



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. When I say oil, I have used peanut/ normal cooking oil. You can use the one of your choice.**
- 8. 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 +)

Content		
Breakfast:	Side dishes:	
1.Janthikalu/Idiyappam	1.Moringa Stir fry	17. Raw banana vepudu
2. Chapathi and veggies kurma	2. Bitter gourd/karela sabji	33. Beans palya
3.Upma and mint chutney	3.Sundal/black chickpeas stir fry	Curries:
4. Multigrain paddu/paniyaram	4. Pinto beans palya	1. Sprouted gram curry
5.Ragi puttu and kadala curry	5. Drumstik fry	2. Okra/ ladies finger curry
6.Bisi Bele bath	6. Jackfruit seeds palya	3.Bassaru and ridge gourd
7. Wheat vermicelli/ Semiya	7. raw banana palya	4. Potato beans curry
8.Rava dosa with paneer curry.	8. Ivy gourd palya	5. Spinach curry
9.Idly and tomato curry	9. Carrot palya	6. Avrekalu/Hyacinth bean and black channa curry
10. Ragi rotti and Rajma curry	10. Cauliflower Potato palya	7. Tomato curry
11.Avalakki/Poha with chutney	11. Mixed vegetable palya	8. Sambar
12.Gobi Parantha/ cauliflower parantha	12. Beetroot palya	9. Palsaru/ milk curry
13. Broken wheat/ daliya Pongal with chutney	13. Cabbage palya	10.Mushroom curry
14. Dosa and Potato palyam/sabji	14. Snake gourd palya	11. Sauted mushroom
15. Mango rice/ chithranna	15. Raw banana crisp	12. Lentils (Dal rasam)
	16. Baked okra	13. Tomato rasam



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Toddler Friendly Recipes (1 Year +)

Content	
Main Dish	Dinner
1. Vegetable pulao	1. Pasta 2 ways
2. Tomato Bath	2. Moong dal Dosa
3. Tomato rice	3. Ragi idli and moringa chutney
4. Ghee rice	4. Neer Dose
5. Gongura palaku rice	5. Pizza Dosa
6. Ragi muddhe/sangati/kalzhi	6. Veggies kichdi
7. Mint- green peas pulao	7. Vangi bath
8. Moringa paneer fried rice	8. Instant rava paniyaram

Bonus recipes

Home made sambar powder

Homemade rasam powder

Homemade peanut butter

Homemade coconut milk

Homemade paneer

Dry nut powder

Bisi bele bath powder (included with breakfast recipe)

Vangi bath powder (included with dinner recipe)

1. Janthikalu/Idiyappam



Serves 2

Ingredients: 1 cup rice flour, 1/2 cup water, pinch of salt, 1/4 spoon sesame (check for allergy), 1/4 spoon poppy seeds, 2-3 pods of cardamom, 1/2 fresh cut coconut.

For coconut milk: dry roast sesame and poppy seeds for a few seconds, add it along with cut coconut and cardamom and 1 glass water, grind it and filter the coconut milk.

Method: To the rice flour add warm water little by little and a pinch of salt to form a dough. Grease the idly steamer with ghee and steam these rice noodles until it cooks for about 15-20 minutes. It should be non sticky and that's how we find that it's cooked. Usually, the coconut milk consists of jaggery as well, but I have skipped it.

Note: Do not add jaggery until your baby turns 2.

2. Chapathi and veggies Kurma



Kurma Serves 2-3

Ingredients For veggies kurma : grind : 3-4 cashews, 1 clove, small cinnamon stick, 2 garlic pods and equal amount of ginger. 1/4 spoon of cumin and fennel seeds. 2-3 spoons of coconut

For tempering: Add ghee/oil sauté 1/2 onion and 1/2 tomato, a pinch of turmeric , salt, chili powder ,once it's cooked , add 1 cup of vegetables of your choice. I have added (carrot, beans, peas, potato, kohlrabi) ,add the ground mixture and pressure cook for two whistles and it's ready. Garnish with coriander.

