



Sushvi Nutrikids
—eat healthy from the start—

Things to Remember

- 1. These recipes are simple homemade food which should be given age appropriate size**
- 2. These are just recipes and not a complete nutrition advise.**
- 3. You need to check for allergies before giving certain foods like eggs, sesame seeds, dry nuts etc.**
- 4. Whole nuts can be a choking risk till 3-4 years , so give appropriately.**
- 5. You need to cook the food correctly to avoid choking risk.**
- 6. Any food which is too hard/ small/ round can be a choking risk. You need to be mindful while serving snacks, especially the crispy ones.**
- 7. Always monitor the toddlers and keep an eye for choking risk ingredients.**
- 8. You need to start off with green chillies / red chillies gradually, remember that kid's tastebuds are sensitive.**
- 5. Remove whole spices, chillies and curry leaves before serving. These spices mentioned can vary as per your child's taste, kindly adjust accordingly.**
- 6. Remember to give family pot food and eat along with your baby.**
- 7. While giving meat with bones, always supervise and remove the small bones before serving it to your child.**
- 8. Egg or Any kind of meat which you give to children has to be completely cooked, if it doesn't cook with the instructions mentioned, cook again completely.**
- 9. When I say oil, I have used peanut/ normal cooking oil. You can use the one of your choice.**
- 10. Try to minimize salt as much as possible. Because toddlers approximately need :1-3 years: 2g salt per day * 4-6 years: 3g salt per day**



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Toddler Friendly Recipes (1 Year +)

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1. Mutton Leg soup



Serves 2-3

Ingredients: 3 mutton legs cleaned and washed. $\frac{1}{4}$ spoon turmeric, $\frac{1}{2}$ spoon salt, 1 chopped tomato, ginger small sized piece, 8-10 garlic pods, few coriander and mint leaves, $\frac{1}{2}$ spoon cumin powder, $\frac{1}{2}$ pepper powder, $\frac{1}{2}$ spoon coriander powder

Method: Clean the mutton legs properly it's very important and wash it with water and turmeric thoroughly. In in a cooker add oil, ginger small and garlic (crushed) mint and coriander leaves, tomato, salt, pepper powder, cumin powder and coriander powder, sauté everything and add water (approximately 400 ml-500ml). Cook for 8-10 whistles and it's ready.

Rules:

1. you should give it along with any carb like rice/idly
3. Don't give soup alone to the baby
4. you can give it 2-3 times in a month
5. The mutton has to be completely cooked, never give undercooked meat to babies. If it didn't cook in 8-10 whistles, cook again



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2.Mutton Kheema Gojju



Serves 2-3

Ingredients: mutton kheema (minced mutton) 100 gm , pinch of turmeric, salt (12m+) , chilli powder (12m+) , 1 tomatoes, 2 garlic cloves, small piece of ginger, 2-3 cubes of coconut (optional) ,1 clove , 1/2 cinnamon small stick, 2-3 carom seeds (ajwain) a pinch of coriander powder, 1 bayleaf, 1/2 onion , 1 spoon oil

Method : mix the kheema with turmeric, salt and chilli powder. Marinate for 20 mins. For grinding: tomato, coriander powder, coconut, clove , cinnamon, garlic, ginger , carom seeds

In a kadai add oil, bay leaf and chopped onion. Sauté until golden brown and add the mutton kheema. Add the ground paste and cook it in a pressure cooker for 3-4 whistles. It's delicious and healthy for your baby.

Remember: mutton is healthy for your baby. You can give it once in 15 days.

Note: remove the bayleaf before serving



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3.Veggies- Omelette



Ingredients: (Serves 1-2)

2 eggs

1 spoon sweet corn kernels

1 spoon finely chopped carrot

1 spoon finely chopped capsicum

½ spoon oil of your choice

Pinch of Salt

Pinch of Pepper powder

Method: sauté the veggies until it cooks, add them in the whisked eggs and cook it on a tawa on both the sides, cut it into squares and serve.

