

2. Heat oil in a pan. Add the bay leaf, cumin seeds and mustard seeds.
3. Once the mustard seeds crackle, add sliced onions and fry until soft. Add the ginger-garlic paste and chopped tomatoes. Sauté for 2 minutes and until the tomatoes turn mushy and oil separates.
4. Sprinkle some turmeric powder, salt, and coriander powder and stir everything well for another 2 minutes.
5. As soon as the masala turns aromatic, throw in the potato cubes in the pan. Add little water and mix well.
6. Cover the pan with a lid and cook the sabzi on low flame for about 10 minutes.
7. Check with a fork if the potatoes are tender. Add lemon juice and *garam masala* on top.
8. Garnish with chopped coriander leaves and serve warm in a bowl.

Recipe Tips

Follow the above tips to make sure that you cook delicious potato *sabzi*.

- If your child is older, you can make it spicy, i.e., if your child likes spicy food. You can add red chilli powder or green chillies for older children.
- You can add curry leaves or *kasuri methi* to enhance the taste of this dish.
- This homemade potato *sabzi* baby food recipe can be served with steamed rice, *chapatis*, *parathas*, or even *dosa*.
- Make sure you sterilize all utensils and maintain hygiene before preparing food for your baby.
- Check with your paediatrician before introducing solids to your baby.
- Adding curry powder gives this dish an added flavour.

Nutrition Information (Per Serving)

Type	Value
Carbohydrates	77.8gram
Calories	250kcal
Protein	7.3gram

Sodium	465mg
Fibre	2gram
Fat	16.3gram
Potassium	554mg
Calcium	53mg
Vitamin C	27.9mg
Calcium	53mg
Iron	3.9mg
Sugar	3gram
Vitamin A	550IU
Iron	3.9mg
Zinc	2.2mg

Health Benefits

Power-packed with nutrition, potato *sabzi* is a wholesome food that ensures that your child develops healthy eating habits.

- Potato is a popular edible tuber that causes the least allergenic reactions in children. Due to the presence of carbohydrates, any potato dish is highly satiating and will keep your child energetic all day long.
- The presence of a substantial amount of alkaline sugar in potatoes keeps acidity at bay, protects the liver, protects the skin, improves gastronomical health, and supplies essential vitamins and minerals that are needed for a baby's growth.
- Red fleshed potatoes contain antioxidants like anthocyanins that fight various diseases and keep infections at bay.

Buying Guide

Keep the necessary information provided by this buying guide in mind before choosing any product needed to make this dish.

- Opt for organically grown potatoes if available easily.

- Check the best before date before buying a branded pack of dry *masala* from a supermarket.
- Look for the ingredient label before buying any branded edible oil.

For a child, moms are the best cooks. Hence homemade potato *sabzi* for babies tastes delicious when cooked with a mother's love and care. This scrumptious potato *sabzi* recipe can be served to kids as well as your entire family. So go ahead and make this delicious *potato sabzi* for your loved ones!

Banana Oats Milkshake Recipe



When you introduce cow's milk to your toddler, chances are that he will most likely resist drinking it. Breastfed babies generally dislike the formula milk or cow's milk. Babies do get used to formula milk a lot quicker. But when cow's milk is introduced, mothers find it hard to include it in their daily diet. This simple banana oats milk recipe can be served as an alternative to plain milk. The combination of bananas and oats makes it perfectly healthy and serves as a distraction to the taste of plain, unflavoured milk.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:05:00
Cook Time	00:10:00
Total Time	00:15:00

Cooking Method

Gas Stove, Induction, Blender or Mixer

Type of Meal

Vegetarian

Suitable For

Toddlers older than 19 months of age

Meal Schedule

Breakfast or Mid-day Snack

Recipe Type

Main Dish

Ingredients

Type	Quantity
Banana	1
Oats	1 tablespoon
Full fat milk	1.5 cups

Instructions

This milkshake makes for a perfect breakfast for babies as it includes milk, fruits, and the goodness of oats. And learning how to make banana oats milkshake for babies is no rocket science. Just follow this simple step-by-step guide:

1. Chop the bananas and add them in a mixer jar or blender.
2. Add in the oats and blend.
3. Now add the milk and blend again until the oats and bananas have combined well with the milk.
4. Transfer the milkshake in a glass and serve it to your baby.

Recipe Tips

This homemade banana oats milkshake baby food recipe is simple but the below tips could get it perfect:

- Chop the bananas finely so that they blend well with the drink.
- You can also powder the oats separately and add them so that they mix well with the drink.

- Use cold milk while blending as hot milk will tend to blow the mixie jar.
- Do not add any sugar as babies do not need any added sugar in their drinks. The sweetness of the banana is enough to make the smoothie taste nice.

Nutrition Information (Per 100 Grams)

Type	Value
Calories	490 kCal
Carbohydrates	19.5 grams
Protein	3.8 grams
Fat	2.1 gms
Salt	0.1 gms
Fibre	1.9 gms

Health Benefits

Banana oats milkshake is packed with a whole load of nutrients. The combination of oats, milk, and banana packs in a punch of nutrients that will give your toddler the much-needed batch of nutrition for their daily needs:

- Oats are of the most nutritious whole grains and packed with fibre. Slowly digestible and perfect for a healthy bowel movement, they are ideal to keep the tummy full for longer.
- Bananas are high in potassium and rich in fibre. They also contain essential vitamins and minerals. The fibre in bananas can help in digestion.
- Bananas contain magnesium, iron, folate, niacin, Vitamin B6, calcium, manganese, and other essential nutrients that a child needs.
- Bananas are good for bones and improving vision.
- Bananas also fuel the development of your baby's brain.
- Milk is full of calcium that is essential for the development of bones and the growth of strong teeth.

- Milk also contains protein and serves as a source of energy and repairs muscle tissue.
- Milk contains healthy fats and antioxidants that regulate the immunity levels of the body.
- The calcium in milk helps to fight childhood obesity.
- The Vitamin D content in milk helps to prevent conditions like osteoporosis in the toddler's later years.

Buying Guide

Sourcing ingredients for banana oats milkshake may seem easy. But you do need to exercise some care and precaution when buying the ingredients. Follow the below tips:

- Buy bananas that are just ripe do not use over-ripe bananas. Try to buy organic bananas as they are free from chemicals and pesticides.
- Buy oats that are sold in packaged form in supermarkets. Make sure to check the expiry date on the packaging.
- Buy full-fat milk as it contains the cream and fat needed for your baby's growth. Avoid buying skimmed or semi-skimmed milk as your child needs proper nutrition in their growing years. You can choose to buy organic milk if you wish.

Milkshakes, smoothies are a great way to pack a wholesome breakfast for your toddler. It is also a great way to introduce fruits into their diet. The addition of oats introduces them to a grainy and nutty flavour and you can make several other dishes that include oats in them!

Egg Paratha Recipe



Parathas are a staple breakfast in North Indian households. Most parathas are stuffed with vegetables to enhance taste and pack them with essential vitamins, nutrients, and minerals. This chatpata and filling variation of egg paratha for babies is a simple recipe for breakfast, lunch, or dinner. Made of whole wheat and infused with carom seeds and a flavoured egg mixture, the taste is unique and is a fulfilling meal.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:15:00
Cook Time	00:20:00
Total Time	00:35:00

Cooking Method

Gas Stove, Induction

Type of Meal

Vegetarian, Non-Vegetarian

Suitable For

Babies older than 14 month of age

Meal Schedule

Breakfast, Lunch, or Dinner.

Recipe Type

Main Dish

Ingredients

For the paratha

Ingredients	Quantity
Whole wheat flour	$\frac{3}{4}$ cup
Carom seeds or <i>Ajwain</i>	$\frac{1}{2}$ teaspoon
Whole wheat flour for rolling	As much needed
<i>Ghee</i>	As much needed to make <i>parathas</i>

For the egg filling

Ingredients	Quantity
Eggs	3
Onions finely chopped	$\frac{1}{4}$ cup
Tomatoes finely chopped	$\frac{1}{4}$ cup
Coriander finely chopped	2 tablespoon
Green Chillies	1 teaspoon
Salt	As per taste
<i>Garam Masala Powder</i>	$\frac{1}{4}$ teaspoon

Instructions

Egg *paratha* or *anda paratha* is a great way to include protein and carbohydrates in your munchkin's diet. To learn how to make egg *paratha* for babies simple, follow this step-by-step guide.

For the egg filling:

1. Take a large bowl and break the eggs into it. Whisk them till they are soft and fluffy.
2. In a deep *kadhai*, add some oil and fry the onions. After a few minutes add the green chillies.

3. Once the onions are done, add the tomatoes and cook until they turn mushy.
4. Add salt and the *garam masala* powder.
5. Now add the whisked eggs and stir it until it mixes well with the mixture.
6. Once the eggs are cooked, garnish with coriander leaves.
7. Keep aside and let it cool completely.

For the paratha:

1. Knead the whole wheat flour with the *ajwain* seeds in a soft and pliable dough.
2. Divide the dough into equal portions by making them into small balls.
3. Take one ball and dust in some flour. Roll it into a *roti* of the size of 4 inches in diameter.
4. Place a tablespoon or two of the egg filling in the centre.
5. Now grab the ends of the *roti* and bring it together to make a ball.
6. Dust the ball in some flour and roll it into a *roti* of about 6 inches in diameter.
7. Heat a *tawa* and place the *paratha* on it. Cook it on a medium flame until you see bubbles on the top part. Apply some *ghee* and flip it over.
8. Cook till both sides are cooked well.
9. Repeat step 3 to step 7 for the rest of the dough.

Recipe Tips

- This home-made egg *paratha* baby food recipe is easy when you make the egg filling as a *bhurji* and stuff the *parathas*. Make sure you saute the egg mixture for a while so that it loses all its water content.
- The carom seeds will add an extra flavour and taste to the *paratha*.
- You can also add some cheese to the egg filling if you want to make it creamier.

Nutrition Information (Per 100 Grams)

Type	Value
Calories	432 kCal
Carbohydrates	38.3 grams
Protein	16.4 grams
Fat	24.5 gms
Cholesterol	0 mg
Protein	10 grams
Sodium	14.7 milligram
Dietary Fibre	6.5 grams

Health Benefits

This simple egg *paratha* recipe is packed with nutrients that are essential for the healthy growth of your baby. Read on to find out more:

- Eggs are rich in protein which are building blocks for cells and muscles.
- Eggs contain Omega-3 and Vitamin B12 which are essential for brain development and development of cognitive memory.
- Eggs contain Vitamin D which helps in the healthy development of bones.
- Tomatoes are rich in Vitamin C, lycopene, and antioxidants for the overall well-being of the body.
- Onions are good for digestion and also rich in folic acid.

Buying Guide

Just follow these tips when buying ingredients for Egg Paratha

- Buy free-range eggs and preferably organic eggs. Free-range eggs are a sign of protecting the birds and organic eggs are free from pesticides and chemicals. Birds are fed with natural ingredients to give the best quality eggs.
- Pick firm and ripe tomatoes. Mushy tomatoes will have more water content and the dish will be difficult to make if there is additional water content.

- Onions must be firm and ripe too.

Egg *paratha* is a delicious meal in itself. It can be served for breakfast, lunch, or dinner and can be had without any accompaniments. If your child likes it, you could serve it with some sauce or dip

Lauki Halwa Recipe



Lauki Halwa is one of the most popular Indian desserts. Whether eaten cold or hot with a dollop of ice cream, the rich and enticing flavour of the dessert is enjoyed by one and all. Lauki Halwa for babies is a dish that can be served to your munchkin for breakfast or mid-day snack. What more, it is simple to make and is done within minutes.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00
Cook Time	00:20:00
Total Time	00:30:00

Cooking Method

Gas Stove, Induction
Type of Meal
Vegetarian
Suitable For
Toddlers older than 13 months of age
Meal Schedule
Breakfast, Dessert after Lunch or Dinner, Mid-day snack.
Recipe Type
Main Dish or Dessert

Ingredients

Ingredients	Quantity
Bottle Gourd or <i>Lauki</i> (peeled and grated)	2 cups
<i>Ghee</i>	3-5 tablespoons
<i>Mawa</i> (optional)	½ cup
Sugar	2 cups
Cardamom powder	½ teaspoon
Warm milk	2 tablespoon
Almonds and Pistachios (chopped lengthwise)	A handful

Instructions

All you need to make *Lauki Halwa* for babies is a pressure cooker and the ingredients. Follow the step-by-step guide to make it in a jiffy.

1. Heat the ghee in a pressure cooker. Add the grated *lauki* and *mawa* and saute on a medium flame for about 2-3 minutes.
2. Once done, add the sugar, cardamom powder, 2 tablespoons of warm milk, 2 tablespoons of hot water. Mix it well.
3. Close the pressure cooker with its lid.
4. Pressure cook on a medium flame for 2 whistles.
5. Let the steam escape and open the lid carefully.
6. Now cook this mixture for another 5-8 minutes on a low flame until all the water content is evaporated.
7. Garnish with almonds and pistachios.

Recipe Tips

A few things that will help you perfect this dessert are listed below:

- This home-made *Lauki Halwa* baby food recipe can be made without *mawa* or *khoya*, which gives it some thickness and creaminess to the dish.
- You can eliminate the water and add another couple of tablespoons of milk. This will enhance the flavour of the dish as it tastes richer.
- Peel the *lauki* well and make sure there is no skin left before you grate it.
- Make sure you cook the dish on a medium flame. Make sure that you let all the water content evaporate completely.

So, *Lauki Halwa* can be a great dessert recipe, but do you know it is a healthy dessert option too? Let's take a look at its nutritional value per 100 gms and its health benefits for babies.

Nutrition Information (Per 100 Grams)

Type	Value
Calories	317 kCal
Carbohydrates	40.9 grams
Protein	4 grams
Fat	14.9 gms
Cholesterol	1.2 mg
Protein	4 grams
Sodium	14.7 milligram
Dietary fibre	15 grams

Health Benefits

This simple *Lauki Halwa* recipe maybe a sweet dish with sugar but it does have its health benefits. Read on to find out more:

- *Lauki* is rich in both soluble and insoluble dietary fibre. It helps to cure flatulence and constipation troubles.

- It is made of 96% of water and therefore excellent to stay hydrated.
- *Lauki* is rich in iron, Vitamin B, and Vitamin C. It is also rich in antioxidants.
- Vitamin C in *lauki* helps build immunity.
- Almonds are full of healthy fat, protein, magnesium, and Vitamin E.
- Pistachios are a rich source of thiamine, Vitamin B6, fibre, protein, and antioxidants.

When you want to make a tasty as well as a healthy dish, it is important that you buy quality ingredients. Here's a quick buying guide you can use to pick your ingredients to make a delicious *halwa*.

Buying Guide

Making *Lauki Halwa* for babies may seem very simple. But you need to be a bit careful when you source ingredients for it. Just follow the tips given below to never go wrong with the recipe:

- The *lauki* bought should have smooth skin and must be pale green. It should also be free of any cuts, blemishes or spots.
- It must be firm, and the flesh of the vegetable should not be soft when pressed.
- Try to source organic *lauki* as it will be free from chemicals and pesticides.
- Buy organic sugar as it will be processed using natural ingredients.

There is no better end to a meal than a bowl of *Lauki Halwa* served with dollops of ghee and dry fruits. You could well introduce this as a breakfast menu to your child every once in a while. It is a great change to the normal *dosas*, *parathas*, or cereals, and as much healthy because it is made with a vegetable. In case you want to offer a healthy alternative to processed and packaged snacks to your kid, then try this *Lauki Halwa* recipe for your kid. You can make it and refrigerate it for 2 to 3 days also.

Dal Pakoda Recipe



Dal pakoda is easy to make and tastes delicious. Made with soaked moong dal, masoor dal, and urad dal and gram flour, this recipe is a yummy snack option for kids as well as adults alike. Dal pakoda is a perfect option when your munchkin craves for some mid-day snack. The crispy outer layer and the soft texture inside with a delicious taste make it a wonderful snack option for babies. So, let's get started with how to make dal pakoda for your little one.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00
Cook Time	00:15:00
Total Time	00:25:00

Cooking Method

Gas or Induction

Type of Meal

Vegetarian

Suitable For

Toddlers above 15 months of age

Meal Schedule

Mid-morning snack or evening snack

Recipe Type

Snacks

Ingredients

Type	Quantity
<i>Moong dal, masoor dal and urad dal</i> (washed and soaked)	¼ cup (each)
Coriander leaves	1 to 2 teaspoons
Chopped spinach leaves	1/4 cup
Coriander powder	½ tablespoon
Cumin powder (optional)	½ tablespoon
Onion (finely chopped)	¼ cup
Garlic cloves	2
Salt	A pinch
Baking soda	A pinch
Cooking oil	½ cup
Gram flour (<i>besan</i>)	½ cup
Curd	2 tbsp
Oil for deep frying	

Instructions

Here are the step-by-step directions to make *dal pakodas*:

1. Grind the soaked *dals* and garlic together to make a thick paste.

2. Transfer the batter in a separate bowl; add to it baking soda, gram flour (*besan*), spinach leaves, onions, coriander powder, and salt.
3. Heat some oil in a frying pan.
4. Take a scoop of the batter and drop it into the preheated oil pan and fry until it turns light brown. Repeat this step to make more *pakodas*.
5. Drain out excess oil and put the pakodas on a paper napkin to let it absorb the oil from the *pakodas*.
6. Add 2 tablespoons of curd on top of it and garnish with coriander leaves.
7. Serve hot with green chutney, tomato chutney, or freshly grounded mango chutney.

