



Sushvi Nutrikids
eat healthy from the start

Toddler Friendly Snacks (1 Year +)

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 chong 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.**



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Bonus:

Dry Nut powder

Homemade peanut butter

Homemade coconut milk

Homemade Paneer



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1.Nendran Banana Toast



Ingredients: (Serves 1-2)

1 Ripe Nendran Banana

1 spoon Ghee

A pinch of cinnamon powder

Method: Cut the Nendran Banana into slices and add it on the tawa which is greased with ghee. Let it cook for about 30 seconds each side on a medium flame. Sprinkle cinnamon powder. This recipe promotes weight gain in children.

Note: You cannot replace it with other bananas.



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2.Date- Bites

Ingredients: (Serves 1)

2- 3 dates

2-3 spoon peanut butter

Dry nut powder (Optional)- Check recipe under bonus section

Method: remove the seeds from the dates and add the peanut butter and top it with the nut powder

This simple snack is easy to prepare and is nutritious.



3.Toasted apple

Ingredients:

(Serves 1)

1 thin sliced apple

½ spoon ghee

A pinch of cinnamon powder

Add the sliced apple on the tawa with ghee and sprinkle some cinnamon powder. This is a simple and easy snack





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4.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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5. Mini Paneer Bites



Ingredients: (Serves 1-2)

Paneer/Indian cottage cheese- 1 slice (Check recipe under bonus section)

Salt -1pinch

Pepper - 1 pinch

Lemon juice -2 drops

1 slice Tomato

1 slice onion

Ghee -1 spoon

Recipe: pan fry paneer slice with ghee on both the sides in a medium flame for 2 minutes each side . Sauté tomatoes and onion in the same left-over ghee, add a pinch of salt and pepper powder, assemble it and add lime juice, cut it as per your choice and it's ready. It's not only high in protein, but is also quick to make as an evening snack for your toddler!



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6. 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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7. Makhanna Chaat



Ingredients: (Serves 2-3)

1/2cup Makhana which is cut into halves

½ cup boiled sweet corn

½ cup pomegranate

For dressing: Few drops of lemon juice, olive oil 1/ spoon, A pinch of salt, A pinch of pepper powder, 1 spoon peanut butter

Recipe: Add the makhanna, pomegranate and corn in a bowl. Now take an airtight container and add the dressing ingredients and shake well. Mix all the ingredients and its ready to serve.

This is a great evening snack.



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8. Cauliflower roasted salad



(Serves 2-3)

Tahini Sauce- 150gms sesame seeds, a pinch of salt (skip if baby is below 1 year), 2-3 spoon of olive oil

Blend everything together until it becomes a paste. You can store it upto 15 days in an airtight container in the fridge.

Cauliflower roasted salad:

Ingredients:

Cauliflower (1/2)

Chickpeas (1 cup)

Salt (1/4 spoon)

Pepper (pinch)

Cumin powder (1/4 spoon)

1-2 spoons olive oil / oil of your choice

Chili powder (1/4 spoon)- optional

Tahini sauce 1 spoon/ ½ spoon sesame seeds

Method: wash and blanch cauliflower for 1-2 minutes and strain it to remove any germs. Take a cup of overnight soaked chickpeas and mix with all the spices, add it on the baking tray , preheat the oven to 200 for 10 minutes and bake it for another 10-15 minutes by turning them in between. Once it's done, top it up with some tahini sauce!

Note: the temperature can vary in different ovens. keep flipping in between to see if its cooked completely.



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9. Hummus



Baby-friendly Hummus dip snack!

Ingredients: 1 cup chickpeas, 2 garlic pods, a pinch of salt and pepper powder, 1 spoon tahini (check previous page for the recipe), 1 spoon lemon juice , 3 spoons of olive oil

Method: soak chickpeas overnight, boil it until it cooks. Add all the above-mentioned ingredients and blend. You can add the boiled chickpea water to make it softer paste. Top it with olive oil (optional)

You can spread it on dosas , rotis and idlis or just use as a dip for veggies like cucumber.