Note: The egg has to cook completely.



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4. Green Egg Rolls



Ingredients: (Serves 1-2)

2 Eggs

A pinch of salt

A pinch of pepper powder

½ spoon oil of your choice

2 spoons Spinach pure (palak)

Method: Whisk the egg and add all the ingredients cook it on a tawa and cook completely on both the sides. Now roll the omelette and cut it as shown in the picture. This is an innovative way to give egg to your kid.



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5. Fish Fry



3 methods

Method1:

Marinate the fish with a pinch of turmeric, $\frac{1}{4}$ spoon ginger garlic paste, pinch of pepper powder and, 2-3 drops of lemon juice and marinate for 20 mins. On Tawa , grease $\frac{1}{2}$ spoon oil and shallow fry.

Method 2: You can add banana leaf and pack it so that you don't have to use much oil. Also, you can cook this in water instead.

Method 3: Marinate fish with $\frac{1}{4}$ spoon red chilli powder, salt, $\frac{1}{2}$ spoon ginger garlic paste, a pinch of turmeric, a pinch of coriander powder, 4-5 curry leaves. Shallow fry with curry leaves.

Note: Usually when you remove the skin, fishes aren't spicy.

Be mindful while choosing the fish. I usually recommend low mercury fishes like sardines, mackerel and salmon.

Note: When you give your baby any fish, make sure it's cooked thoroughly . It should begin to flake and be opaque. Always check the fish carefully and remove any bones and the skin.



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6. Mutton Biryani



Serves 3-4

Ingredients:

Rice, ginger , garlic (9-10), 1 green chilly , 1 red chilly , cloves (4) , cinnamon 1 stick, cardamom 2 pods, 1 bay leaf, mutton (1/2kg) , oil 2-3 tablespoons, ghee 2-3 tablespoons, fennel seeds (a pinch), grated coconut-2spoons, mint leaves 1/2 cup, handful coriander leaves, 3/4 spoon turmeric, 1/2 spoon red chilly powder, salt, 1 spoon coriander powder , diluted coconut milk (optional)

Prep: grind - ginger, garlic, green chilly , red chilly and grated coconut. Wash and Soak rice for 30mins in water. Marinate mutton with turmeric, red chilly powder and salt for 15 mins.

Method: take a pressure cooker, add oil, cloves , cinnamon, cardamom, bay leaf and let the aroma get in. Add onions and sauté it and add tomatoes. Once it's cooked , add the ground paste, coriander powder and salt for seasoning. Add the mutton with some mint leaves and coriander leaves. You can add water / diluted coconut milk and cook it for 8-9 whistles. Once it's done, add the soaked rice. Remember the ratio has to be (1:2= rice: water/coconut milk) cook it on a medium flame for around 7-8 minutes/ you can use the dum style and it's ready.



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7. Butter garlic prawns



Serves 2-3

Ingredients: prawns 250gms, garlic finely diced/ mashed(8-10 pods), 1 chopped onion , butter 1 small cube around 1-2 spoons, coriander and spring onion for garnish , pepper powder, salt , ghee 1/2 spoon (optional)

Method: wash the prawns properly by removing the shell and impurities with turmeric and water. In a pan add butter and once it's melted add ghee and the garlic and sauté until there's an aroma. Add the chopped onion and let it caramelize. You can add the prawns salt and pepper powder let it cook for 4-6 minutes on a medium flame until its orangish color. Dont over cook which makes it rubbery . Garnish with coriander and spring onion.

Note : Prawn is an allergen



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8. Crab Rasam



Serves 2-3

Ingredients: 50-100gms crab(Serves 2-3 people), 8-10 peppercorns, 8-10 garlic loves, 1 spoon jeera/cumin seeds, a pinch of turmeric, salt (12m+), 250 Ml water, 1/2 spoon ghee, 1 small chopped tomato, coriander leaves and spring onions for garnish.