Recipe Tips

Follow the simple tips to make tasty *dal pakodas*.

- This simple *dal pakoda* recipe is very easy to make and tastes best when consumed warm.
- For homemade *dal pakoda* baby food recipe choose all the ingredients that are fresh and organic.
- Adding garlic and cumin powder to this recipe is optional, but it can be added to add the flavour.
- For very small babies you can use pure *ghee* or coconut oil instead of mustard oil.
- Make sure the *pakodas* are not very crunchy as they will be hard to chew and might hurt the baby's gums.

Nutrition Information (Per 124 Grams)

Type	Value
Carbohydrates	23.5 grams
Calcium	44.3 milligrams
Iron	1.6 milligrams
Protein	9.4 grams
Fat	8.2 grams
Fibre	4.3 grams

Magnesium	50.3 milligrams
Phosphorous	86.1 milligrams
Potassium	370.2 milligrams
Vitamin A	159.4 milligrams
Vitamin C	2.4 milligrams
Folic acid (Vitamin B9)	54.7 milligrams

Health Benefits

This easy to make and delicious *dal pakoda* snack recipe offers immense health benefits to babies:

- *Moong dal* is rich in protein and is considered as one of the plant-based sources of protein. It is easy to digest and best for babies.
- *Masoor* is filled with protein, dietary fibre, and iron which are necessary nutrients for the growth of babies.
- Gram flour is rich in protein, fibre, and micronutrients, and has a very low amount of carbohydrates and calories, which is good for the heart.
- Coriander leaves are filled with Vitamin C and K as well as dietary fiber that relieves constipation and helps maintain a healthy digestive system in babies.

Buying Guide

Below mentioned are certain buying tips that you should keep in mind when you go shopping for the ingredients required for making *dal pakoda*:

- Choose lentils that are good for health, like *masoor*, *moong* and *urad dal* for making *pakodas*.
- Buy organic ingredients and vegetables as they do not contain harmful chemicals and pesticides.

Now you know how to make *dal pakoda* for your toddler at home, so give it a try. This popular recipe can be made with little effort and can be served as a snack or appetizer for kids as well as adults!

Egg Pulav Recipe



A pot of egg pulav, made with rice, eggs, and vegetables, is a wholesome and tasty meal for toddlers and kids, which can be prepared in no time. It tastes mildly spicy and is loaded with the goodness of eggs and vegetables, this recipe can be given to the babies of one year old or more. Try this egg pulav recipe at home, and it will soon become his favourite. Refer to the below information to learn how to easily make egg pulav for babies and toddlers.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00
Cook Time	00:15:00
Total Time	00:25:00

Cooking Method

Gas Stove or Induction

Type of Meal

Vegetarian, Non-Vegetarian

Suitable For

For toddlers above 17 months of age

Meal Schedule

Lunch or Dinner.

Recipe Type

Main Dish

Ingredients

Ingredients	Quantity
Rice	1 cup
Onion	1 medium-sized
<i>Chopped vegetables (carrots, beans)</i>	$\frac{3}{4}$ cup
Eggs	2
Green Chillies	2
Salt	As per taste
Pepper Powder	$\frac{1}{2}$ teaspoon
Garlic	4 cloves
Oil	1 tablespoon
Water	1.5 cups
Lemon juice	1 tablespoon
Cumin seeds	$\frac{1}{4}$ tablespoon
<i>Ghee</i>	1 tablespoon

Instructions

Egg *pulav* is a great way to include protein and carbohydrates in your baby's diet. To learn how to make Egg *pulav* for babies just simply follow this step-by-step guide.

For Egg Pulav:

1. Start with washing the rice at least twice and soak it in a pan for 10 minutes. Then, add water and a drop of oil and pressure cook it for 2-3 whistles on medium flame.
2. Finely chop all the vegetables.
3. Now, crack and open the eggs in a bowl and add a little salt, pepper powder. Mix it well.
4. Take a thick bottomed pan with some oil and heat it. Add in the mixture of eggs. Fry the eggs until they are cooked well and soft

- and remove from the pan.
5. Use the same pan to heat ghee. Add cumin seeds. Once they start spluttering, add chopped garlic, and saute till they get light brown. Then, add onions. Saute them nicely until they turn golden brown.
 6. Now, you can add all the chopped vegetables in the pan with some salt. And saute on a medium flame for 5 minutes until the vegetables are well-cooked.
 7. Once the vegetables are cooked and soft, add the scrambled eggs, followed by boiled rice.
 8. Mix them well and keep cooking on a medium flame for 2 to 3 minutes, stirring occasionally.
 9. Once done, add the lemon juice, mix well and top it with ghee and serve!

Recipe Tips

To get this simple homemade egg *pulav* baby food recipe right, just follow these simple tips:

- While cooking rice, make sure they don't get too mushy.
- Make sure the eggs are well-cooked and not too dry.
- You can also add some green peas, potatoes, or sweet corn along with carrots and beans to enhance the taste.

Nutrition Information (Per 100 Grams)

Type	Value
Calories	185 kCal
Carbohydrates	37.9 grams
Potassium	240.49 milligram
Fat	14.53 grams
Cholesterol	124.33 milligram
Protein	6.19 grams
Sodium	95.72 milligram
Dietary fibre	2.28 grams
Vitamin C	11.2 milligram

Calcium	44 milligram
Iron	1.3 milligram

Health Benefits

This simple egg *pulav* recipe is packed with nutrients that are essential for the healthy growth of your baby. Just read below to find out more:

- Eggs contain Vitamin B12 and Omega-3, which are essential for brain development and the development of cognitive memory.
- Eggs are rich in protein, which are building blocks for cells as well as muscles.
- Eggs contain Vitamin D, which also helps in the healthy development of bones in babies.
- Onions are rich in folic acid and also good for digestion.
- Rice is rich in protein and carbohydrates, which helps in the growth of a child.
- Vegetables like carrots are packed with several vitamins and minerals, like biotin, potassium, and vitamins A (from beta carotene), B6, and K1 (phyloquinone) and are good for eyesight.
- Beans are also a great source of folate, vitamin C, dietary fibre, silicon, and vitamin K, which are essential for healthy bones, skin, and hair.

Buying Guide

You must follow these tips when buying ingredients for Egg Pulav recipe:

- Buy fresh and preferably organic eggs. Free-range eggs are a sign of protection of birds, and organic eggs are free from pesticides and harmful chemicals. To produce the best quality eggs, the birds are fed with natural ingredients.
- Pick only fresh, organic, and chemical-free vegetables to make this recipe for your baby.

Egg Pulav is a wholesome and delicious meal in itself. It can be served for either lunch or dinner. If your child likes to eat it, you could serve it with some mild homemade sauce or dip.

Mini Kanchipuram Idlis Recipe



South Indian cuisine is known for its sour and spicy combination. If you love idlis, a popular South Indian breakfast, how about you try mini Kanchipuram idlis? These idlis are steam-cooked mini idlis, which are served hot with tasty sambhar and coconut chutney. Mini Kanchipuram idlis taste delicious and can be made easily. They are worth the efforts as your little one will enjoy eating them. The generous amount of spices and ghee is what makes this dish rich and enhances its taste. Its nutrient value makes it a wholesome meal idea for lunch or dinner too. Find out how you can easily make Mini Kanchipuram idlis.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00
Cook Time	00:20:00
Total Time	00:30:00

Cooking Method

Gas Stove, Induction

Type of Meal

Vegetarian

Suitable For

Toddlers above 15 months of age

Meal Schedule

Breakfast, lunch or dinner

Recipe Type

Main dish

Ingredients

For the Mini Kanchipuram idlis, you will need:

Type	Quantity
Raw rice	¼ cup
<i>Idli</i> rice	¼ cup
<i>Urad dal</i>	½ cup
Salt	As per taste

For seasoning

Type	Quantity
Mustard seeds	¼ tablespoons
Black peppercorn	¼ tablespoons
Cumin seeds	¼ tablespoons
<i>Urad dal</i>	½ tablespoon
Salt	As per taste
<i>Chana dal</i>	½ tablespoon
Ginger	½ inch
Coconut (finely sliced and grated)	3 teaspoons
Cashew nuts (crushed)	2 teaspoon
Green chillies	1
Asafoetida	A pinch

Curry leaves	½ teaspoons
Sesame oil	1 tablespoon
<i>Ghee</i>	1 tablespoon

Instructions

To learn how to make Mini Kanchipuram idlis for babies, just follow this simple step-by-step guide:

For seasoning

1. Finely chop the ginger and green chillies and keep aside.
2. Heat a pan and add 1 tablespoon of sesame oil to it.
3. Now add ¼ tablespoon of mustard seeds in the oil and wait until they splutter. Add in the asafoetida along with urad, chana dal, black peppercorn, cashew nuts, and pieces of coconut.
4. Roast the mix until it turns golden brown.
5. You can now add ¼ tablespoon of cumin seeds, grated ginger, curry leaves, and finely chopped green chilli. Roast and turn the heat off and let the mixture cool.
6. Make this tempering when your fermented batter is ready.

For the mini Kanchipuram idlis

1. Take *idli* rice, raw rice, and *urad dal* in three separate bowls. Wash at least twice and soak them in water for at least 2 hours.
2. Rinse and drain the water and transfer the contents into a grinder. Now add water and grind to get a thick batter.
3. Transfer the batter in a bowl. Add salt and mix well.
4. Let this batter ferment at room temperature for 12 hours or overnight.
5. Now pour the seasoning over the fermented batter and mix it well.
6. Grease the mini moulds with *ghee*. You can use regular idli plates, tumblers, or small bowls.
7. Fill in the mini moulds with seasoned batter up to the brim. Place them in the pressure cooker for about 10 minutes. Take off the whistle from the lid and steam for about 10 to 12 minutes.
8. Allow it to cool then remove the *idlis* from the moulds using a wet spoon. Garnish with *ghee* and serve hot with coconut chutney

and sambar.

Notes:

The preparation time does not include 12 hours of fermentation time.

Recipe Tips

Follow the below tips to make sure you make tasty Mini Kanchipuram idlis:

- Make sure the consistency and texture of the batter is similar to that of regular *idli* batter and not very smooth like of pancake batter.
- To grease the moulds, you can use *ghee* or sesame oil. But make sure they are properly greased.
- Always make sure that the ingredients you are using are already introduced to the baby before, to avoid any allergic reaction.

Nutrition Information (Per 100 Grams)

Type	Value
Calories	50 kCal
Carbohydrates	8.2 grams
Protein	93 grams
Fat	12 grams
Fibre	1.2 grams
Vitamin A	10.5 mcg
Folic acid	7 mcg
Calcium	7.6 milligrams
Phosphorus	29.2 milligrams
Potassium	47.7 milligrams

Health Benefits

The ingredients used to make Mini Kanchipuram *idlis* are very healthy and can offer various health benefits to your baby. Read on to know how

these idlis with so many healthy ingredients can be healthy for your little one:

- *Urad dal* is rich in magnesium, potassium, iron, phosphorus, and calcium. All these nutrients play an important role in improving the baby's bone density and overall health.
- Rice is rich in folic acid, magnesium, as well as vitamin B, which helps the body form new cells.
- *Ghee* is full of healthy fat that helps to break down the protein and gives the body the much-needed energy.

Buying Guide

Tips to source ingredients for Mini Kanchipuram *idlis*:

- Buy only branded and organic rice, *idli* rice, and *urad dal* as they are free from any harmful chemicals or pesticides.

Mini Kanchipuram idlis are a staple food of South India. They taste delicious and are a completely satisfying meal. So go ahead and try them – your little one will surely enjoy eating these *idlis*!

Pasta in White Sauce Recipe



A bowl of white sauce pasta with vegetables will become your child's favourite once you try making white sauce pasta with the recipe we are going to provide you with. For this pasta recipe, you will need milk, flour, cheese, and green vegetables. On the days, when your little one refuses to eat dal and chapati, you can surprise him with white sauce pasta. White sauce pasta tastes delicious and you can make it no time for your toddler when he is hangry. Without further ado, we will tell you how to make the very tasty white sauce pasta.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:05:00
Cook Time	00:30:00
Total Time	00:35:00

Cooking Method
Induction or Gas Stove
Type of Meal
Vegetarian
Suitable For
For toddlers older than 17 months of age
Meal Schedule
Breakfast, Lunch, or Dinner
Recipe Type
Main Dish

Ingredients

Type	Quantity
Penne pasta	$\frac{3}{4}$ cup
Grated cheese (cheddar or processed cheese)	1 $\frac{1}{2}$ tablespoon
Mixed vegetables (onions, carrots, beans, broccoli, and peas) – finely chopped	$\frac{1}{2}$ cup
Butter	2 teaspoon
Milk	1 Cup
Salt	$\frac{1}{2}$ teaspoon
Sugar	A pinch
Plain flour	1 tablespoon
Italian herb	$\frac{1}{2}$ teaspoon
Nutmeg powder	A pinch
Crushed black pepper (optional)	As per taste
Dried oregano (optional)	$\frac{1}{4}$ teaspoon

Instructions

Follow these step by step directions to learn how to make white sauce pasta for babies.

1. Take 3-4 cups of water in a pan and bring it to boil over medium flame. When it starts boiling, add 3/4 cup penne pasta. Boil until it is cooked but not very soft.
2. Use a colander or pasta strainer to strain the water from the cooked pasta.
3. Heat ½ teaspoon butter in a pan over medium flame. Add ½ cup finely chopped vegetables, sugar, and a pinch of salt.
4. Stir and cook for around 2-3 minutes until all the veggies are cooked properly. Then turn off the flame and separate the veggies on a plate.
5. Now heat 1½ tablespoons butter in the same pan over medium flame. Add 1 tablespoon flour and sauté for 30 seconds until it is roasted.
6. Add 1 cup of milk in the flour, and stir constantly until it starts boiling. Keep stirring as it thickens to prevent it from sticking to the bottom of the pan.
7. Add grated cheese when the above mixture turns thick and stir well.
8. You can now add some Italian herb, nutmeg, and salt. Mix well.
9. Now add cooked pasta and vegetables to it. Mix well and cook it for 2-3 minutes.
10. Add crushed black pepper and some oregano, mix again and serve.

Recipe Tips

Follow the below tips to make delicious white sauce pasta for your little toddler.

- This homemade white sauce paste baby food recipe tastes best when the white sauce is freshly prepared at home.
- Vegetables must finely be chopped and well cooked as babies will not be able to eat them.
- Make sure the flame is low after adding the cheese.

- Use cheese generously while making this recipe for babies.

Nutrition Information (Per 200 Grams)

Type	Value
Energy	200 kCal
Carbohydrates	24.4 grams
Protein	12.8 grams
Fat	10 gms
Cholesterol	17 mg
Protein	16 grams
Sodium	288 mg
Dietary fibre	2 grams
Iron	8.82 mg

Health Benefits

This white sauce pasta for babies is easy to make the recipe and is a powerful source of carbohydrates, protein, minerals, and fibre. Read below to find out more about the specific health benefits:

- White sauce pasta can be a good source of calcium and protein for little ones.
- Carrots in pasta are a good source of vitamin K1, potassium as well as Vitamin A that help in improving the eyesight.
- Beans are a rich source of vitamins, fibre, and antioxidants and promote the healthy growth of your baby.
- Green peas are rich in Vitamin C and are good for the digestion of babies.
- Onions are rich in folate and are filled with antioxidants as well as boost digestive health.
- Broccoli is a good source of fibre, which can help in proper digestion. The presence of Vitamin C can also help in iron absorption.

Buying Guide

Keep the below points in mind when you go shopping for ingredients required for white sauce pasta.

- Try to buy organic vegetables for your little one as they are free from chemicals and pesticides.
- Buy whole wheat pasta as it has more fibre which is good for digestion.
- Since this dish tastes best when made with butter and cheese, try to use fresh butter and cheese.
- Make sure you only buy branded products and also check the expiry date on the packaging.

This white sauce pasta recipe is simple, no? We know you will make delicious white sauce pasta for your little one. So go ahead and give it a try – your child is going to relish this dish!

Missi Roti Recipe



A popular North Indian bread, missi roti is a perfect blend of flavours and is widely consumed in Northern India. It is very healthy and tastes delicious, just like all other types of chapatis. Missi roti can be served along with dal and sabzi in lunch and dinner. It is a perfect choice when you want to offer something delectable to your toddler without putting in many efforts. If you want to learn how to make missi roti, then don't go anywhere: we will give you a simple recipe for missi roti right here! Let's see the ingredients and recipes, shall we?