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10.Kosambri/ಕೋಸಂಬರಿ/ pesala byallu /moong dal salad



Ingredients: (Serves 2-3)

1 cup green gram beans/ಹೆಸರುಬೇಳೆ/ moong dal

2 spoons of grated carrot

2 spoons of grated coconut

Salt as per taste

3-4 drops of lemon juice

Few coriander leaves

A pinch Pepper powder / 1 green Chilly (as per your child's preference)

For tempering: 1/2spoon oil, 1/4 spoon mustard seeds, 6-7curry leaves

Method: First wash and soak moong dal for 30mins and wash it thoroughly again. (you can boil them if you feel that it might be difficult for your kid to digest) add all the mentioned ingredients and tempering, mix it well. Remember to add salt only while serving to prevent sogginess.



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11. Avocado Cucumber salad



Avocado cucumber salad

Ingredients: 1 avocado, 1/4 cucumber, few coriander leaves, 1/4 spoon pepper powder, pinch of salt, 1-2 spoons lime juice , 1 spoon olive oil

Mix the dressing and add it to the chopped cucumber and avocado

You can prepare it in 10 minutes. It super nutritious for your child.



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12. 3-Ingredient Popsicle



Black plum/Nerele hannu / Neredu pandu/ jamun
Add a cup of cut and deseeded jamun. Seeds are a choking risk.
Add a pinch of salt and a pinch of pepper powder. Grind with a little water and pour in the popsicle mould. Refrigerate overnight and the delicious popsicle is ready.



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13. Mango Honey Salad



Ingredients: 1 mango, 1/2 tomato , 1 spoon grated raw mango, nuts and seeds of your choice (check for allergies)
For dressing: 1 spoon honey (12m+) , salt (12m+) , pepper powder, sesame seeds (check for allergies)
Mix every thing and it's ready!



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14. Rava Avocado Toast



Ingredients: (Serves 2)

1/4 cup rava, 1/2-3/4 cup of curd, 1 spoon of chopped onions and tomatoes. A pinch of pepper powder and salt, 1/2 spoon ghee, 1/2 mashed avocado

Method: mix all the ingredients and leave it for 3-5 mins. Grease the hot tawa and add this mixture preferably in square shape or any shape your toddler likes. Cook on both the sides in medium flame. Cut it into 4 pieces, spread mashed avocado, 2-3 drops of olive oil (optional) and top it up with sesame seeds and serve! It's a nutritious snack for your toddler!



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15. Kale chips



Ingredients: (Serves 2)

Kale chips: super healthy for kids who like crisps!

Wash and dab away the water from the leaves. Add olive oil, a pinch of pepper and salt.

Preheat the oven 175degree Celsius and cook for 3-5 minutes. Flip on both the Sides! And it's ready . Enjoy with your little one.

Note: the temperature can vary in different ovens. keep flipping in between to see if its crispy.



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16. Roasted Makhanna/foxnut



(Serves 5-6)

Ingredients: $\frac{1}{4}$ spoon salt, $\frac{1}{4}$ spoon chili powder, 1 spoon ghee, 250 gms makhanna, roasted peanuts (optional)

Method: Dry roast makhanna on a medium flame till the Makhanna gets crunchy and keep it aside. Add ghee on a separate hot pan and turn it off. Add a pinch of salt and chilly powder and mix. You can also add pepper powder instead. You can store it easily in an airtight container up to a month. It's a great travel snack too.



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17. Spinach/palaku bites



(Serves 2)

Ingredients - spinach 100gms , 1 spoon rice flour, 1 spoon Besan , salt, chilli powder and jeera / cumin powder.

Wash the spinach thoroughly and cut it into strips. Add all the ingredients mentioned above by sprinkling water and Mix. On hot tawa apply ghee and cook this on both the sides in whichever shape you like and it's ready.

A perfect evening snack for your toddler.



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18. Oats Banana Cookies



(Serves 3-4)

Oats banana cookies: Ingredients: 1/2 cup rolled oats (sugar free) , 1/2 cup wheat flour, 1 ripe banana , 2drops vanilla essence (optional) few raisins (12m+) 4-5 finely cut almonds (optional) , butter small block

Method :mix all these and let it rest for 20 mins. Make balls and press with the back of the spoon to get a cookie shape. Pre heat the oven to 180degrees and bake for 12-15 minutes until they turn golden brown, let it cool down completely and it's ready.

Note: the temperature can vary in different ovens, use a toothpick and see if its cooked completely.