Method: Wash the crab properly with turmeric and water. Crush the cumin, pepper and garlic separately and crab separately (for the flavour, this is optional). I have crushed 1 crab so that I could give the crab meat completely to my little one because shells can be a choking risk. In a cooker add ghee and sauté the garlic pepper and cumin mixture until it turns aromatic, add the tomatoes and sauté it with turmeric and salt. Lastly add the crab and water. Pressure cook for two whistles , strain it using a filter to remove any shells and garish with coriander and spring onion.

You need to serve only the rasam to your little one without the shells.



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9. Chicken/egg fried rice



Serves 2

Ingredients: $\frac{1}{2}$ cup carrots, beans , cabbage (equal quantities) salt, pepper powder, $\frac{1}{2}$ spoon Vinegar(optional), 2 spoon cut spring onion , 2 cups cooked rice, 3 eggs or 100gms chicken breast shred, 1 spoon oil of your choice.

Method: Add oil and the veggies, let it cook, ass the eggs/ chicken to it, salt, pepper and add the rice, add vinegar and garnish with spring onions and its ready. This is super quick , easy and healthier version for children.



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10. Chicken cutlet



Serves 2

Ingredients: chicken breast 100gms, salt(12m+), pepper powder , 3/4spoon ginger garlic paste, ¼ spoon cumin powder , ¼ spoon turmeric powder. 1 spoon oil of your choice.

Method: Add all the above mentioned ingredients in a mixer grinder and make a paste. On a tawa add a spoon of oil and add these cutlet shaped chicken and fry it on both the sides until it's cooked.



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11. Chicken Biryani



Serves 4-5

Ingredients: 1 whole chicken, 3 onions, 1 cup pudhina, ½ cup coriander leaves, 3-4 green chillies, 2-3 spoons ginger garlic paste, tomato (two small), salt, ½ spoon turmeric, ½ spoon red chilli powder, 2 spoons coriander powder, ½ cup curd, 1 spoon garam masala, 1.5 cups rice, 3 cups water, 3 spoons lemon juice, 2 spoons oil, 1 spoon ghee, 2 sticks cinnamon, 4 cloves, 1 star anise, 2 bay leaves, ½ spoon fennel seeds

Prep: marinate the chicken with curd, red chilli powder, coriander powder, turmeric powder, curd, little salt, garam Masala, ginger garlic paste (15-20 minutes). Grind mintleaves+Green chillies+coriander leaves

Method: In a cooker add oil, little ghee, bay leaf, cloves, cinnamon, cardamom, fennel seeds, star anise, sliced onions, ginger garlic paste little, saute it until it's golden brown, add chopped tomatoes and then add [coriander+ green chillies +pudina] paste and cook it, add little salt to this, now add chicken, fry for sometime, add soaked (15-20mins) rice, water (1:2ratio) when water is boiling, add half lemon juice, close the lid and let it cook for 1 whistle. Serve it while hot and enjoy.



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12. Fluffy Omelette



Serves and adult and a child.

Ingredients:

4 eggs, pinch salt , pinch red chilli powder, chopped coriander leaves 1 spoon, curry leaves 2-3 finely chopped, 1 onion finely chopped. 1 spoon ghee.

Method 1 : Whisk 4 eggs with salt and red chilli powder , coriander , curry leaves and onion chopped. You need to Whisk very well to get the fluffy texture. Add oil/ghee on the tawa put this complete mixture at one go , cover and cook on both the sides in a low flame until it cooks. Soft and fluffy omelette is ready.

Method 2 : Add some sliced mushroom , thin sliced baby corn 1 spoon and 1 spoon cheddar cheese to make it more nutrient dense.