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:15:00
Cook Time	00:25:00
Total Time	00:40:00

Cooking Method

Gas Stove, Induction
Type of Meal
Vegetarian
Suitable For
Toddlers above 17 months of age
Meal Schedule
Breakfast, Lunch, or Dinner
Recipe Type
Main Dish

Ingredients

Type	Quantity
Whole wheat flour	1 ½ cups
Gram flour	¼ cup
<i>Moong dal</i>	¼ cup
Red chilli powder	1 teaspoon
Cumin powder	1 ½ teaspoon
Garam masala	1 teaspoon
Coriander powder	1½ teaspoon
Turmeric	¼ teaspoon
Salt	As per taste
Water	2 cups
<i>Ghee</i>	5-10 tablespoons

Instructions

Missi roti is mostly served with curries or curd in North India. To learn how to make *missi roti* for babies, just follow this simple step-by-step guide:

1. Heat about 1 cup of water in a pan or a vessel.
2. Turn off the flame once the water starts boiling; add the *moong dal* to this boiling water then cover the pan with a lid. Keep aside for 20 minutes.
3. Then strain the water, keeping it in a separate bowl.

4. Take the soaked *moong dal* in a bowl, then add the whole wheat flour, gram flour salt, turmeric powder, 1 teaspoon oil, red chilli powder, cumin powder, coriander powder, garam masala powder to it. Add a teaspoon of ghee to this mixture and mix well.
5. Now add the water from the drained *moong dal* in parts to knead into a dough.
6. When it is ready, divide the whole dough into small balls. Roll these balls into round medium-sized *chapatis*.
7. Heat a *tawa* and cook the *rotis* on a medium flame until they turn golden brown on both sides. Use ghee to cook the *rotis*.
8. Serve hot with a dollop of unsalted butter, curry, or curd.

Recipe Tips

Follow these simple recipe tips to make the tastiest *missi rotis* at home.

- Make sure you boil the water well and then soak the *moong dal*. The moong dal will be partially cooked and the rest will cook when you cook the *rotis*.
- Knead the dough into a soft pliable form so that you can roll the *rotis*.
- Always use *ghee* to make these *rotis* as it enhances the flavour.

Nutrition Information (Per 100 Grams)

Type	Value
Calories	1365 kCal
Carbohydrates	218.2 grams
Protein	58.3 grams
Fat	28.9 gms

Health Benefits

Missi roti for babies is not just easy to make but is packed with loads of health benefits too. Read on to find out more:

- Whole wheat flour is rich in carbohydrates, vitamins, and minerals. It is a source of Vitamin B6, iron, calcium, and thiamine.

- Gram flour is full of protein and is more filling than whole wheat flour. It is also rich in fibre.
- *Moong dal* is rich in protein, Vitamin A, Vitamin C, and Vitamin E. The presence of protein helps in building muscle strength.
- *Moong dal* is easily digestible and light on your baby's tummy.
- *Moong dal* provides energy and also helps in strengthening the immune system.
- *Moong dal* is a good source of folate and one of the key things to include in a baby's diet. Foods rich in folate are good for the neurological development of the baby.

Buying Guide

When sourcing ingredients for *missi roti*, keep the following tips in mind:

- Buy branded whole wheat flour or use flour that you grind after buying wheat grains. If you're buying any branded whole wheat flour, make sure you check the expiry date before using it.
- Try to buy gram flour in packaged form and check the expiry date before use.
- Buy an organic variety of *moong dal* as it is not polished and processed using natural means. Organic variety of *moong dal* is also free from any chemicals.

Missi roti tastes delicious and you can include in in your toddler's diet. It ticks all the boxes when it comes to nutrition and can be consumed with dal, curd, or just like that. The addition of ghee makes it an enriching and fulfilling meal. So make *missi roti* at home and enjoy it with your loved ones.

Grilled Chicken Recipe



This simple grilled chicken recipe is an Indianised spiced version with all its tangy and succulent flavours. The marinade made of yoghurt and spices softens the meat to create a flavour that will tickle your munchkin's tastebuds. The yoghurt is the best way to naturally tenderize the chicken. The acidic reaction of the yoghurt with lemon juice breaks down the proteins. The result is a moist and juicy product.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:15:00
Cook Time	00:20:00
Total Time	00:35:00

Cooking Method

Gas Stove, Induction

Type of Meal
Non-Vegetarian
Suitable For
For toddlers older than 17 months of age
Meal Schedule
Lunch or Dinner.
Recipe Type
Main Dish

Ingredients

Type	Quantity
Chicken breasts	4- ounce
Plain yoghurt	1 cup
Garlic (grated)	4 cloves
Lemon juice	¼ cup
Ginger grated	2 tablespoons
<i>Garam masala</i> powder	1 teaspoon
Turmeric	1 tablespoon
Salt	As per taste
Black Pepper powder	½ teaspoon

Instructions

Grilled chicken is the best way to serve chicken to your toddler. To learn how to make grilled chicken for babies, just follow this simple step-by-step guide:

1. Chop and slice the chicken breasts into reasonable thick slices and place them in a large glass bowl.
2. In another bowl, whisk the yoghurt, *garam masala*, grated garlic, grated ginger, turmeric, salt lemon juice, and black pepper powder. Whisk it well so that all the ingredients are mixed well.
3. Refrigerate this marinade for about 30 minutes.
4. Pour it gently over the chicken slices. Make sure that you coat all the slices with the marinade.

5. Preheat a grill on high heat and spray it with some oil.
6. Place the chicken breast slices on the grill and cook each side for about 6-8 minutes. Keep turning it and cook until completely done.
7. If you do not have a griller, then place a *roti* or *phulka* stainless steel roasting net on the gas stove. Grill the chicken pieces on them on a low flame

Recipe Tips

This home-made grilled chicken baby food recipe can be perfected with ease if you follow the below tips:

- Make sure you remove all the flesh from the chicken. Slice the breasts into about 3 inch thick slices as they will cook well.
- The marinade must be refrigerated for 30 minutes for all the flavours to blend well.
- You can also use some butter to grill the chicken as it will enhance the taste.

Nutrition Information (Per 100 Grams)

Type	Value
Calories	211 kCal
Carbohydrates	10.4 grams
Protein	38 grams
Fat	3.6 gms
Cholesterol	10.4 mg
Sodium	97.2 mg
Fibre	2.2gms
Sugar	4.5 gms

Health Benefits

Grilled chicken for babies is packed with a whole load of nutrients. Grilled and not fried, the food is healthy and packs in the nutrients of the ingredients in a tasty way. Read on to find out more:

- Chicken is packed with protein and Vitamin B6. Both of these are essential for the body to extract energy from food.
- The rich source of protein helps to enhance muscle growth in the body.
- The iron content found in chicken helps in the production of red blood cells in the body.
- Chicken also contains potassium which keeps the blood vessels healthy.
- The good amounts of calcium and phosphorous in chicken help in the formation of bones.
- Vitamin A, C, and B12 help in healthy brain development.
- Zinc and magnesium in chicken help to boost immunity.
- Yoghurt enhances the digestive health of babies and is full of calcium that supports the development of strong teeth.

Buying Guide

You do not want to go wrong when it comes to serving this Grilled Chicken to your toddler. Simply follow these tips when sourcing the ingredients:

- You can use home-made yoghurt or store-bought ones. Home-made set yoghurt is better than store-bought ones as they are processed.
- Chicken should be bought from reputed stores. It is very important to buy chicken from stores that practice good standards of hygiene. The meat must be packaged well.
- Select the chicken with a pinkish hue.
- Try to buy organic products as they are free from chemicals and any additional ingredients added during the processing.

Chicken is a food that can be served to babies and if introduced at an early age, they will develop a taste for it. Grilled chicken is a wholesome meal in itself. You can also grill some extra pieces and pack them in your sandwiches the next day!

Mango Yoghurt Recipe



Yoghurt is very healthy and can help beat the sweltering heat of summers. A bowl of yoghurt can be very refreshing for kids. But if your child doesn't like to eat plain yoghurt, you can give it a twist by adding mangoes to it. Sweet and ripe mangoes can enhance the taste of yoghurt. If you want to know, how you can add the goodness of this summer fruit to yoghurt, learn here how to make mango yoghurt. Note down the recipe of mango yoghurt and give it a try the next time you want to treat your little munchkin and cheer him up.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:05:00
Cook Time	00:05:00
Total Time	00:10:00

Cooking Method

No gas involved
Type of Meal
Vegetarian (contains milk)
Suitable For
Babies above 12 months of age
Meal Schedule
Breakfast, mid-morning, or evening.
Recipe Type
Beverage

Ingredients

Type	Quantity
Mangoes (chopped)	2 small-sized
Milk	2 tbsp
Sugar/honey	1 teaspoon
Cardamom powder	1/4th tsp
Saffron strands	3-4
Yoghurt	2 cups
Almonds (chopped)	5

Instructions

Follow this step-by-step guide to learn how to make mango yoghurt at home.

1. Take the yoghurt in a bowl and stir it well so that it is smooth.
2. Add the chopped mango pieces to the bowl of yoghurt and mix well.
3. Transfer the yoghurt and mango mixture to a blender and blend it. Add cardamom powder, honey, and almonds to it.
4. Blend again to get a smooth puree.
5. Shake the blender jar gently and pour it in an air-tight glass. Refrigerate it for about 30 minutes to 1 hour.
6. Garnish with chopped almonds and saffron strands and give it to your child.

Recipe Tips

Follow the below tips to make sure you make the most delicious mango yoghurt.

- When making mango yoghurt, choose Alphonso mangoes, which are known for their sweetness.
- You can add chopped mango pieces stored in the freezer for about 20 minutes to the yoghurt before blending. Using chopped mangoes will help you make a thicker drink.
- Don't add Ice-cream or ice-cubes as your baby might catch a cold.
- For the best homemade mango yoghurt baby food recipe, use mangoes with less fibre and more flavour. Canned mango pulp or frozen mango cubes can be used if fresh mangoes are not available.
- You can skip the sugar and honey if mangoes are sweet enough.
- Cardamom assists in digestion and lends this drink a nice flavour, so don't forget to add it.
- If you're using curd, make sure you use which is made from cow's milk as it is easily digestible.
- Use fresh curd before it turns sour to ensure its soft taste and flavour.

Nutrition Information (Per 263 Grams or 1 Serving)

Type	Value
Carbohydrates	34grams
Calories	66kcal
Calcium	13%
Sodium	66mg
Cholesterol	16mg
Total Fat	4.5 gram
Vitamin A	22%
Potassium	361mg
Sugar	33gram

Vitamin C	57%
Iron	1.8%
Calcium	13%
Manganese	1.4%
Zinc	0.3%
Phosphorus	1.1%

Health Benefits

Here are some of the amazing health benefits of mango yoghurt for babies:

- Mangoes not only has an impressive taste but a great nutritional profile. Low in calories, mangoes are rich in vitamin C and can help boost immune strength of your child. The antioxidants in mangoes can protect your child from any chronic illness.
- The dietary fibre and digestive enzyme present in mangoes can smoothen the digestion process.
- The lactose in yoghurt can help keep gastric problems, diarrhoea, and stomach irritation at bay.
- Power-packed with vital nutrients like Vitamin A, C, B-6, D, E, K, folate, and riboflavin, yoghurt can help in the overall growth and development of a child.

Buying Guide

Note down the tips given below while buying the ingredients required for making mango yoghurt for your little one.

- Pick ripe mangoes that are yellow in colour and blemish-free.
- Buy organic fruits that are free from harmful pesticides.
- Check the ‘use-by’ date on the milk packet if you plan to make yoghurt at home.
- Buy saffron only from established brands.
- Choose unsweetened or unflavoured yoghurt.

There you go – you have a simple recipe for mango yoghurt, which you can make in a jiffy. So go ahead and buy some mangoes and try this

delicious mango yoghurt recipe. Your little one is going to enjoy having it. You can make this summer party dessert once or twice a week for your little one whenever he craves for sweet.

Chunda Recipe



Chunda is a pickle that is commonly made in most Gujarati and Maharashtrian families. It tastes delicious and is a side dish that can be consumed with chapatis, paratha, khichdi, or pulav. The conventional way of making chunda is time-consuming and tedious but it's worth the effort. It is usually made in batches during summers, which last for a while. If you want to learn how to make chunda, we have a recipe that you can try. The winning formula for this recipe is to achieve the one string consistency. Now with this recipe of chunda for babies, you can make a supply for a year and feed it to your munchkin anytime!

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00
Cook Time	00:10:00
Total Time	00:20:00

Cooking Method

Gas Stove, Induction

Type of Meal

Vegetarian

Suitable For

Babies above 13 month of age

Meal Schedule

Breakfast, lunch or dinner

Recipe Type

Accompaniment

Ingredients

Ingredients	Quantity and Volume
Raw mangoes (Rajapuri variety) – peeled and grated	2 cups
Sugar	1 3/4 cups
Turmeric powder	¼ teaspoon
Salt	1 teaspoon
Red chilli powder	1 teaspoon
Roasted cumin seeds powder	½ teaspoon

Instructions

If you want to learn how to make *chunda*, follow this step-by-step guide given below. Check the recipe and give it a try before the summer season ends.

1. Mix the grated mangoes, salt, turmeric powder, and sugar in a wok.
2. Mix these ingredients well on a low flame for about 3 minutes. Stir the mixture occasionally and wait until the sugar melts completely.
3. When you see the mixture bubbling, give it a good stir and mix well. Cook on a low flame for another 6-8 minutes while stirring

- constantly. Keep doing this until you receive a one-string consistency.
4. Transfer the mixture to another bowl and let it cool down completely.
 5. Once it cools down completely, add the roasted cumin seeds powder and red chilli powder.
 6. Store in an air-tight container and keep it in a dry place.

Recipe Tips

Follow these tips to make sure you get the right consistency of *chunda*.

- Wash and peel the mangoes well before grating them. If the peels are mixed when cooking, they will leave a bitter taste.
- Make sure the sugar dissolves completely. Cook it on a low flame and wait until all the sugar dissolves.
- To achieve the one string consistency, take half a teaspoon of the mixture between your thumb and index finger. Stretch the finger and thumb to see if the mixture appears like a piece of thread.

Nutrition Information (Per 100 Grams)

Nutrient	Value
Energy	53 kCal
Protein	0 g
Carbohydrates	13.2 g
Fibre	0.2 g
Fat	12.4 g
Cholesterol	0 mg
Sodium	97.1 mg

Health Benefits

Chunda maybe just a preserve that can be had as an accompaniment but there are several health benefits of the ingredients of raw mangoes, which is a prime ingredient of *chunda*.

- Raw mangoes are known to cure stomach troubles during summer.
- Raw mangoes help lower side effects of heat and dehydration.
- Raw mangoes are effective treatment of scurvy. Raw mangoes are a rich source of Vitamin C.
- Vitamin C in raw mangoes can help promote the production of red blood cells.
- Raw mangoes give energy to the body and boost the body's response to drowsiness.
- The Vitamin A content in raw mangoes is good for the skin and hair.

Buying Guide

keep the following points in mind, when buying ingredients required to make *chunda*.

- Buy organic raw mangoes that are free of chemicals and pesticides.
- Buy organic sugar as it will be processed using natural ingredients.
- Buy sealed packets of turmeric powder, red chilli powder, and cumin seeds powder.

You want the best for your baby and it is, therefore, important to make homemade dishes for him, pickles included! This tasty *chunda* can be served as an accompaniment so go ahead and keep a year's supply ready!

Carrot Capsicum Sabzi Recipe



Need a sure shot idea for your kids' lunch or dinner if they're bored with the usual menu? Carrot capsicum sabzi is an easy way to include seasonal vegetables into your child's daily diet and makes a wholesome meal. This North Indian style recipe is not amazingly easy to cook, but can be served with chapatti, paratha, or any rice variety. Find out how to make carrot-capsicum sabzi at home using all the ingredients available in your kitchen, and get an insight into this secret Indian recipe!

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00
Cook Time	00:25:00
Total Time	00:35:00

Cooking Method

Gas

Type of Meal

Vegetarian

Suitable For

Babies above 12 months of age

Meal Schedule

Lunch or dinner

Recipe Type

Side Dish

Ingredients

Type	Quantity
Oil	2 tsp
Capsicum	1 cup
Carrot	½ cup
Water	2 cups
Salt	as per taste
Ginger	1½ inch
Turmeric powder	¼ tsp
Garam masala	1 tsp
Coriander leaves	2 tsp
Mustard seeds	1 tsp
Coriander powder	1½ tbsp
Asafoetida (hing)	1 pinch
Amchur (dry mango powder)	1 tsp

Instructions

Follow these step-by-step directions to make the perfect carrot-capsicum sabzi that will soon become a part of your everyday meal by popular demand!