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19. Corn Ribs



(Serves 2)

Ingredients: A spoon of lemon juice , 1/2 spoon olive oil , 1/4 spoon salt and 1/4 chilli powder , 1 spoon butter and few finely chopped coriander leaves

Method: Cut the corn in desired shape and boil for 5 minutes. Mix all the ingredients and apply it on the corn. Preheat the oven to 250degree Celsius and bake for 10-15 minutes by flipping sides in between and it's ready. Apply some chopped coriander mixed with melted butter before serving. Enjoy it with your little one.

Note: the temperature can vary in different ovens. keep flipping in between to see if its cooked completely.



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20. Almond biscuits (2 years+) Microwave baked



Ingredients: 250gms almond flour, 1-2 spoons jaggery (2years+) , 2-3 drops of vanilla essence (optional), 1.5 spoon butter, 1 spoon water , pinch of salt(12m+)

Almond flour method:

Wash and boil almonds for 2 mins , remove the peel, pat and dry it in sunlight/indoors for 1-2 hours. Coarse grind it so that it doesn't release the oils and become butter. You can store this easily up to a month in refrigerator

Continued in the next page...



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20. Almond biscuits (2 years+)



For the biscuits: add the almond flour, jaggery, vanilla essence, butter, water and salt. Mix it to form a dough. Make small round shaped balls and shape it as your wish. I have used fork and pressed gently on the dough. Add it on the microwave plate and bake for 3-4 minutes (make sure to check in between and don't get it burnt) also leave it in the microwave till it's cooled down to get a crisp.

Store in an airtight container for up to 20 days

You can alternatively cook in the stove if you know the method but I do suggest microwave.

Note: this is only for kids above 2 years and should be given in moderation as a snack. Can be a choking risk. Be mindful



21. Crispy Corn



Serves 2

Ingredients: Salt $\frac{1}{2}$ spoon, pepper powder $\frac{1}{2}$ spoon, 2-3 spoons rice flour, $\frac{1}{2}$ spoon ghee.

Method: Boil the corn for a whistle in a cooker. Remove the kernels from the cob. Add salt and pepper powder. Add the rice flour and mix. Add a spoon of ghee on the top.

Preheat the oven to 180degree Celsius and bake for 10-15 minutes by mixing in-between. The crispy corn is ready for your kid's snack/ lunch box.

Note: the temperature can vary in different ovens. keep flipping in between to see if its cooked completely.



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22. Zucchini Bite



Serves 1-2

Ingredients: $\frac{1}{2}$ cut zucchini, $\frac{1}{4}$ spoon pepper powder, a pinch of salt, $\frac{1}{4}$ spoon olive oil, pinch of cumin powder

Method:

Cut zucchini, add a pinch of salt, pepper powder and cumin powder with a few drops of olive oil. Preheat the oven 200c for 10 mins and bake for another 6-7minutes by flipping each side and it's done.

You can alternatively pan fry on a tawa which cooks faster. Make sure you take it before it becomes mushy.

It's nutritious and packed with vitamin C,B6, iron etc

This is a quick zucchini bite.

Note: the temperature can vary in different ovens. keep flipping in between to see if its cooked completely.



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23. Baked Okra/Bhindi



Serves 1-2

Ingredients: 200gms of Bhindi , 1 cup Besan (chickpea flour) , 1/2 cup rice flour, 1/2 spoon ajwain (carom seeds) , 1/2 spoon salt, 1/2 spoon chilli powder, 1 cup water, 1/2 spoon oil of your choice (I have used olive oil)

Method: mix all the ingredients by adding water little by little, preheat the oven 200 for 10 minutes, bake for 8-10 minutes, don't forget to keep flipping the okras in between. Enjoy the crunch. !!!
Follow for more!

You can alternatively pan fry on a tawa.

Note: the temperature can vary in different ovens. keep flipping in between to see if its cooked completely.



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24.High Fibre Popsicle



Ingredients: (Serves 3-4)

2-3 strawberries cut into small cubes

8-10 blueberries cut into quarters

1 spoon honey

1 cup curd

1 spoon chia seeds

Method: Mix all the ingredients and put it in a popsicle mould and freeze it overnight.

Tip for removing. Keep the mould in the water at room temperate/ over a running tap water and it comes off easily.

This is a great summer snack for toddlers.



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25. Gut friendly Curd- chia pudding.



Ingredients: (Serves 1)

2-3 strawberries cut into small cubes

4-6 blueberries cut into quarters

1 spoon honey

1 cup curd

1 spoon chia seeds

Method: Mix all the ingredients and put it in a an airtight container and freeze it for 4-6 hours.