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13. Chicken Curry



Serves 3-4

Ingredients: 1/2kg chicken, 2 spoons oil, a pinch of mustard seeds, 1 chopped onion , a pinch of turmeric, salt

For grinding : 6-7 garlic pods , ginger equal quantity as garlic, cinnamon stick, 2-3 cloves, 1/3 fresh coconut, 1 spoon coriander powder, 2 tomatoes, handful of mint leaves , few coriander leaves with stems , 2 green chillies , 1/4 spoon red chilli powder, 2 onions

Method: In a pressure cooker, add oil and mustard seeds , onion , turmeric, salt and saute , add the cut and washed chicken and cook for 2-3 minutes, add the ground masala to this and cook for 1-2 whistles until the chicken is cooked and it's ready .

Note: This is for Broiler chicken. For the country chicken, kindly cook for 4-5 whistles.



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14. Kheema curry/ Mutton meat balls



Serves 3-4

Ingredients: ½ kg mutton kheema, 1 onion, 1 tomato, 1 spoon ginger garlic paste, coriander and mint leaves half cup, 1 small stick cinnamon, 2 cloves, 1/2 spoon fennel seeds, ½ fresh coconut ½ spoon red chilli powder, a pinch of turmeric powder, 1 spoon coriander powder, 3-5 spoons fried gram, 1 spoon Garam masala and salt

Method:

Step 1-Fry -onion ginger garlic cinnamon cloves fennel seeds tomato

Step 2:Grind-the fried items along with coriander, turmeric, red chilli powder, mint leaves, coriander powder, coconut

Step 3: Grind kheema along with salt ginger garlic paste and fried gram powder red chilli

Take a cooker, add tadka(oil+ onion) add the ground masala ,add water as per consistency, make kheema meat balls and add salt for the masala. 2-3whistles and it's ready.



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15. Pepper methi Chicken



Serves 2-3

Ingredients- ½ kg chicken, 1 chopped onion, 1 chopped capsicum (green bell pepper), 1 spoon ginger garlic paste, a pinch of turmeric , ½ spoon Garam masala, 1 spoon Oil of your choice and ¼ spoon mustard seeds, 1 spoon pepper powder, 2 spoons washed and cut methi leaves, 1 spoon coriander leaves

Method: For tempering (tadka)- add oil in a kadai and add mustard seeds , once it splutters, add onion, turmeric, ginger garlic paste, once it's cooked add chicken and salt. Once the chicken is almost cooked , add capsicum , methi leaves and pepper powder, garnish with coriander and it's ready



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16. Egg palya/burji



Serves 2-3

Ingredients- 4 eggs, salt, 1 slit green chilly, 1 chopped onion, chopped coriander, a pinch of turmeric, 1 spoon ghee/oil, ½ cut capsicum (optional), pinch of mustard seeds, ½ tomato

Method: add oil in a kadai and add mustard seeds , once it splutters, add onion, capsicum, salt, turmeric, once it's cooked eggs , pepper powder and let it cook completely, garnish with coriander leaves.



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17. Easy Chicken fry



Serves 3-4

Ingredients- 500gms chicken, 1 onion, 1-2 green chillies (12m+) 1 spoon ginger garlic paste, turmeric ,1/4 spoon Garam masala , 1/4 spoon pepper powder,1/2 spoon red chilli powder (12m+), salt (12m+), 1 spoon coriander powder, 1 chopped tomato, curry leaves,1/2 lemon and coriander for garnish

For tempering (tadka)- add oil in a kadai and add mustard seeds , once it splutters, add onion, turmeric, ginger garlic paste, once it's cooked add chicken and salt. If it's country chicken , cook it in a pressure cooker for about 4-5 whistles or if it's a broiler chicken, you can cook it in the kadai itself. Once the chicken is almost cooked , add tomato, chilli powder, coriander powder and pepper powder, garnish with coriander, lemon juice and curry leaves and it's ready



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18.Mutton curry



Serves 4-5

Ingredients- 750 gms mutton, 1 spoon ginger garlic., 3cloves , 2 sticks cinnamon, 1 spoon coriander, 1-2 red chillies, 1 spoon Coriander powder, 1/4 spoon turmeric powder, 1/2 fresh coconut, rock salt, 1 spoon oil, 2 chopped onions, 1 tomato chopped. Coriander leaves for garnish.