1. Wash capsicum and carrots. Cut them into small cubes.

2. Heat oil in a pan. Add a pinch of asafoetida (hing) and mustard seeds.
3. As the mustard crackles, add grated ginger and fry for a few seconds.
4. Add the carrot pieces and fry for 5 minutes till they turn soft.
5. Add the capsicum pieces and sprinkle salt. Continue to saute till the capsicum is cooked.
6. Add coriander powder, amchur powder to the vegetables, and mix everything well.
7. Add a little water and cover the pan with a lid. Wait for 10 minutes till the masala is cooked on medium flame.
8. Add garam masala and sprinkle coriander leaves on top for garnishing.
9. Once a thick gravy is formed, switch off the gas and serve hot.

Recipe Tips

- This simple carrot-capsicum sabzi recipe can be spiced up using green chilies or chili powder for older children.
- Add dry Kasuri methi for extra flavour.
- You can add tomatoes to this curry for a tangy taste. An Indian onion-tomato gravy can also be prepared as a base for cooking these two vegetables.
- Roasted cashews or grated coconut can be added to garnish this dish.
- Adding fresh cream to the gravy makes it more soft and creamy.
- This homemade carrot-capsicum sabzi baby food recipe is a sure shot way to appeal to the developing taste buds of your child.
- Make sure the veggies are not over-cooked and remain a little crunchy.
- You can add green peas or shredded cabbage to enhance the nutritional value of this dish.
- Adding kalonji to oil gives this gravy a different aroma.
- Adding sugar or lemon juice to this curry is optional as per preference.
- The exclusion of onion and garlic from this recipe makes it purely vegetarian.

Nutrition Information (per 1 serving)

Type	Value
Carbohydrates	12.5 g
Calories	95 kcal
Protein	2 g
Sodium	160.5 mg
Fibre	2.5 g
Fat	5 g
Potassium	236 mg
Manganese	15.5%
Vitamin C	75.5%
Vitamin B6	8%
Iron	6%
Vitamin A	25.5%

Health Benefits

Carrot-capsicum sabzi is a colourful curry that has multiple health benefits for your child. Let us consider the advantages of eating this yummy dish:

- Carrots are a great source of beta-carotene, potassium, and powerful antioxidants that keeps illnesses at bay for your children. Vitamin K1 improves bone health for children.
- The fibre content of the carrot reduces constipation.
- Vitamin A in carrots promotes good eye health.
- Capsicum is a good source of dietary fibre, folate, and Vitamins A, C, E. As it is not so spicy, it can be easily given to children. It fights bacterial infection and strengthens the immune system in

kids. Vitamin B6 found in capsicum is a cure for anaemia and the development of the brain.

Buying Guide

This buying guide is essential for all mothers to reach for the best quality products that are required for making this dish. Here are some tips that you can follow:

- Check the expiry date of the spice powder packets that are bought from stores.
- Choose a reputed brand for buying edible oil after checking its price and health benefits.
- It is always better to buy capsicum from a local farmer market or that which is grown organically.
- Make sure that the carrots are firm, bright orange, and have a smooth surface.

Homemade carrot-capsicum sabzi for babies made with love and care is always a good choice for planning a baby's meal. Starting to eat veggies early always has long-lasting health benefits for and all-rounded development of a baby. So, encourage their exploration with food and try to include a variety of vegetables to develop good eating habits.

Mashed Sweet Potato Recipe



Mashed sweet potato puree is easy to make and extremely healthy for babies and toddlers! One of the most versatile and healthy vegetable sweet potatoes is a great option that you can introduce to your little one during the initial months. The soft and creamy texture accompanied by a delicious sweet taste makes it yummy for babies. So, let's begin with how to make mashed sweet potato for your little munchkin! It can serve as a wholesome meal or a great snack option too in between meals.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00
Cook Time	00:20:00
Total Time	00:30:00

Cooking Method

Gas Stove

Type of Meal

Vegetarian

Suitable For

Weaning babies older than six months of age

Meal Schedule

Breakfast, Mid-Morning Snack, Lunch, or Evening Snack.

Recipe Type

Main Dish

Ingredients

Type	Quantity
Sweet Potato	1 medium-sized
Butter or homemade ghee	1 to 2 teaspoons
Cardamom powder (Optional)	1/4 teaspoon

Instructions

Here are step by step directions to make mashed sweet potato:

1. Once you get all the ingredients ready, clean and wash the sweet potato thoroughly under running cold water. Make sure that you peel off the skin before washing the sweet potato.
2. Cut the sweet potatoes into 3-4 pieces depending upon its size.
3. In a pressure cooker, add the sweet potato and enough water and cook for 2-3 whistles. Once the pressure is released, open the pressure cooker.
4. Shift the sweet potato into a large bowl and let it cool. Once it's cool peel off the skin using your hands.
5. Now, mash the sweet potato into a fine creamy texture using a fork and set aside. You may also use a blender or a mixer jar to get a fine puree. Also, add a little water to make it soft and creamy.
6. Heat the butter or ghee in a pan and add the mashed sweet potato and cardamom powder to it. Fry them for 2-3 minutes on a low to medium flame.

7. Once the sweet potato is well mashed with the butter or the ghee you may switch off the flame.
8. It's ready to serve. You may adjust the consistency with water or breastmilk or formula while feeding the baby.

Recipe Tips

- This simple mashed sweet potato recipe is easy to make and best had fresh and warm. You can also store the leftovers in an airtight container and refrigerate it for 2-3 days.
- For homemade mashed sweet potato baby food recipe, choose sweet potatoes that are fresh and organic.
- Adding ghee and cardamom powder to this recipe is optional, but it can be added to enhance the flavor and for ease of digestion. But you can always skip this if you don't prefer it.
- For very small babies you can just puree the sweet potato with a blender by adding a little bit of water.
- It is highly recommended to always consult with the paediatrician before you introduce any new food to the baby.

Nutrition Information (Per 124 Grams)

Type	Value
Energy	198 Cal
Carbohydrates	18.7 grams
Sugar	6.77 grams
Calcium	50.8 milligrams
Iron	0.7 milligrams
Protein	02 grams
Fat	03 grams
Fiber	2.48 grams
Magnesium	19.8 milligrams
Phosphorous	50.8 milligrams
Potassium	259 milligrams
Sodium	306 milligrams

Vitamin C	12.8 milligrams
Folate	7.44 milligrams
Vitamin A RAE	823 micrograms
Beta-carotene	9470 micrograms
Vitamin K	5.1 micrograms
Choline	14.4 milligrams
Selenium	0.9 micrograms
Cholesterol	1.24 milligrams

Health Benefits

This yummy and delicious mashed sweet potato is loaded with immense health benefits for babies:

- Sweet potatoes are rich in natural sugars and help in healthy weight gain in babies.
- A very rich source of iron and calcium, sweet potato is beneficial in the growth of babies.
- Rich source of vitamin A, it helps improve eyesight.
- It is rich in vitamins C and E that enhance the glow of the skin.
- High in fiber that helps relieve constipation and maintains a healthy digestive system.

Buying Guide

Below mentioned are certain buying tips while choosing the sweet potato for baby food recipes:

- Pick up sweet potatoes that are thick, round, and have least brown spots on them. These are ideal for baby food recipes and comparatively fresh than the more spotted ones.
- Try to buy organic fruits and vegetables when it comes to making recipes for babies, as they are free of harmful chemicals and pesticides.

Try making this super-easy mashed sweet-potato for babies at home. They can be made with little effort and can be had by kids as well as

adults!

Jowar (Sorghum)- Paneer – Palak Paratha Recipe



A staple in North Indian households, parathas are a lip-smacking breakfast or even had for lunch or dinner. Generally made with whole wheat flour, these are essentially stuffed roti. The stuffing is made from vegetables mixed with spices to make a delicious dish. However, with the growing intolerance for wheat and gluten-based stuff, people are looking for healthier replacements to whole wheat flour. Jowar(Sorghum) is a millet that is packed with nutrients and rich in fibre. This variation of jowar(Sorghum) paneer palak paratha for babies is something that your munchkin will love once in a while.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00

Cook Time	00:30:00
Total Time	00:40:00

Cooking Method

Gas Stove, Induction

Type of Meal

Vegetarian

Suitable For

Any toddler above 13 months of age

Meal Schedule

Breakfast, Lunch or Dinner

Recipe Type

Main Meal

Ingredients

For the dough

Ingredients	Quantity and Volume
<i>Jowar</i> (Sorghum) flour	2 cups
Spinach finely chopped	1 ½ cups
Green chilies	1-2
Salt	1 teaspoon

For the filling

Ingredients	Quantity and Volume
<i>Paneer</i>	200 gms
Salt	As per taste
Onion finely chopped	¼ cup
Ginger grated	1 teaspoon
Green Chilli	1 teaspoon
Coriander leaves finely chopped	2 tablespoon
Dry Mango Powder or <i>Amchur</i> Powder	1 teaspoon
Roasted Cumin Powder or Roasted <i>Jeera</i>	½ teaspoon

Powder	
<i>Ghee</i>	For frying

Instructions

It is a simple step-by-step process to follow to learn how to make *jowar(sorghum) paneer palak paratha*

1. Add the spinach and green chilies in a mixie jar and blend it to make a smooth paste. You can add a few drops of water to make it a paste.
 2. Mix this paste with the *jowar(sorghum)* flour and knead it into a dough with enough salt. Make sure the dough is soft. Once done, cover it and keep it aside.
 3. Take a large bowl and pour all the ingredients for the filling. Give it a good mix so that it all blends well together.
 4. Divide the dough into round balls of the size of lemons.
 5. Dust flour and roll into a small circle of diameter of 4 inches.
-
1. Place about 2-3 tablespoons of filling in the centre. Fold the ends of the together and seal it.
 2. Use some more flour and roll this into a circle to make a paratha that is 6 inches in diameter.
 3. Now heat a *tawa* or a griddle. Place the *paratha* and cook it on a medium flame.
 4. Once you see brown spots appearing, apply some *ghee*, and flip it over.
 5. Now apply some *ghee* on the top part and cook until both sides are cooked well.
 6. Serve hot with some pickle, preserve, or *raita*.

Recipe Tips

To get this simple *jowar (sorghum) paneer palak paratha* recipe right, just follow these tips:

- You can simply add the chopped spinach and green chilies into the flour and knead them. You can eliminate the process of grinding it.

- The jowar should be finely ground so that it kneads well into a soft and pliable dough.
- Grate the *paneer* so that you can mix the ingredients for the filling finely.

Nutrition Information (Per 100 Grams)

Nutrient	Value
Energy	361 kCal
Protein	15 gm
Carbohydrates	47 g
Fiber	7 g
Fat	12.4 g
Cholesterol	33 mg
Sodium	641 mg
Fat	14 gm

Health Benefits

Now that you know how to make home-made *jowar* (sorghum) *paneer palak paratha* recipe, learn about its numerous benefits too:

- *Jowar* is packed with fibre and regulates digestion.
- *Jowar* is also a rich source of protein and helpful in building muscles and generating cell development.
- *Jowar* is a powerhouse that is packed with antioxidants, minerals, and vitamins.
- *Jowar* is gluten-free and a healthy wheat alternative.
- Spinach is a great source of Vitamin A, Vitamin K, Vitamin C, and folate. Vitamin K helps in improving bone health. It is also good for the skin and hair.
- Spinach strengthens your eyesight and immune system.

Buying Guide

- Buy organic *jowar* flour as it will be free from pesticides and chemicals.

- Try to buy organic spinach as it will be cultivated with natural ingredients.
- Try to buy spinach which has tender and fresh leaves.
- Buy *paneer* from supermarkets and make sure you use it before the expiry date.

This *paratha* is great to have for breakfast, lunch, and dinner. It is a great way to pack protein, fibre, and essential vitamins and minerals from vegetables into your kid's diet. So go ahead and try this recipe to offer a fulfilling meal to your toddler.

Carrot-Moong Dal (Split Green Gram) Soup Recipe



A bowl of nutritious soup is the best thing to include in the diet of babies and toddlers who are 9 months old and older. Carrot-moong dal soup is one such recipe which you can include in your baby's diet without worrying about nutrition and taste. It will surely be a hit amongst kids. The inclusion of some veggies adds on to its nutrition value and creaminess. Read on to find out how to make carrot-moong dal soup for your little ones!

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:05:00
Cook Time	00:15:00
Total Time	00:20:00

Cooking Method

Gas

Type of Meal

Vegetarian

Suitable For

Weaning babies older than 9 months of age

Meal Schedule

Lunch, mid-evening snack or dinner

Recipe Type

Main Dish

Ingredients

Type	Quantity
Moong dal	5 tablespoons
Cumin seeds	¼ teaspoons
Beans	4-5
Carrot	1 medium sized
Potato	1 medium sized
Garlic	2-3 pods
Salt	As required
Pepper powder	1-2 teaspoons
Butter or homemade ghee	1/2 teaspoon
Water	2 cups

Instructions

Follow these step-by-step directions to make yummy carrot-moong dal soup:

1. Wash all the veggies thoroughly under cold water.
2. Remove the skin from the carrot, potato, and beans. Chop all the veggies into small cubes and set aside.
3. Wash the moong dal thoroughly with water, and keep it soaked in the water for about 10 minutes.

4. In a pressure cooker, add all the veggies, the soaked moong dal, and 2 cups of water. Pressure cook for about 3-4 whistles. Remove from flame and release the pressure naturally.
5. Once cooled, remove the lid and blend the veggie-dal mixture into a fine paste using a mixer blender or a hand blender.
6. In another pan, heat the ghee and reheat the blended mixture. Add the remaining water and adjust the consistency. Bring it to a boil and season it with salt and pepper. Remove from the flame and serve hot!

Recipe Tips

- This simple carrot-moong dal recipe is easy to make and can be made using any seasonal veggies of your choice. You can also store the leftovers in an airtight container and refrigerate it for 2-3 days.
- You can also skip blending the veggies and dal in a blender if your baby likes to eat mashed vegetables consistency.
- This homemade carrot-moong-dal soup baby food recipe thickens over time, so make sure that you add adequate water to adjust the consistency.
- Make sure that the veggies you are using are already introduced to the kids before this recipe, in order to avoid any allergic reaction.
- Pepper powder is purely optional for babies below one year. Instead, you can add some cinnamon powder to enhance the flavor without making it spicy.
- It is highly recommended to always consult with the paediatrician before you introduce any new food to the baby. Before introducing the moong dal soup, make sure that your baby is fine with veggies.

Nutrition Information (1 cup serving or per 200 ml)

Type	Value
Carbohydrates	23.3 grams
Calcium	115.5 milligrams

Iron	1.6 milligrams
Protein	8.5 grams
Fat	1.7 grams
Fibre	4.1 grams
Magnesium	47.9 milligrams
Phosphorous	328.7 milligrams
Potassium	375.8 milligrams
Sodium	41.4 milligrams
Zinc	0.9 milligrams
Vitamin C	4.6 milligrams
Folic acid (Vitamin B9)	47 micrograms
Vitamin A	880.1 micrograms
Vitamin B1	0.2 milligrams
Vitamin B2	0.1 milligrams
Vitamin B3	0.9 milligrams

Health Benefits

The following health benefits are associated with yummy and healthy carrot-moong-dal soup:

- Carrot-moong dal soup is a rich source of folic acid, which is a very essential vitamin for the growing children.
- It is also a very rich source of phosphorous that works closely along with calcium in the growth and development of the bones.
- The moong dal in the soup is an excellent source of protein, which is very important for children during their growth period.
- It is also a rich source of vitamin B1, which helps prevent heart diseases, production of red blood cells, enhances carbohydrate metabolism, and also protects the nerve cells of the body.

Buying Guide

Mentioned below are certain buying tips while choosing the right ingredients for baby food recipes:

- If possible, buy good quality organic moong dal from a trusted brand source to avoid harmful chemicals.
- Go for fresh organic and seasonal veggies to make the soup. Avoid buying cold storage veggies for this recipe.

You can whip up this carrot-moong dal soup for babies at home within no time. A warm bowl of soup is like a warm hug and is perfect for those cozy winter evenings! Give it a try at home!

Bhagar (Millet) Cooked in Buttermilk Recipe



Bhagar, also known as Samo, is a nutritious and delicious millet that can be used to make many popular delicacies. Bhagar dishes are believed to originate from Maharashtra, and this millet is commonly cooked during the auspicious occasion of Navratri. Bhagar millet has all the benefits that are required for the growth and well-being of young babies. It is very rich in vitamins and minerals, and has a rich texture and taste very similar to rava or semolina. Read on for the recipe of how to make Bhagar Millet cooked in Buttermilk for babies at home!

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:05:00

Cook Time	00:15:00
Total Time	00:20:00

Cooking Method

Gas

Type of Meal

Vegetarian

Suitable For

Babies older than 9 months of age

Meal Schedule

Breakfast, lunch, mid-evening snack, or dinner.

Recipe Type

Main Dish

Ingredients

Type	Quantity
Bhagar millet	½ cup
Water	2 cups
Salt	1 teaspoon
Homemade ghee	2 teaspoons
Curd/yoghurt	1 cup
Asafoetida (hing)	1 teaspoon
Cumin seeds	¼ teaspoon
Coriander leaves, chopped	1 tablespoon

Instructions

The following step-by-step directions will guide you to prepare bhagar millet in buttermilk at home:

1. Wash and clean the bhagar millet, and keep it aside.
2. In a pan, heat 1 cup of water, add salt, 1 teaspoon ghee, bhagar, and mix well. Let it simmer for about 5-6 minutes with the lid on.
3. Once the bhagar is cooked, mix well and remove from flame.