This is a great refreshing snack for toddlers.



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26.Mango- summer treat



Ingredients: (Serves 1-2)

Hung curd/yogurt 1 cup

Mango cubes

Grated coconut

Method: Spread the curd as shown in the picture and add the cut mangoes and grated coconut

Freeze for 2-3 hours. You can drizzle few drops of honey on top which is optional.

This can help babies during teething.



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27. Banana summer treat



Ingredients: (Serves 1)

sliced banana

Peanut butter 2 spoons

Curd $\frac{1}{2}$ cup

Method: Mash the banana slices using a tumbler bottom, top it up with curd and peanut butter. Freeze it for 3-4 hours

This can help babies during teething and is a great summer snack.



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28. Sugar free icecream



Ingredients: (Serves 2-3)

2 Nendran Bananas / regular Bananas

1 spoon Honey

1 cup coconut milk

1 Cardamom

Method: Cut the Nendran banana and freeze overnight. The next day grind it into a smooth paste by adding a cardamom and a spoon of honey, at last, add the coconut milk and blend.

Freeze overnight and enjoy a scoop of this ice-cream with your little one during summer.



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29. Sweet Potato fries



Ingredients: (Serves 1-2)

1 sweet potato, a pinch of salt ,a pinch of red chilli powder, 1/2 spoon olive oil . Preheat the oven to 200degree Celsius

Mix the sweet potato with the above ingredients and bake for 15-20minutes by flipping in between

Alternatively, you can cut thin slices and fry it on a tawa with ghee.

Simple yet nutritious snack !

Note: The oven temperature may vary as per the one you use. Keep checking and flipping in between.

For the dip: Soak some cashews and almonds the previous night and grind it to a paste with a pinch of salt and pepper powder.





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30. Custard Chia pudding



Serves 1

Ingredients: 1/2 cup curd, 1 spoon soaked chia seeds, 1 spoon de-seeded custard apple, 1/2 banana, chopped almonds and pistachios (optional) to be given to the kids who know to chew properly. Drizzle honey (1/4 spoon)

You can either have it as it is or refrigerate for an hour.

31. Cherry Chia pudding



Add a spoon of chia seeds, 1/2 cup curd, 1 spoon honey, add de-seeded and cut cherries. mix it well and refrigerate for 4-6 hours. You can top it up with any seeds and nuts of your choice. This is fiber rich and helps during constipation. You can replace cherries with Strawberries or Bananas as well.



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Bonus: Dry Nut Powder



Dry nuts and seeds powder

Helps in weight gain(limit to a spoon/day)

Almonds

Cashews

Walnuts

Pecan nuts

Brazil nuts

Hazelnuts

Pistachio

Pumpkin seeds

Sunflower seeds

Flax seeds

All in equal quantity approximately 100gms each (1cup)except flax seeds which should be 1/2 cup. Dry roast in low / medium flame and make a coarse powder. You can use pulse mode or it will start releasing oils. You can add this in chutneys/curries or give it as it is on a daily basis for the nutrition. Limit to 1 spoon per day. You can store it for a month in refrigerator in an airtight container.



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Bonus: Homemade peanut butter



Ingredients: ½ kg peanuts/groundnuts

A pinch of salt (optional)

You need to dry roast the peanuts on a medium flame and remove the peel the skin and grind. The first step when you grind is as shown in the image above, its is a coarse powder which you can add to Palya /sabjis and when you grind it to a paste until it releases the oil, you have made home made fresh peanut butter which you can store in an airtight container for a month in the fridge.



Bonus: Homemade Coconut milk



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Ingredients 1/ coconut, 1 cup water

Remove and cut the coconut from the shell and grind it to a paste along with the water and filter it. You have fresh homemade coconut milk. Make it in fresh batches. You can add this to curries so that it can be nutrient dense.

Bonus: Homemade paneer



Ingredients:

Half liter cow milk, 4-5 drops of lemon juice , pinch of salt

Boil the milk completely and turn off the stove, add lemon juice and salt, Rest it for a few mins, it will curdle up, strain it with a cotton/muslin cloth , make sure you keep a heavy weight on it to get a desired shape (you can keep a mortar pestle) leave it for half an hour. That's it, home made - low sodium, high protein paneer is ready.

Note: store bought paneer contains more sodium so it's advised for you to make it at home.