Grind : ginger garlic, 2 cloves , 1 cinnamon, coriander, red chilly, Coriander powder, turmeric powder and coconut separately by adding rock salt

For tempering (tadka)- add oil in a kadai and add 1 cinnamon, 1 clove, add onion, once it's cooked add tomato and salt. Add the mutton and fry, after 5 minutes , add the ground masala, add water and cook for 5-6 whistles.



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19. Mutton chops curry



Serves 2-3

Ingredients- 250 gms mutton ribs, 1.5 onions (for grinding), : ½ coconut , 2-3 cloves , 1 small stick of cinnamon, 5-6 peppercorns, 1 green chilly, ¼ spoon poppy seeds, ½ cup coriander and mint leaves, 2 cups water, 1 spoon oil, ½ chopped onion for tempering, 1 spoon ginger garlic paste, 2 tomatoes, ¼ spoon turmeric, Salt.

Grind : coconut , cloves , cinnamon, peppercorns, green chilly, poppy seeds, coriander and mint leaves with a little water.

Method: In a kadai, add oil, onion and let it caramelize, add ginger garlic paste and tomatoes, turmeric, salt , add the mutton chops, add the ground masala, coriander powder and water 2 cups and cook for 5-6 whistles.



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20.Mutton chops Dry



Serves 3-4

Ingredients- 500 gms mutton ribs/ regular pieces, 1 ½ chopped onion, Curry leaves 4-5 , ginger small sized finely chopped, ¼ spoon red chilli powder, ¼ spoon turmeric powder. 1 spoon oil, 1 spoon coriander powder, ½ fresh coconut, 2 cloves, 1 small cinnamon stick, 5-6 peppercorns, 1 green chilly, ¼ spoon poppy seeds, ½ cup coriander and mint leaves together. 1-2 cups of water.

Grind: coconut , cloves , cinnamon, peppercorns, green chilly, poppy seeds, coriander, mint leaves.

Method: In a cooker , add the mutton pieces, salt, onion, curry leaves, ginger, red chilli powder, turmeric powder, water and cook for 5-6 whistles. If there is water remaining, cook it openly in a medium flame till the water evaporates. In a kadai, add oil, onion, coriander powder and immediately add the cooked mutton and garnish with coriander.



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21.Egg Paddu/ ponganalu/ paniyaram



Serves 1-2

Ingredients- 2 eggs, a pinch of salt, a pinch of pepper powder, 3/4th capsicum finely diced, 1/2th onion diced, 1 small tomato diced, coriander leaves. 1 spoon ghee

Method: In a bowl add eggs and all the other mentioned ingredients and whisk well until you see bubbles. In a paniyaram pan, grease some ghee and cook this for about 5 minutes each side on a medium flame until it cooks completely.

This is perfect for either as a snack/ dinner.



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22. Mixed Sea food Soup



Serves 1-2

Ingredients- 1 fish mackerel, 1 small crab meat only, 3-4 prawns, a pinch of salt, a pinch of pepper powder, $\frac{1}{4}$ onion finely diced, 1 tomato diced, 1 slit green chilly, coriander leaves, chopped spring onion, Finely chopped 7-8 garlic pods, 1 spoon ghee/ butter, 1 clove, 1 spoon fresh cream(optional)

Prep: You can cook the fish in water , remove the skin and bones completely, shred the fish, Finely chop the prawns, this bite sized pieces can be a choking risk especially in children who don't know to chew. For crab, take only the meat and not the shells.

Method: In a cooker, add ghee and sauté the garlic and then add the onions and let it caramelize, add clove, green chilly, pepper, salt and tomato. Let it cook. Now add prawns, fish , crab meat and saute well. Add a cup of water and boil completely. Garnish with spring onions and coriander and cream.