4. Take the curd or yogurt in a bowl and beat well with a whisker for about 1-2 minutes. Now, add remaining 1 cup water to the curd, a pinch of salt, and again beat well until it turns frothy. Now, your buttermilk is ready!
5. Once the bhagar millet has cooled down, add it to the bowl of buttermilk and mix well.
6. In another pan heat 1 teaspoon ghee, add the cumin seeds and the asafoetida. Add it to the buttermilk mixture along with the chopped coriander leaves.
7. Your bhagar millet in buttermilk is ready to serve!

Recipe Tips

- This simple bhagar millet cooked in buttermilk recipe can be quickly prepared with very few ingredients.
- Make sure that the bhagar millet is cooked well before you remove it from the flame.
- This homemade bhagar millet in buttermilk baby food recipe is best served immediately once prepared. Leaving it over time can cause the buttermilk to turn sour.
- Make sure that you add the bhagar millet to the buttermilk only once it is completely cooled, or else it may cause the buttermilk to curdle.
- The coriander leaves should be finely chopped for this recipe.
- If preparing for children above two years and adults, you can also add grated ginger and green chili while tempering.
- It is highly recommended to always consult with the paediatrician before you introduce any new food to your baby.

Nutrition Information (per serving of 100 ml)

Type	Value
Carbohydrates	45.9 grams
Calcium	14 milligrams
Iron	3.5 milligrams
Protein	4.3 grams
Fat	1.5 grams

Fibre	6.9 grams
Magnesium	57.4 milligrams
Phosphorous	196 milligrams
Zinc	2.1 milligrams
Vitamin B1	0.23 milligrams
Vitamin B2	0.07 milligrams
Vitamin B3	2.9 milligrams

Health Benefits

The following health benefits are associated with yummy and healthy bhagar millet:

- Bhagar millet is a rich source of protein, which makes it ideal to be included in the diet of young babies, as it helps in the healthy maintenance of cells in the body.
- Bhagar millet has high fibre content that helps in easy digestion of food.
- It is also a very rich source of phosphorous that works closely along with calcium in the growth and development of the bones.
- Bhagar millet is a rich source of iron which is a very vital nutrient for building adequate levels of haemoglobin levels. Regular intake helps prevent anaemia in young kids.
- A rich source of B vitamins such as niacin, riboflavin, and thiamine, it helps in fat metabolism and also proper utilization of energy in the body.

Buying Guide

Mentioned below are certain buying tips to choose the right ingredients for baby food recipes:

- If possible, buy good quality organic bhagar millet from a trusted brand source to avoid harmful chemicals.

This easy-to-make bhagar millet in buttermilk recipe is a perfect meal for your little munchkin! The buttermilk in this recipe makes it perfect for

summers as it keeps the body cool and hydrated. This recipe is easy to make and is the perfect nourishing recipe, not just for your baby, but for the entire family!

Ragi (Finger Millet) Satva Recipe



Nachni satva or Ragi satva is a sweet delicacy from the tropical land of Goa. This recipe not only tastes divine, it also contains high amounts of calcium and iron! Ragi is a healthy meal option for your munchkin, and this recipe is just the one for you if your child likes sweet delights. If you want to learn how to make a simple Ragi (finger millet) satva recipe, read ahead!

Cooking Time:

Type	Time
Preparation Time	00:30:00
Cook Time	00:15:00
Total Time	00:45:00

Cooking Method:

Gas

Type of Meal:

Vegetarian

Suitable For:

Babies over 9 months of age
Meal Schedule:
Mid-morning or evening snack
Recipe Type:
Dessert

Ingredients

You need the following ingredients to make Ragi (finger millet) satva for toddlers:

Type	Quantity / volume
Ragi	1 cup
Coconut, grated	1 cup
Jaggery	1 cup
Cashew nuts, finely chopped	2 tablespoons
Raisins, finely chopped	1 tablespoon
Cardamom powder	½ teaspoon
Salt	A pinch
Water	As required
Ghee	For greasing

Instructions

Follow these step-by-step instructions to make ragi satva for your baby:

1. Soak ragi pearls in enough water for at least 5 to 6 hours.
2. Grind the grated coconut with some water to make a fine paste. Use a fine muslin cloth to strain coconut milk from the paste by squeezing it nicely.
3. Mix the jaggery in coconut milk and leave it to dissolve while you make the other preparations.
4. Take the soaked ragi and grind into a smooth paste using some water. Use a muslin cloth to extract ragi juice by squeezing the paste. Keep the juice aside for some time. Discard any excess water that comes on top.
5. Mix the ragi juice into the coconut and jaggery solution.

6. Heat the mixture in a heavy-bottomed pan on low flame as you keep stirring the mixture continuously.
7. Add the chopped cashew nuts, chopped raisins, salt, and cardamom powder when the mixture begins to thicken. Mix well.
8. Grease a flat round dish with ghee and transfer the contents in it. Flatten the mixture using a spatula. Let it cool.
9. Cut into desired shapes, and serve this yummy delight to your little one!

Recipe Tips

Here are some tips that you can use if you want to make the perfect homemade ragi (finger millet) satva baby food recipe:

- It is important to soak the ragi for a few hours. If possible, soak the ragi pearls overnight.
- You can add other chopped nuts such as pistachios, walnuts, chestnuts, etc. to add more texture to the recipe. However, for younger babies, you can skip adding nuts to the recipe.
- You can use other kinds of sweeteners such as palm sugar, brown sugar, etc. in place of jaggery.
- You can store ragi satva in the fridge for a couple of days. Before serving, take out the required amount and bring it to room temperature.

Nutrition Information (serving per 100 grams)

Type	Value
Energy	320 calories
Carbohydrates	75 grams
Protein	8 grams
Fats	3 grams
Sodium	5 grams

Health Benefits

Now you know the steps to make ragi (finger millet) satva, you should also know the many health benefits of this yummy recipe:

- Loaded with calcium, ragi is an excellent meal option, as it helps in the formation of bones and teeth in growing babies.
- Ample amounts of nutritional content in ragi prevent malnutrition in young kids.
- An excellent source of iron, feeding ragi to your baby on a regular basis can prevent iron deficiencies.
- Ragi is also a good source of dietary fibre, thus keeping digestive issues at bay.

Buying Guide

Keep the following tips in mind when buying ingredients for making ragi satva for your toddler:

- Make sure you check the best before and date of packaging on the label before buying ragi.
- Buy organic ragi pearls for your baby, as they are without any harmful pesticides and chemicals and thus safe for your little one.
- Make sure you buy branded products from renowned food-grade brands.

This sweet recipe is very easy and simple to make, and is highly nutritious at the same time. Try this ragi (nachni) satva recipe next time you want to make a sweet delicacy for your little one!

Egg White Pancakes Recipe



Pancakes are one of the best breakfast options for people of all age groups and equally loved by babies too. If you are looking for an easy to make pancake recipe for your little one, here we are to fulfil your wishes! In this post, we will be sharing a homemade egg white pancake baby food recipe that you can try for your baby!

Cooking Time

Type	Time
Preparation Time	00:10:00
Cook Time	00:15:00
Total Time	00:25:00

Cooking Method:

Gas

Type of Meal:

Egalitarian
Suitable For:
For babies over 11 months of age
Meal Schedule:
Breakfast
Recipe Type:
Main Dish

Ingredients

Here is the list of ingredients that to need for egg white pancake for toddlers:

Type	Quantity/ volume
Flour	1 cup
Egg whites	2
Banana, mashed	½ medium-sized
Milk	¼ cup
Brown sugar	¼ cup
Cinnamon powder	½ teaspoon
Walnuts, finely chopped	1 tablespoon
Butter, for cooking	2 tablespoon
Honey (Optional)	2 to 3 tablespoons

Instructions

Here are step by step instructions for making these egg white pancakes:

1. Whisk egg whites and brown sugar in a deep bowl.
2. Sieve the flour and add to the egg and sugar mixture slowly, as you keep whisking the batter.
3. Add mashed banana, cinnamon powder, and chopped walnuts to the batter and give a thorough mix.
4. Add milk to adjust consistency in case the batter is not of flowing consistency. Skip adding milk if the consistency is as desired.
5. Heat a flat pan. Grease with butter. Scoop out a dollop of pancake mix and spread it on the hot pan. Cook on medium flame until it

- turns golden brown from both sides.
6. Serve at room temperature topped with honey!

Recipe Tips

Here are some recipe tips that may come handy in whipping out this simple Egg white pancake recipe:

- If you are making these pancakes for a baby who is less than 12 months old, skip adding honey and chopped nuts.
- You can add other mashed or grated fruits such as grated apple, pureed strawberries, etc to add different flavours and texture to the recipe.
- If your baby is comfortable with eating chopped nuts, you can add chopped cashews, almonds, pistachios, etc to make the pancakes crunchier.
- Use whole wheat flour for added nutrition for your little one.
- If brown sugar is not available, you can use jaggery, date sugar, and other such alternatives too.

Nutrition Information (Serving Per 100 Grams)

The table-below shows nutritional content present in pancakes:

Type	Value
Energy	240 calories
Carbohydrates	28 grams
Protein	6 grams
Potassium	130 milligrams
Sodium	450 milligrams

This table mentions approximate nutritional values present in 100 grams of pancakes. Sometimes values may change according to additions that you may make to the recipe.

Health Benefits

Here are some health benefits of pancakes for kids:

- Phosphorous present in these yummy delights not only helps in bone and teeth development in babies but also prevents your little ones from any kind of free radical damage.
- An array of B vitamins present in pancakes helps in the production of red blood cells and also promotes a healthy nervous system.
- Flour is the main ingredient in pancakes, which helps in providing ample carbohydrates to your munchkin. Carbohydrates help in providing the much-needed energy for growing babies and also keep the babies feeling fuller for longer.
- The presence of protein in pancakes is beneficial for muscle development.

Buying Guide

Now that you know how to make egg white pancakes, you must keep in mind following tips when buying ingredients for making pancakes:

- Buy whole wheat flour from a food-grade brand. Refrain from buying locally packed products until or unless the authenticity of such products is known to you.
- Always make sure that you check the best before date or date of packing, before picking up any ingredients.
- If you wish to add any fruits to the recipe, make sure you buy seasonal and organic ones from your local supermarket. Do not use tinned or frozen fruits.
- When buying eggs, buy the ones that are stored under refrigeration. Check for cracks and do not forget to check the sell-by or date of expiration on the carton.

This easy breakfast recipe is enjoyed by people from all over the world, so next time you are struggling with some fun ideas for breakfast for your munchkin, try making these yummy pancakes!

Egg Custard Recipe



When it's time to begin solid food for babies, custard can be a good choice. Egg custard can be a delicious dessert that not only completes a meal but is easy for kids to eat. Custard has been a part of European cuisine since ancient Rome. In modern times there are different variations to this dish depending on your preference like fruit custard, oats custard, and more. This wholesome food is suitable for babies above eight months due to the presence of egg as an ingredient. Considered as one of the best protein and calcium-rich snacks, it is light, easy to digest, and can be prepared using ingredients from your kitchen. Bookmark this recipe of how to make egg custard and serve it as an occasional treat for your entire family.

Cooking Time

Type	Time (hh:mm:ss)

Preparation Time	00:10:00
Cook Time	00:10:00
Total Time	00:20:00

Cooking Method

Gas

Type of Meal

Non-Vegetarian

Suitable For

Toddlers older than 20 months of age

Meal Schedule

After Lunch, Snack Time, After Dinner

Recipe Type

Dessert

Ingredients

Type	Quantity
Egg Yolk	4
Cornflour	3 Tbs
Milk	2 Cups
Sugar	3 Tbs to taste(Optional)
Vanilla essence	1 Tsp
Butter	40gram

Instructions

The step by step directions given here will make your job easy to whip up the best egg custard you've ever eaten.

1. Place milk in a saucepan and bring it to boil.
2. Combine egg yolks, sugar, and cornflour in a separate saucepan and whisk them over low heat.
3. Add a few tablespoons of milk into the yolk mixture. Gradually add the rest of the milk and whisk over medium heat.
4. Continue to stir as the custard thickens and remove it from the heat.

5. Scrape the custard into a small bowl placed over an ice bath.
6. When the custard gets slightly cooled down, add butter in 3-4 instalments and stir continuously until everything is mixed well.
7. Add vanilla essence, mix and pour the mixture into a bowl.
8. Refrigerate to serve chilled.

Recipe Tips

- This simple egg custard recipe can be tastier by adding a dash of maple syrup or honey on top for older children.
- Do not add the sugar whilst on heat as it will get stuck to the pan.
- Avoid sugar for babies below one year of age.
- You can add jam as a topping for extra flavour.
- This homemade egg custard baby food recipe can be made in an oven by baking the mixture at 350 degrees for 45 minutes.
- Make sure you whisk the mixture evenly without leaving any lumps. Also, be careful not to burn the mixture.
- If the cream is used of milk your custard becomes thicker and richer in taste.
- Sometimes flour or gelatin is also used to thicken the custard.
- Combine with fruit slices to make it look colourful and increase its nutritional value.
- Serve with cornflakes for breakfast.

Nutrition Information (Per 141 g serving)

Type	Value
Carbohydrates	15.5gram
Calories	146.6gram
Protein	7.1gram
Sodium	86gram
Cholesterol	118.4ram
Fat	6.5gram
Potassium	208.7gram
Calcium	150.9mg
Magnesium	15.5mg

Phosphorous	159.3mg
Iron	0.5mg
Zinc	0.8mg
Thiamine	0.1mg
Riboflavin	0.3mg
Total Omega	30gram

Health Benefits

Packed with the goodness of egg protein and calcium from milk, egg custard has some exceptional health benefits for children. Here are some of the good reasons for eating custard:

- A delicious addition to a child's diet, egg custard gives extra energy to kids due to the presence of sugar.
- Egg yolk contains omega-3 fatty acids along with Vitamin A, D, E, and K which acts as an antioxidant for preventing your baby from illness.
- Containing the right amount of calories, protein, and fat, it makes a baby feel fuller for a longer duration.
- Milk contains calcium that is good for healthy bones and teeth.
- Butter is a good source of Vitamin A which is good for skin, immune function, and healthy vision.

Buying Guide

This buying guide ensures you buy quality products for preparing the tastiest egg custard without compromising on your child's health.

- Buy pasteurised milk without the presence of added sugar. Fortified milk contains vital calcium and vitamins. Leaky milk packets should be avoided.
- Look for the expiry date of the products bought from the supermarket shelf.
- Buy unsalted butter for younger babies. Branded butter is preferable.
- Look for unblemished clean eggs that are not broken.
- Natural vanilla essence is always better than artificial ones.

Sweet and satisfying, homemade egg custard for babies is always preferable than pre-packed ones available in jars in the supermarket. This classic dessert will always stand out for its mild flavour and can be refrigerated for up to 2 days. Try it and it is sure to be a mood booster for any fussy baby.

Date and Tomato Chutney Recipe



Traditionally tomato date chutney will be served after a meal as a condiment or can be relished after a soul-satisfying hearty meal. An absolute winner in both preparation and taste, there are many variations to this dish as each household makes it in their unique way. Usually, this tomato chutney is eaten with a side dish, chapati, or fried papad. Children love its sweet flavour with a hint of sourness that makes it one of their favourite treats. Find out how to make date and tomato chutney most simply and brag about your incredible cooking skills.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00
Cook Time	00:30:00
Total Time	00:40:00

Cooking Method

Gas

Type of Meal
Vegetarian
Suitable For
Babies older than 12 month of age
Meal Schedule
Breakfast, Lunch or dinner
Recipe Type
Main Dish

Ingredients

Type	Quantity
Mustard Oil	2 tsp
Mustard Seeds	1 Tsp
Red dry chili	2
Water	1 Cup
Salt	As Per Taste
Raisins	1 Tsp
Dates, Deseeded and cut into half	10-12
Cumin Seeds	1 Tbsp.

Instructions

The step by step directions given here will assist you in preparing the yummiest date and tomato chutney you've ever tasted.

1. Wash tomatoes and chop them into small pieces.
2. Dry roast a spoonful of cumin seeds and grind it in a blender. Keep it aside.
3. Heat oil in a heavy-bottomed pan. Add red dried chili and mustard seeds.
4. Once it splutters, throw in the tomatoes and stir.
5. Add salt and give it a good mix. Cover the pan and wait till the tomatoes turn mushy and soft.
6. Sprinkle sugar and cook for another 5 minutes.
7. Finally add the dates, raisins, and water.

8. Cook the chutney till it boils and thickens. Check for the desired consistency and add more water.
9. Add some roasted cumin powder on top and serve at room temperature or chill it in the refrigerator.

Recipe Tips

- This simple date and tomato *chutney* recipe can be made with jaggery, brown sugar or molasses instead of sugar.
- Add finely grated ginger along with mustard seeds to add an extra flavor.
- Add cranberry along with dates for increasing the nutritional value of this dish.
- You can make this *chutney* in Bengali style by using *panch phoron* (a combination of 5 spices)
- This homemade date and tomato *chutney* baby food recipe can be made pulpier by adding mango leather as an ingredient.
- It is advisable to wash the vessels thoroughly that are used for cooking your baby's meal.

Nutrition Information (Per 1 Serving)

Type	Value
Carbohydrates	10gram
Calories	82
Protein	1gram
Sodium	197mg
Fiber	1gram
Fat	5gram
Potassium	150mg
Calcium	6mg
Vitamin C	6mg
Sugar	8gram
Iron	1mg
Phosphorous	16mg

Magnesium	8mg
Zinc	1mg
Vitamin A	39IU
Vitamin B1	1mg
Vitamin B2	1mg
Vitamin B3	1mg

Health Benefits

Discover the health benefits of this date and tomato *chutney*:

- Mustard oil contains powerful antibacterial properties that kill off harmful bacteria as well as anti-fungal properties that kills fungus. Historically it soothes pains and body aches. Mustard oil decreases inflammation from chest conditions for babies.
- Tomatoes have a low risk of causing any allergy in babies and hence can be introduced as early as eight to ten months. The presence of Vitamin A in tomatoes helps in good eyesight. The antioxidants in tomato help to strengthen the immune system and prevents frequent illness in children. Tomatoes also have Vitamin K that helps to build healthy bones in an infant.
- Dates are a super-food with high nutritional benefits. The dietary fiber in dates relieves constipation while potassium helps in brain growth and development. Its high iron content improves hemoglobin levels in the blood. Other minerals like sodium, calcium, magnesium, and zinc boost the immunity levels and help a baby to recover from fever or smallpox.
- Sugar and salt should be avoided for a baby less than one year of age.

Buying Guide

Buying good quality food products ensures value for money and the good health of your children and family. Hence this buying guide can be followed while you step out for shopping the ingredients needed to make this dish:

- Buy soft meaty dates that shouldn't feel hard. Branded dates produced in the Arab countries are best among the date varieties.
- Spices need to have a strong aroma and can be bought in small quantities to maintain freshness.
- It is always better to choose tomatoes that are grown organically.
- Look for tomatoes with smooth skins that do not have cracks or blemish on them.
- While buying oil, look for sealed packs that have an expiry date mentioned on the label.

Homemade date and tomato *chutney* for babies is a hot-spicy palate cleanser that can be stored in the refrigerator for about a week. A healthy substitute for packaged products, this classic dessert will surely tingle your child's taste buds and become their favourite dish.

Gobi (Cauliflower) Paratha Recipe



A much loved stuffed Indian flatbread, Gobi (Cauliflower) paratha is a staple dish in most North Indian households. Such is its popularity now that every part of India has seemed to have fallen in love with the dish. That is why it has become a common dish in every household across Indian. A perfect dish to serve your toddler, this Gobi (Cauliflower) Paratha for babies is something that you can cook for breakfast, lunch or dinner.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:20:00
Cook Time	00:20:00
Total Time	00:40:00

Total Servings

3-4

Cooking Method

Gas stove or induction

Type of Meal

Vegetarians And Non-Vegetarians

Suitable for

Any baby above 11 months of age

Meal Schedule

Breakfast, Lunch or Dinner

Recipe Type

Main Meal

Ingredients

For The Dough

Ingredients	Quantity & Volume
Wheat flour	1 ½ cups
Oil	1 teaspoon
Salt	As per taste

For The Stuffing

Ingredients	Quantity & Volume
Grated Cauliflower	1 ½ cups
Oil	2 teaspoon
Cumin Seeds	½ teaspoon
Onions finely chopped	½ cup
Green Chillies finely chopped	1 teaspoon
Salt	As per taste
Coriander finely chopped	¼ cup

Other Ingredients

Ingredients	Quantity & Volume
Whole Wheat Flour for rolling	10-15 tablespoons
Ghee	10-15 tablespoons

Instructions

Just follow this step-by-step procedure to learn how to make Gobi (Cauliflower) Paratha:

For The Dough

- Combine all the ingredients in a bowl. Knead into a smooth dough with enough water (approximately ½ cup).
- Cover and keep aside.

For The Stuffing

- Heat ghee in a broad pan and add the cumin seeds.
- Add the onions and green chillies when the cumin seeds crackle. Sauté on a medium flame for about a minute.
- Now add the grated cauliflower and salt. Sauté on a medium flame for about 1-2 minutes.
- Add about 4 tablespoons of water mix well. Cover and cook on a low flame for about 3-4 minutes. Stir occasionally.
- Once cooked, add the chopped coriander and mix well.
- Now divide the stuffing into six equal portions and keep aside.

For The Paratha

- Divide the dough into six equal parts.
- Take some portion of dough in your palm and roll out into a circle of 4 inches in diameter.
- Place one of the portions of the stuffing in the centre.
- Carefully bring together the sides to the centre and seal it into a stuffed ball.
- Now use some wheat flour and roll this ball into a circle of about 7 inches in diameter.
- Now heat a tava and cook the paratha with ghee. First, cook one side and apply ghee to it. Flip over and cook until both sides appear golden brown.

- Now repeat the above steps to exhaust the portions of dough and stuffing.
- Serve the gobi paratha hot with yoghurt or ketchup.

Recipe Tips

Now that you have learned to make homemade Gobi (Cauliflower) Paratha baby food recipe, follow these tips to perfect it:

- Wash the cauliflower before cutting the florets. After you separate the florets, place them in a bowl of cold water with some salt. This step will get rid of any worms that are in the vegetable.
- Knead the flour into a smooth dough so that the parathas will turn out soft.
- Adjust the number of green chillies as your baby's taste.
- You can also add some amchur powder or garam masala for an enhanced flavour.

Nutritional Information Per Servings

Nutrient	Value
Calories	218 Kcal
Protein	5.5 gm
Carbohydrates	30.7 gm
Fibre	5.7 gm
Fat	8.8 gm
Cholesterol	0 mg
Sodium	20.2 mg

Health Benefits

This simple Gobi (Cauliflower) Paratha recipe has its share of health benefits:

- Wheat flour is good for digestion and will keep your baby's tummy fuller for longer. It is also gluten-free and is an excellent food for kids with allergies.

- Cauliflower is a good source of Vitamin C, Vitamin K, manganese and potassium. It is rich in antioxidants to boost the kid's metabolism. The potassium helps to maintain the muscles, heart, kidneys, and muscles.

Buying Guide

Just take some care and precaution while buying ingredients for Gobi (Cauliflower) Paratha. Follow these tips:

- Buy cauliflower that is white and covered within green leaves. Ensure there are no black spots on the cauliflower.
- Buy atta from supermarkets that belong to reputed brands. Check the expiry date on the packaging. Alternatively, you can also buy whole wheat grains and grind them to a powder in a mill.

The combination of cauliflower, green chillies and onions make an excellent delectable meal that is wholesome and nutritious. Your kid is sure to love this paratha made generously with ghee. Serve it with a glass of buttermilk to complete a meal.

Paneer (Cottage Cheese) Bhurji Recipe



Paneer is a common ingredient used in most North Indian households. Paneer Bhurji is a delicious combination of paneer, onions, tomatoes, spices, and some masala to have by itself or as an accompaniment to roti or bread. This easy Paneer (Cottage Cheese) Bhurji recipe for babies is something that you can introduce to get your child used to some spicy and tangy flavours.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00
Cook Time	00:10:00
Total Time	00:20:00

Cooking Method

Gas stove or induction

Type of Meal

vegetarians and non-vegetarians
Suitable for
Any baby older than 11 months of age
Meal Schedule
Breakfast, Lunch or Dinner
Recipe Type
Main Meal
Total Servings
3-4

Ingredients

Ingredients	Quantity & Volume
Paneer (mashed)	1 cup
Oil	2 tablespoon
Cumin Seeds	1 teaspoon
Onions finely chopped	½ cup
Tomatoes finely chopped	½ cup
Pav Bhaji Masala or Garam Masala	¼ teaspoon
Turmeric Powder or Haldi	¼ teaspoon
Red Chilli Powder	½ teaspoon
Green Chillies	1 teaspoon
Coriander	1 tablespoon
Salt	As per taste

Instructions

This homemade Paneer (Cottage Cheese) bhurji recipe for babies is easy and quick if you follow this step-by-step guide:

- Heat oil on a Tava and add the cumin seeds. Let them crackle on a medium flame.
- Once the seeds crackle, add the onions and sauté them for about 2-3 minutes.
- Once the onions are well cooked, add the tomatoes. Sprinkle some water and cook on a low flame for about 4-5 minutes till

they are soft and mushy.

- Add the masala of your choice, turmeric powder, red chilli powder and a tablespoon of water. Mix well, cover and cook on a low flame for about 2 minutes. Keep stirring continuously.
- Now add the mashed paneer, salt, and coriander. Mix it well gently without applying too much pressure. Sprinkle some water and cook on a low flame for about 1-2 minutes.
- Serve the Paneer Bhurji hot with roti or bread.

Recipe Tips

Follow these simple tips to perfect your knowledge on how to make Paneer (Cottage Cheese) bhurji recipe:

- If you are using frozen paneer, make sure you defrost it before using it. Try to use a fork to mash it nicely. The paneer should be crumbled into tiny pieces for the bhurji to taste good.
- Finely chop the onions and tomatoes. You can deseed the tomatoes if you do not want the dish to be very mushy.
- The dish is best cooked on a Tava and a non-stick one. You can also use a cast-iron tava as it will enhance the taste.

Nutritional Facts Per Servings

Nutrient	Value
Calories	370 Kcal
Protein	10.4 gm
Carbohydrates	10.8 gm
Fibre	0.9 gm
Fat	31.7 gm
Cholesterol	0 mg
Sodium	7.2 mg

Health Benefits

Read on to find out more about the health benefits of this simple Paneer (Cottage Cheese) bhurji recipe:

- Paneer is a derivative of milk and therefore a rich source of calcium. Regular consumption of paneer has proven to improve the bones and teeth.
- Paneer is rich in minerals like calcium, potassium, magnesium, proteins that are essential for the healthy growth of the body. It is known to strengthen the immune system.
- Tomatoes are rich in Vitamin C and rich in antioxidants. Tomatoes are rich in lycopene which is good for the health of the heart. Tomatoes are also packed with calcium and potassium.
- Onions are also rich in fibre and antioxidants. They are also effective against bacterial infections.
- Onions have anti-inflammatory properties and reduce symptoms of asthma. They are also useful for a stuffy nose.

Buying Guide:

Follow these useful tips when sourcing ingredients for Paneer (Cottage Cheese) Bhurji to perfect the dish when you make it:

- Buy paneer sold in supermarkets. Make sure you buy packaged products and check the expiry date on the packaging. If you are using homemade paneer, make it with full-fat milk.
- Make sure you buy tomatoes that are firm and ripe. Ripe tomatoes taste better with paneer.
- Onions should also be ripe before being used.
- Try and buy organic vegetables as they are free from chemicals and pesticides.

Paneer (Cottage Cheese) Bhurji is a preparation that is loved all across India. It is served as an accompaniment to rotis in the North, whereas in the South it is used as stuffing in dosas. With a universal appeal, the dish is perfect for your kid and their nutritional needs.

Aloo Wadi Recipe



Popularly known as Patra in Gujarat, this simple Aloo Wadi recipe for babies is a delectable snack. It is made from colocasia leaves, combined with a smooth paste of besan to form a sweet, savoury and tangy flavour. Rolled and steamed, the snack is a healthy alternative to fried ones.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:15:00
Cook Time	00:30:00
Total Time	00:45:00

Total Servings

3-4

Cooking Method

Gas stove or induction

Type of Meal

Vegetarian

Suitable for

Toddlers over 15 months of age

Meal Schedule

Breakfast, Lunch, Dinner or between-meal snack

Recipe Type
Side dish or snack

Ingredients

For the Patra

Ingredients	Quantity & Volume
Colocasia leaves	12 medium sizes
Oil	2 tablespoon
Mustard Seeds	1 teaspoon
Sesame seeds	2 teaspoon
Asafoetida or Hing	A pinch

For the Besan Mixture

Ingredients	Quantity & Volume
Besan	2 ½ cups
Ginger and Green Chilli paste	1 teaspoon
Turmeric Powder	½ teaspoon
Red Chilli Powder	½ teaspoon
Asafoetida or Hing	½ teaspoon
Grated Jaggery	¾ cup
Tamarind water	3 tablespoon
Salt	As per taste

For the Garnish

Ingredients	Quantity & Volume
Grated Coconut	2 tablespoon
Coriander finely chopped	2 tablespoon

Instructions

Follow this three-part step-by-step guide to learn how to make Aloo Wadi for toddlers:

1. For the besan mixture, Add and mix all the ingredients in a big bowl. Add about 1 cup of water to it and whisk well with a whisker. Mix till the jaggery dissolves, and the mixture becomes smooth. Cover and keep aside.
2. For the patra, first, place the colocasia leaf with the side of the vein facing upwards on a clean surface. Next, take the vein out with the help of a knife.
3. Clean the leaf with a damp cloth on both sides.
4. Repeat this step for all the leaves.
5. Now place the colocasia leaf on a flat surface. Make sure the lighter green side faces upwards.
6. Spread a little besan mixture evenly on the leaf.
7. Place another colocasia leaf on top of this with the light green side facing upwards. This time the tip of the leaf should be facing the opposite direction.
8. Repeat the step with another 2-4 leaves.
9. Now fold the leaves to about 2 inches on both ends.
10. Now roll the stacked leaves tightly from one end to the other and keep applying some besan mixture in between the folds. Secure the end with some besan mixture and keep aside.
11. You can now make two more rolls with the rest of the leaves.
12. Place the rolls in a steamer with water—steam for about 20-25 minutes. Keep checking in between to see if they have become firm.
13. Once done, cool it for about 15 minutes.
14. Once they are cooled, cut the rolls in thick slices (cylindrical) of about ½ inch in diameter.
15. Now heat a pan and add some oil. Crackle the mustard seeds and add asafoetida. Saute on a low flame for a few seconds.
16. Add the patra pieces and coat them gently with the mustard seeds.
17. Remove from the heat and garnish with grated coconut and coriander.

Recipe Tips

A few tips to perfect this homemade Aloo Wadi baby food recipe:

- Make sure you use colocasia leaves with a black stem while making Aloo Wadi.
- Whisk the besan well so to make sure there are no lumps. It will help to spread the mixture evenly and coat the leaves thoroughly.

Nutritional Facts (Per 100 g)

Nutrient	Value
Calories	604 Kcal
Protein	24.5 gm
Carbohydrates	93.2 gm
Fibre	20.8 gm
Fat	14.8 gm
Cholesterol	0 mg
Sodium	75.1 mg

Health Benefits

This Aloo Wadi recipe for babies has numerous health benefits:

- Colocasia leaves are rich in Vitamin C, Vitamin A, folate and calcium. They are rich in disease-fighting antioxidants and super booster for immunity. Their high fibre content makes it ideal for digestion.
- Besan is rich in protein and helps to keep the tummy full for longer. Besan contains vitamins and minerals that satisfy your kid's daily intake of nutrients.

Buying Guide

This recipe takes some time to perfect as it involves some careful precision while making. You can, however, follow these tips to make sure you try to get it right:

- While buying the colocasia leaves, make sure they have a black stem. Remove the thick vein or stalk with scissors or a knife.
- When you remove the stem, make sure the side of the stem is facing towards you. Remove the stem gently with the help of a

- knife or scissor and make sure you do not tear the leaves.
- Besan must be bought from shelves in supermarkets. Check the expiry date before using it.

Aloo Wadi is a delicious snack that can be served during lunch as an accompaniment to the main meal or as a between-meal snack. It is steamed, and that is what makes it even healthier. A great alternative to store-bought snacks, this makes a perfect filler for in-between meals.

Rice Porridge Recipe



Popularly known as ‘congee’, ‘zhou’, or ‘jook’, rice porridge is an ideal first food for babies who are more than six months of age. Traditionally served in East Asian and Chinese homes for centuries, this common meal is easily digestible, highly nutritious and less likely to cause allergic reactions in babies. Homemade rice porridge powder is an amazingly versatile meal option that can be made into a quick lunch or sweet porridge. Babies find its creamy and smooth texture easy to swallow especially during fever, teething or even diarrhea. Made with parboiled rice and water, it makes one of the best base cereal that is tasty, inexpensive and contains the health benefits that your baby’s daily diet should contain. Find out how to make rice porridge for your weaning baby instantly as it makes a wholesome meal idea.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00

Cook Time	00:15:00
Total Time	00:25:00

Cooking Method

Gas Stove

Type of Meal

Vegetarian

Suitable For

Weaning babies older than six months of age

Meal Schedule

Lunch or dinner

Recipe Type

Main Dish

Ingredients

Type	Quantity
Parboiled rice	2 Tbsp
Water	1.5 cup

Instructions

Follow the step by step directions mentioned below for preparing the yummiest rice porridge for your little munchkin.

1. Take 2 tbsp. of rice and wash it well. Drain out the water completely and dry it for an hour under the sun or shade.
2. Dry roast the dried rice in a pan until it turns light and fluffy. Grind the rice in a mixer to form a coarse powder.
3. Take 2 teaspoons of the coarse rice powder and one cup of water in a pan.
4. Cook it on low flame for about 5 minutes.
5. Mix it well, ensure that there are no lumps formed and the porridge gets a saucy consistency.
6. Switch off the flame and let it cool down. Pour it into a bowl before serving to your baby.

Recipe Tips

- This simple rice porridge recipe can be made healthier by adding ¼ tsp of pure coconut oil or ghee for underweight babies.
- This homemade rice porridge baby food recipe can be made tastier by using basmati rice, ponni, sona masuri rice that are more fragrant than the other varieties of rice.
- You can soak the rice in water for about 6 hours before rinsing it as it gets broken down for easy digestion.
- Do not add sugar or salt in the porridge for babies less than one year of age.
- Introduce rice porridge in its diluted form for about a week. Once your baby is comfortable and gets no allergic reactions you can make it thicker.
- It is mandatory to follow the standard instructions of sterilizing the utensils, bottles and washing your hands well before cooking or feeding your child.
- You can add a pinch of ajwain, carom seeds or moong dal to add flavor to this recipe for toddlers.
- Adding breast milk or formula milk can enhance the nutritional value of this recipe. Any fruit puree or mashed potato can also be added to the cereal instead of milk.
- If the rice porridge thickens after cooling down adjust with warm water.
- Check with your pediatrician before introducing any new food to your baby.

Nutrition Information (Per 1 Cup)

Type	Value
Energy	675 kCal
Carbohydrates	147 grams
Protein	13 grams
Sodium	9 mg
Fiber	2 grams
Fat	1 grams
Potassium	212 grams
Calcium	52 mg

Health Benefits

Rice porridge is one of the most baby-friendly foods that is recommended by most experts. It is highly sustainable and has exceptional health benefits for both babies and toddlers:

- Rice water is a great source of energy for babies as it contains carbohydrates that fulfill the energy requirements for a day-long activity.
- Easy to digest, rice porridge eases the bowel movements in babies.
- Rice can be the best staple food containing the essential proteins and vitamins that are needed for the overall development of babies.
- Brown rice is a good source of B complex vitamins that aid in brain functioning. The amino acids found in rice rejuvenate the muscles, builds ligaments and tendons.

Buying Guide

Take note of the necessary guidelines while shopping for the best quality ingredients required for making rice porridge.

- Pay attention to the color of the rice, rice texture and appearance before choosing rice. Organic brown rice has more nutritional value.
- Make sure that the rice does not have weevil, stones or any lubricant content in them.
- Buy from a trusted store that guarantees quality for its price, as sometimes old and new varieties of rice can be mixed to cheat the customers.

Homemade rice porridge for babies is highly recommended for babies as it is a safe baby cereal substitute than packaged products readily available in the supermarket. This delicious dry powder can be your constant companion during travel and can be served almost every day of the week.

Lauki Moong Dal Soup Recipe



Soups and broths are the best way to introduce vegetables into your baby's daily diet as they are easy to feed, gulp down and digest. If you're looking for a bowl of healthy soup recipe that will keep your baby hydrated in all kinds of weather, lauki moong dal soup can be a good idea. The mild and soothing taste of this soup serves as an appetizer, tantalizes the taste buds and fights infections due to the presence of various nutrients present in its ingredients. This Indian style recipe is not just easy to cook but makes a substantial meal for picky eaters. Gourd adds depth to this soup, the moong dal keeps it light while the spices add flavor to this wholesome soup. Learn how to make lauki moong dal soup in a surprisingly easy way and your child would crave for this warm and creamy treat more often than you think.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00

Cook Time	00:20:00
Total Time	00:30:00

Cooking Method

Gas Stove

Type of Meal

Vegetarian

Suitable For

Weaning babies older than six months of age

Meal Schedule

Breakfast, Lunch or dinner

Recipe Type

Side Dish

Ingredients

Type	Quantity
Bottle Gourd	1 Cup
Moong Dal	2 Tbsp
Butter	1 Tbsp
Water	1 Cup
Salt	As Per Taste
Pepper	1 Tsp
Garlic	2 Cloves
Ginger	½ Inch
Shallots	2
Cumin Seeds	¼ Tsp
Coriander Leaves	1 Tbsp

Instructions

Refer to the step by step directions given here that will guide you to make the perfect lauki moong dal soup just the way you want.

1. Wash, peel and cut the bottle gourd into cubes.

2. Wash the moong dal and drain out the water.
3. Heat butter in a pressure cooker followed by cumin seeds and wait till it splutters. Throw in sliced shallots followed by chopped ginger and garlic. Stir for some time till they become translucent and gives out a nice aroma.
4. Add in rinsed moong dal followed by cubed bottle gourd and fry for another minute.
5. Add water and close the lid of the pressure cooker.
6. Wait for 2 whistles in medium flame.
7. Once the steam is released, transfer the contents of the cooker into the blender. Add more water and grind it into a smooth puree.
8. Add salt and pepper as needed and garnish with coriander leaves.
9. Pour it into a bowl and serve warm.

Recipe Tips

- This simple lauki moong dal soup recipe can be made using commonly found vegetables and lentils found in your kitchen.
- Add soaked and deskinning almonds to lend the soup more nutrition value.
- Dilute the soup more with water for smaller babies. Avoid the salt for babies less than 1 year of age.
- This homemade lauki moong dal soup baby food recipe can be made tangier by adding a few drops of lemon juice to it. Adding a tomato will also give it a sour flavor.
- You can season it with roasted and powdered cumin seeds or crushed red chilies.
- Olive oil can be used instead of butter. A pinch of sugar in the soup adds to the taste of older children.
- Maintain proper hygiene while cooking for your baby like washing your hands or sterilizing the utensils.

Nutrition Information (Per 1 Serving)

Type	Value
Calories	16 kCal
Carbohydrates	3 grams

Protein	4 grams
Sodium	16 mg
Potassium	158 mg
Calcium	3%
Vitamin C	13%
Calcium	3%
Iron	2%

Health Benefits

This lauki moong dal soup prepared with loving care is guaranteed to rejuvenate your baby's energy as well as meet the daily calorie requirement in the diet. Let us see what wonders it does to a baby's health:

- Soup is an effective remedy for the common cold as it contains an inflammatory agent. Bottle gourd soup normalizes the acidity of the stomach.
- With about 90% water content, few calories, less fat and high fiber, bottle gourd reduces body heat by replenishes the water requirement of our body, especially during diarrhea.
- As bottle gourd has Vitamin C, it induces a charming skin for babies.
- The high fiber content of bottle gourd treats constipation and offers the best way to treat urinary infection by flushing out the toxins.
- Moong dal is full of protein that induces growth in the weaning stage of babies.

Buying Guide

This buying guide is your ideal companion for picking the right ingredients that you need for cooking the best lauki moong dal soup for your beloved child.

- If you're buying branded moong dal, then look for its expiry date to avoid stones or insects in them.

- Spices need to be bought in small quantities that have a strong aroma.
- It is always better to use clarified pasteurized butter.
- Freshly sourced veggies from local farmers market or organic vegetables are always a better option. Ensure the skin of the bottle gourd is pale green and smooth free from any spots.

Homemade Lauki moong dal soup for babies is a sumptuous and satiating treat for babies. It is certainly a better alternative to any readymade soup packets that have artificial flavors, thickening agents and harmful preservatives.

Egg Omelette Recipe



Omelet is a preparation that is made in a variety of ways across the globe. The Indian style, however, has its distinct taste and flavour with its combination of chopped vegetables, dried herbs, and green chillies. Cooked in a pan with lots of butter, this egg omelette for kids is an exciting and filling breakfast option for your munchkin!

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00
Cook Time	00:10:00
Total Time	00:20:00

Total Servings

3 to 4

Cooking Method

Gas Stove or Induction

Type of Meal

Vegetarians and Non-Vegetarians

Suitable for

Any toddler above 12 months of age

Meal Schedule

Breakfast

Recipe Type

Main Meal

Ingredients

Ingredients	Quantity & Volume
Onions	1 tbsp, finely chopped
Tomatoes	1 tbsp, deseeded and finely chopped
Capsicum	1 tbsp, finely chopped
Cheese	1 tbsp, finely grated
Eggs	2
Green chillies	1 tsp, finely chopped (Optional)
Dried Mixed herbs	½ tsp
Butter	2 tsp
Pepper powder	1/4th tsp

Instructions

A wholesome meal, this home-made egg omelette baby food recipe is simple and easy to make. The cheesy topping adds a lovely sticky and gooey texture that your baby will love. Follow this step-by-step guide to make a healthy breakfast:

- Combine the eggs, salt, and pepper in a bowl and whisk well with a fork.

- Add the onions, tomatoes, capsicum, and green chillies and mix well.
- Heat the butter in a pan. Let the butter melt and spread it evenly all around the pan.
- Pour the egg mixture as soon as the butter melts.
- Cook on a medium flame for about 2 minutes.
- Once you see the sides getting cooked (turning golden brown and coming off the pan), flip the mixture to the other side and cook for 2 more minutes.
- Once cooked, sprinkle the cheese and dried herbs over the omelette.
- Fold the omelette into a semi-circle and cook lightly on a low flame for about 30 seconds.
- Serve immediately with bread slices or ketchup.

Recipe Tips

- The dish tastes better with vegetables and is healthier. You can add vegetables of your choice, and your baby wouldn't even realise he ate some.
- Whisk the eggs well until they froth. If the eggs are whisked well, the omelette will turn out soft.
- You can opt to skip the dried herbs if you want. But, adding them will give a nice aroma and flavour to the omelette.
- You can also choose to skip the cheese, but adding the cheese will make it tastier, and your kid will like the creamy texture.
- You can add a dash of milk to the mixture before making the omelette as it tends to make it richer in taste.

Nutritional Facts Per Serving (2 eggs)

Nutrient	Value
Calories	202 kCal
Protein	13 gm
Carbohydrates	3.8 gms
Fiber	0.8 gms
Fat	15 gms

Cholesterol	17.5 mg
Sodium	152.9 mg

Health Benefits

Here are some health benefits of this simple egg omelette recipe:

- Eggs are a rich source of protein. Eggs are also a great source of calcium, Vitamin D and phosphorous.
- The protein in eggs helps in the generation and regeneration of cells.
- Vitamin D helps in the development of bones.
- Omega 3 boosts brain development.
- Onions are rich in folic acid and aid digestion.
- Tomatoes are rich in Vitamin C and lycopene. Vitamin C is needed to boost immunity, and the lycopene provides the body with antioxidants.
- Capsicums are superfoods for the skin and the bones.

Buying Guide

Now that you know how to make an egg omelette follow these tips when you are sourcing your ingredients to ensure you make one that is tasty and extremely nutritious.

- Wash the vegetables before you chop them. Try to buy organic vegetables as they are free from chemicals and pesticides.
- Buy fresh eggs available in the supermarket. Try to buy free-range eggs or organic ones as they will be free from any bacteria, pesticides, and chemicals. Make sure to check the expiry date of the eggs.
- You can buy butter available in the supermarket that are sold by reputed brands. In case you do not want to use butter, you can replace it with *ghee*. Make sure you check the expiry date on the packaging.

Made with everyday ingredients, egg omelette combines vegetables and eggs to create a zesty flavour. The texture and tang is something that your child will relish thoroughly. A simple dish that can be whipped up in any

Indian household pantry as the ingredients are staples in all shelves and refrigerators.

Whole Wheat Pasta Recipe



Modern lifestyle can be pretty hectic and there may not be enough time to prepare a full-fledged meal. Choosing pasta as one meal can always go down well as an evening snack or a feel-good dinner. A staple food in Italian cuisine, pasta is a hot-favourite among kids. It is versatile, comforting, filling and best of all – easy to prepare, not to mention its deliciously creamy sauce and added veggies that packs some extra nutrition to your child’s daily diet. Made from an unleavened wheat flour dough mixed with water or eggs, they are formed into different shapes and then cooked by baking or boiling. Learn how to make whole wheat pasta and serve a sumptuous dish for your entire family.

Cooking Time

Type	Time (hh:mm:ss)

Preparation Time	00:10:00
Cook Time	00:10:00
Total Time	00:20:00

Cooking Method

Gas Stove

Type of Meal

Vegetarian

Suitable For

Toddlers older than 13 months of age

Meal Schedule

Breakfast, Evening Snack, Dinner

Recipe Type

Snack Dish or Main Meal

Ingredients

Type	Quantity
Whole Wheat Penne Pasta	1 Cup
Olive Oil	3 Tbsp.
Salt	½ Tsp
Water	750 ML
Onion	¼ Cup
Capsicum	¼ Cup
Tomato	¼ Fine Chopped
Cilantro Leaves	1 Tsp
Pepper Powder	½ Tsp
Parmesan Cheese	2 Tsp
Sweet Tomato Sauce	1 Tbsp.

Instructions

The step by step directions given here will show you the way to make whole wheat pasta in the quickest way following the perfect technique.

1. Add water in a big pan and bring it to boil.
2. Add salt, 1 tsp of oil, pasta and mix well.
3. Cook on medium flame until the pasta gets tender approximately after 15 minutes.
4. Drain out the water and set aside.
5. Heat 2 tbsp. of oil in a frying pan. Add chopped onion and stir on medium flame till it becomes translucent.
6. Add the capsicum cubes to it and cook for 1 minute.
7. Add the chopped tomatoes and stir well.
8. Add salt and black pepper. Let it cook for 2 more minutes and then add the boiled pasta.
9. Add the tomato sauce, parmesan cheese, basil leaves and parsley leaves and toss everything to give it a perfect mix.
10. Let it cook for 2 minutes and once done, serve hot.

Recipe Tips

- This simple whole wheat pasta recipe can be made from scratch. Try making pasta at home using whole grain flour.
- Do not over-cook the pasta while boiling it or else it will get stuck to the pan while frying.
- Try cheese varieties like mozzarella, ricotta, pecorino, cheddar or asiago.
- Cheese not only seasons the pasta but adds texture and gives it a rich flavour.
- This homemade whole wheat pasta baby food recipe can be made with any vegetables of your choice; chicken and mushroom that give this dish a bulk.

Nutrition Information (Per 1 serving)

Type	Value
Energy	238 Cal
Carbohydrates	48 grams
Protein	9.6 grams
Sodium	6.4 mg
Fibre	6.2 grams

Fat	2.7 grams
Potassium	154 mg
Vitamin A	0.1%
Calcium	1.6%
Iron	15%

Health Benefits

Whole wheat pasta is loved by most mothers and their kids as they enjoy a balanced diet without any mealtime drama:

- Apart from adding an extra flavour, butter contains omega 3 and fatty acids that promote brain development for a child.
- Wheat flour is a rich source of carbohydrates that generates energy for any physical activity. As it is easily digestible, wheat helps to reduce constipation and flatulence in children.
- Whole grain contains 100 per cent of the kernel-bran, germ, endosperm which is good for the heart.
- Whole wheat pasta is high in fiber which acts as a natural laxative for children. Its manganese, copper, phosphorus content helps in the overall growth and development of children.
- It has a high content of carbohydrates that boosts the energy levels of children.
- Olive oil reduces gastric acidity and promotes the development of bones and the nervous system.

Buying Guide

Nowadays the choice of different products can be a little too overwhelming. Make your purchasing decision based on the recommendations given below for maximum satisfaction

- Compare fibre levels, look for “whole” mentioned at the top of the pack while buying pasta.
- Look out for specialist cheese shops that sell branded cheese or freshly made cheese. Try before you buy.
- Sealed packs with detailed nutrition information ensure good quality.

- Watch out for the expiry date of all dairy products before buying.
- Choose organically grown vegetables.
- Buy olive oil labelled extra virgin. Look into the polyphenol levels of olive oil.

Homemade whole wheat pasta for babies is a tested recipe that helps to show how much you care for your child as it gives the meal an extra special touch of love. More so it tastes a world better to boxed varieties available at a super market. Go ahead and try your hand at this continental recipe that would establish you as an expert chef.

Watermelon Juice Recipe



Summer is arriving and a glass of fresh watermelon juice is a great way to refresh your child in the hot weather. Watermelon consists of 91% water and 7.5% carbs. Although there are five types of watermelon, the most common one is the red seeded watermelon. This sweet fruit has almost no protein, no fats and is very low in calories. It is one of a great way to beat the heat of summer and sweetly hydrate the body of toddlers. If you are thinking that how to make watermelon juice at home, then you will begin to smile while reading this post.

Cooking Time:

Type	Time (hh:mm:ss)
Preparation Time	00:10:00
Cook Time	00:00:00
Total Time	00:10:00

Cooking Method

No cooking required

Type of Meal

Vegan

Suitable for

Toddlers of 18 months age and above

Meal Schedule

With Breakfast, mid-morning snack, Along with Lunch

Recipe Type

Beverage

Ingredients

Type	Quantity
Watermelon Cubes	4 cups
Black Salt	1/2 tsp
Mint leaves	4-5 leaves
Lemon juice (Optional)	1/4 tsp
Honey	1/2 tsp

Instructions

Here are step by step directions to make watermelon juice for babies.

1. Peel and cut the watermelon into small cubes.
2. De-seed the watermelon cubes.
3. You can use either blender or cold-pressed juicer to extract the juice of the watermelon.
4. Put watermelon cubes and mint leaves into a blender or juicer and extract the juice. Add honey to the juice and mix it with a spoon.
5. You can add water to the juice to attain the required consistency.
6. If you want to make it a little piquant in taste then instead of adding honey, add black salt to it.
7. Adding lemon juice is completely optional, but it gives a nice tangy flavor to the juice.
8. Serve chilled.

Recipe Tips

- Do not add extra ice-cubes in this dish as this is for little tummies.
- For extra benefit, make it using a blender and do not strain the pulp of the watermelon.
- To make it chilled, you can store the juice in the refrigerator for some time or store the watermelon in the refrigerator for around an hour before using it.
- Also, use freshly diced watermelon and avoid using packed or frozen watermelon dices.
- Add basil leaves sometimes in place of mint leaves for this homemade watermelon juice recipe.

Nutritional Information (Serving Per 100 Grams)

Type	Value
Energy	30 Kcal
Water	91%
Protein	0.6 gm
Crabs	7.6 gm
Sugar	6.2 gm
Fiber	0.4 gm
Fat	0.2 gm
Vitamin A	0.17 mg
Vitamin C	8.1 mg
Calcium	7 mg
Potassium	112 mg
Magnesium	11 mg
Sodium	1 mg
Iron	0.24 mg
Phosphorous	112 mg

Health Benefits

This easy watermelon juice recipe is a fantastic refreshing drink and full of nutrition. Here are some health benefits of watermelon juice for babies.

- Watermelon is 90% water, so it will help your baby to stay hydrated in the summer.
- It has natural sugars, so it gives a boost of instant energy.
- Watermelon contains dietary antioxidants that help in removing free radicals naturally from the body.
- It is low in calories and high in nutrients. It contains a high amount of Vitamin A, B, and C.
- Watermelon is a rich source of lycopene (a powerful antioxidant) that is effective at raising blood levels.
- Vitamin C present in the watermelon will help your baby to strengthen the immune system.
- It also helps in iron absorption in the body.
- It promotes bone development and strengthens bone health in infants.
- It maintains the cardiovascular health of a child.

Buying Guide

Picking a watermelon is an art. Here are buying tips that you should keep in mind while picking up the watermelon.

- Take a watermelon and hold it with both of your hands, pat or thump on it and if you hear a hollow sound then you are lucky.
- If you cannot pick a good watermelon, then ask the shopkeeper or farmer to pick a ripe watermelon for you.
- Look for the yellow spot on the outer body of the watermelon, if it is in creamy yellow or even orange-yellow, then the watermelon is ripe.
- An unripe watermelon makes dull sound on thumping.
- Buy fresh mint leaves that are dark green. Avoid buying mint leaves that are yellowish and have black spots on it.
- Always purchase fresh and organic fruits (if possible).

Give your baby a punch of refreshment with a cooling watermelon drink. This homemade watermelon juice recipe for babies will become their

absolute favorite beverage as soon as they taste it. A glass full of red beverage is exceptionally refreshing and as soon you bring this beverage to your toddler, they will start jumping out of joy.

Wheat Banana Sheera Recipe



Banana is considered as one of the perfect first food for weaning babies. The nutritional content of the banana is high and it is a great source of potassium. Easy Wheat banana sheera recipe is a combination of milk, suji (semolina), mashed banana and ghee (Clarified butter) and this combination is highly recommended for a healthy weight gain of toddlers. The natural sweetness of the banana gives a fresh taste to this dish without getting heavy on the digestive system of the babies. Introduce your baby to this delicious weaning food loaded with the goodness of suji.

Cooking Time:

Type	Time (hh:mm:ss)
Preparation Time	00:05:00
Cook Time	00:15:00

Total Time	00:20:00
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Cooking Method

Gas

Type of Meal

Vegetarian

Suitable for

Weaning babies more than 9 months

Meal Schedule

Breakfast, Mid-morning breakfast, Lunch

Recipe Type

Main dish

Ingredients

Type	Quantity
Semolina or sooji	1 cup (250 ml)
Ripe Banana	2 or 3
Almonds or cashews	8-9
Raisins	10-12
Green cardamoms, powdered	2-3
Ghee	3 tsp
Sugar	1-2 tsp
Water or milk	2.5 Cup
Saffron	A pinch

Instructions

Here are step by step directions to make delicious wheat banana sheera for babies.

1. Heat the pan and add ghee into it.
2. After ghee gets hot, add suji to it and roast it until it becomes light golden.
3. Add hot water or milk to the pan and stir it slowly.
4. Stir continuously and cook for 2-3 minutes on low flame.

5. When the mixture starts to thicken add cardamom (elaichi) powder to it and mix well.
6. Add sugar or jaggery to the mixture.
7. Lastly, add mashed banana to the mixture and give it a quick stir.
8. Now add saffron to it.
9. Mix everything well and allow it to simmer for 1-2 minutes and then switch off the flame.
10. Garnish it with coarsely chopped dry fruits, this step is completely optional.
11. Serve hot or lukewarm.

Recipe Tips

- While frying the sooji in ghee, when you smell the nice aroma coming out from the pan, then you can add water.
- Water should be added slowly and stirred continuously otherwise lumps will be formed.
- Do not over roast the suji, otherwise, it will destroy the taste of the sheera.
- Always take a ripe banana for making this recipe.
- Start serving the wheat banana sheera made by using water and when your baby gets familiar with the taste, try making it with milk.
- You can roast the suji and keep it in an airtight container for a longer period.
- If you have a leftover ripe banana and you want to use it after some days then peel the skin, cut it into pieces and freeze them in a ziplock bag. You can use it whenever you want.

Nutritional Information (Serving Per 100 Gram)

Type	Value
Energy	285 Kcal
Protein	2.7 gm
Carbohydrates	42.5 gm
Fiber	0.5 gm
Fat	11.2 gm

Cholesterol	3 mg
Vitamin A	136.3 mcg
Vitamin C	1.9 mg
Vitamin B9 (Folic Acid)	11.9 mcg
Calcium	45.8 mg
Iron	0.4 mg
Magnesium	20.4 mg
Phosphorous	48.2 mg
Sodium	15.4 mg
Potassium	50.2 mg
Zinc	0.2 mg

Health Benefits

Now you have known about how to make wheat banana sheera. Learn about some of the health benefits of this recipe.

- Milk provides calcium and promotes strong bones.
- Ghee is a good source of energy for babies.
- It helps in brain development and provides them stamina.
- Banana has high potassium content and low sodium content that makes it a superfood for babies.
- Suji is a good source of magnesium and phosphorous and hence it helps in maintaining the nervous system healthy.
- It is good for improving eyesight and prevents anemia.
- This recipe is loaded with nutrients that help in the overall development of the mind and body of a toddler.

Buying Guide

- Look for bananas that are bright yellow and plump. Avoid ones having bruises.
- Dark, moist and depressed skin of the banana is a sign of bruised food, do not buy this.
- Also, do not buy a green and hard banana for making this recipe.

- Check for the quality of suji before buying it. It should be fresh and clean.
- Always check for the expiry date of the product if you are using packaged suji.

Homemade wheat banana sheera baby food recipe is a delicious option for including in the meal of toddlers. You can make a healthy and yummy banana sheera in no time and your little one will love it.

Wheat Laddoo Recipe



Wheat Ladoo is a famous Punjabi dish, usually made during winters in North India. These laddoos are great for providing heat in the body in winters. With only a few ingredients, you can easily make this simple wheat laddoo recipe at home. The best thing about this recipe is that it can be stored for longer. So you can prepare it in bulk and store it. Not only the babies, but all your family members will love this homemade healthy laddoo. Try out this wholesome and nutritious recipe and give it to your babies when hunger strikes.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00
Cook Time	00:20:00
Total Time	00:30:00

Cooking Method

Gas

Type of Meal

Vegetarian

Suitable for

toddler above 16 months of age

Meal Schedule

With Breakfast or lunch, Mid-morning snacks, mid-evening snacks

Recipe Type:

Sweets

Ingredients

Type	Quantity
Whole wheat flour	120 gm or one cup
Organic unrefined cane sugar	1/3 cup
Powdered sugar	2 tsp
Ghee	1/3 cup
Raisins	10-11
Coarsely crushed mixed nuts	1/2 cup

Instructions

Here are step by step directions that will give a complete idea of how to make wheat laddoo. There are two parts to make this recipe.

For roasting the wheat flour:

1. Heat a thick bottomed pan and add wheat flour to it.
2. Roast the whole wheat flour on medium-low heat.
3. For even roasting and browning the flour, you have to stir it frequently.
4. Roast continuously for 7-8 minutes on low flame until you get the nutty aroma of the flour.
5. Now add ghee to the flour and mix well.
6. Stir and roast the mixture for another 4-5 minutes on low flame.

7. To check the flour, taste it, there should be no rawness in the flour. Now switch off the flame and the wheat flour is ready for making laddoo.

For making the Ladoo:

- Allow the roasted wheat flour to cool down a bit for around 1-2 minutes.
- Add powdered sugar or jaggery powder or khaand (unrefined sugar) to it and give it a nice mix.
- Add raisins and other dry fruits of your choice and mix it well.
- You have to start making Ladoo when the flour is hot and your hands can bear the heat.
- Take a heaped size of portion and start making Ladoo with your hand.
- When the heat is not tolerable, wait for some time and let it cool down a bit. Do not burn your hands.
- Make medium size Ladoo from the mixture and store it in an airtight container. You can store this wheat laddoo for babies for almost a month.
- Serve it whenever you want.

Recipe Tips

- Cool down the laddoo completely before keeping it in an airtight container.
- In case you cannot form the shape of laddoo from the mixture then add a few tablespoons of ghee to it and try again.
- Roast dry fruits like cashew nuts and almonds separately before adding it to the mixture.
- Khand or powdered jaggery is a better substitute for powdered sugar.
- No need to add flavoring like cardamom powder or saffron to it. But if you want, you can.

Nutritional Information (Serving Per 100 Gram)

Type	Value

Energy	218 Kcal
Protein	3 gm
Carbohydrates	16.8 gm
Fiber	0.4 gm
Fat	15.3 gm
Vitamin A	112.6 mcg
Follic Acid (Vitamin B9)	4.8 mcg
Calcium	23 mg
Iron	1.2 mg
Sodium	2.7 mg
Potassium	42.5 mg
Zinc	0.5 mg

Health Benefits

This homemade wheat laddoo baby food is loaded with nutrition and health benefits. Scroll down and have a look at its health benefits.

- The ingredients used in this recipe are super healthy for a growing baby.
- It helps in keeping the digestive system healthy. It also helps in bowel movement and relieves constipation.
- It helps in healthily gaining body-weight for babies.
- Wheat flour is a good source of complex carbohydrate and hence it is the most efficient source of energy.
- It keeps the body warm and helps in fighting flu and cold during winter and monsoon.

Buying Guide

- Buy organic wheat atta that is not very fine.
- Purchase dry fruits that are free from any kind of insects.
- Check the expiry date of the products before buying them.
- Check the ingredients of the ghee (clarified butter) if you are using store-bought ghee. It should be pure and should not contain

any kind of preservatives and chemicals.

Veg Rava Idli Recipe



Veg rava idlis is an idli variant that is made with an interesting combination of roasted semolina, spices and fresh veggies that follow the same procedure of preparation. This South Indian style recipe can be given in your kid's lunch box, served during breakfast or as an after-school snack item. This steam-cooked traditional dish has a sufficient amount of flavour, soft texture and packed with essential nutrients that make it a complete meal. Usually served with sambar, chutney or even plain dal, delicious veg rava idlis can be made instantly at home and are sure to be a hit among kids. Learn how to make veg rava idli in the easiest way and surprise your child and family with this unique recipe.

Cooking Time

Type	Time (hh:mm:ss)
Preparation Time	00:10:00
Cook Time	00:15:00

Total Time	00:20:00
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Cooking Method

Gas Stove

Type of Meal

Vegetarian

Suitable For

Toddlers older than 13 months of age

Meal Schedule

Breakfast, Evening, Dinner

Recipe Type

Snack / Side-Dish

Ingredients

Type	Quantity
Mustard Seeds	1 Tbsp.
Cumin Seeds	½ Tsp
Chana Dal	1 tsp
Salt	As Per Taste
Asafoetida (Hing)	1 Pinch
Curry Leaves	A few
Urad dal	1 tsp
Ginger	1 Tbsp grated
Grated Carrot	½ Cup
Grated Cabbage	¼ Cup
Green Peas	2 Tbsp
Turmeric Powder	¼ Cup
Water	1 Cup
Curd	¾ Cup
Coriander Leaves	2 Tbsp finely Chopped
Sweet Corn	2 Tbsp
Oil	Greasing

Eno fruit salt	1 Tbsp
Red Chillies	2
Beans	½ Cup Tbsp

Instructions

The step by step directions given here will assist you to make the perfect veg rava idlis for your child.

1. Heat oil in a pan. Add mustard seeds, chana dal, urad dal, ½ tbsp cumin, one pinch of hing and few curry leaves to it.
2. Add the grated ginger, 2 red chillies, and sauté for a minute.
3. Add in the carrot, sweet corns, green peas and beans to it and stir everything while adding ¼ tsp of turmeric powder and 1 tsp of salt.
4. Take a different pan and roast 1 cup rava for a minute on a low flame.
5. After 5-7 minutes the rava becomes aromatic. Cool and transfer it to a bowl.
6. Add ¾ cup curd, ½ cup water and mix well to form a batter.
7. Rest it for 20 minutes until the semolina absorbs water before adding the vegetable mix.
8. Grease the idli plates with oil. Add ½ tsp Eno fruit salt to the mixture till it becomes frothy.
9. Pour a spoonful of the batter into the idli plate and steam the idlis for 15 minutes on low flame.
10. Check if the idlis are done and scoop them out. Serve hot.

Recipe Tips

- This simple veg rava idli recipe can be used to make instant idlis whenever hunger pangs strike your little munchkin.
- Roast the rava on medium flame before cooking or else the idlis will turn hard and sticky.
- This homemade veg rava idli baby food recipe can be made spongier by adding baking soda into the batter.
- Soft food like idlis can be made more attractive by adding colourful vegetables of your choice to it. It will initiate chewing

and even the gums get a good exercise.

- Establish a feeding routine and develop the loving bond between parent and child.
- Restrict the amount of salt for smaller children.
- You can try dairy-free yoghurts such as soy or coconut yoghurt for children with lactose intolerance.
- Add fried cashews to the recipe for older children to give it a crunchy taste.

Nutrition Information (Per Idli)

Type	Value
Calories	73 kCal
Carbohydrates	14.4 gram
Protein	1.6 gram
Sodium	3.3 gram
Fibre	0.6 gram
Fat	1 gram
Potassium	61.1 mg
Calcium	10.7 gram
Vitamin C	2.8 gram
Calcium	10.7 gram
Iron	0.3 mg
Vitamin A	72.1 mcg
Folic Acid	5.7 mcg
Magnesium	14.1 mg
Phosphorous	54.3 mg
Zinc	0.3 mg

Health Benefits

Yummy and colourful as they look vegetable rava idlis make an interesting way of sneaking vegetables into a child's diet:

- Carrots have Beta-Carotenoids that are good for the eyes. They relieve constipation due to their high fibre content.
- Cabbage is low in calories, enhances immunity, contains anti-inflammatory properties and are good for bone metabolism.
- As semolina is high in protein and fibre, it increases the feeling of fullness between meals. It is also high in vitamin B. As semolina contains iron and magnesium, it supports blood formation, heart health and diabetes control.
- Easy to digest, Veg semolina idlis are safe for babies and provides them with instant energy.
- In case of diarrhoea and dysentery, curd acts as a probiotic for good gut health.

Buying Guide

You need to organize your shopping list as per your requirements of ingredients and make sure your trip to the supermarket is productive.

- Buy good quality suji (rawa) of a reputed brand.
- Choose colourful vegetable produce from an organic store.
- Look for uniformed sized pulses that are bright in colour, smooth, unbroken and not shrivelled. If you're buying them in a pack, see the expiry date.
- Purchase small packs of mustard and replenish it often to ensure the strongest flavours.
- Choose unsweetened yoghurt or Greek yoghurt that have more protein and fewer carbohydrates. Organic ones have more nutrients.

As parents, we desire to serve fresh and chemical-free food to our babies when they're beginning to develop their taste buds. Homemade veg rava idli for babies is a grain-based dish and can be the primary staple food for your family and an excellent weaning food for your baby.

Thanks for Reading