Ingredients For chapathi: 2 cups of whole wheat flour (atta), 3/4 cup of warm water, 1/2 spoon of ghee (optional)

Method: mix the wheat flour by adding water little by little to form a dough. Roll the dough and cook it on a tawa with ghee/ oil of your choice and it's ready

3. Upma and mint chutney



Serves 2

Upma /upittu:

Ingredients: 1 spoon ghee/oil, a pinch of mustard seeds, a pinch of turmeric , ½ spoon salt, 1-2 slit green chillies, 1 cup mixed veggies (carrot, beans , peas) coriander , curry leaves , 2-3 chopped cashew (optional, can be choking risk for babies who don't know to chew), rava(semolina)

Method : Add ghee in a kadai , let the mustard seeds pop, add the green chilli , curry leaves , turmeric, salt and the veggies. Add little water so that the veggies can cook, add the dry roasted rava , fry it for 2 mins and add water . Rava and water ratio is about 1:3, you can also add 4 cup of water if you want it more runny. Cover Cook for about 5 mins in low flame and garnish with coriander and cashews.

Mint chutney: 1/2 cup coconut , 1/2 cup mint leaves , few coriander leaves , small sized ball of tamarind, salt , 1/2 green chilly, 1/2 cup roasted gram . Coarse Grind everything with a little water and it's ready

4 . Multigrain paddu/ponganalu/ Paniyaram



Serves 3-4

Multi grain batter:

1/2 cup foxtail millets(I have used both barnyard and foxtail mixed), 1/4 cup urad dal , 2 -3 spoons of green gram , 2-3 spoons of jowar , 1 spoon barley , 2-3 spoons of masoor dal ,1/2 spoon fenugreek (methi)

Method: wash these for 4-5 times very well and soak it for 6-8 hours. Add 1/2 spoon jeera and grind coarsely by adding around 1/2 cup water. You can use this thick batter for both idli and paddu but for dosa, you need to add a little more water. Add pepper powder and salt only when you use. You can store it in fridge for upto 2 days.

For tempering:

Ingredients: 1 spoon ghee/oil, a pinch of mustard seeds, few urad dal (optional) grated carrot 1 spoon, main ingredient sabsige soppu (Dill leaves) ,1/2 onion. Sauté this for about 2-3 minutes and add it to the batter along with pepper powder and salt

Tomato chutney: 1 Byadagi chilli ,1 tomato,1 onion and rock salt
Fry it on tawa with oil/ghee and Coarse Grind everything with a little water and it's ready

5. Ragi Puttu and Kadala curry



Serves 2-3

Kadala curry / black chickpeas curry:

For grinding: 1/2 cup coconut, ginger, garlic 5-6 pods, 1 clove, small cinnamon stick, 1/2 spoon saunf (fennel seeds), 1 spoon coriander powder, 1/2 spoon red chilli powder, 2-3 spoons of cooked black chickpeas

Wash and soak the black chickpeas 1 cup overnight and cook it for 4 whistles. For tempering add oil, mustard seeds, onion, tomato, 1 green chilli, saute and add the ground mixture and the boiled chickpeas and cook it. Garnish with coriander and it's ready

For Ragi puttu: 1 cup ragi / finger millet flour, a pinch of salt (12m+), mix it by sprinkling water just like the shown consistency in the picture above and steam it with grated coconut



6. Bisi Bele Bath



Serves 2-3

For the powder: dry roast -1/2 cup urad dal , 1/2 cup urad dal, 3-4 red chillies (12m+) dry coconut 1/4, 2-3 cloves, 1 cinnamon stick , 3 cardamom , 2-3 spoons fenugreek seeds, 2-3 spoons jeera , 3 spoons pepper, few curry leaves , dhaniya (coriander seeds) 1/2 cup Or you can buy Bisi bele bath powder (for below 12m you can skip the powder or add without red chillies)

Method: soak rajma overnight, soak toor dal+dalia (broken wheat) for 15-20 mins and soak lemon sized tamarind in water for 15 minutes

In a pressure cooker add ghee/ oil , add chopped 1/2 onion, 1/2 tomato, mixed vegetables about two cups, I have added (cabbage , carrot , capsicum, beans , kohlr kohlr) add the washed rajma, washed toor dal and dalia, a pinch of turmeric, salt , 1-2 spoons Bisi bele bath powder, tamarind water . Add 4-5 cups of water, Pressure cook for 3 -4 whistles and it's ready.



7.Wheat Vermicelli/ Semiya



Serves 2-3

Wheat vermicelli/semiya:

Ingredients: 1 spoon ghee/oil, a pinch of mustard seeds, 1 spoon peanuts and channa dal a pinch of turmeric, salt, 2 slit green chilly, 1 cup mixed veggies (carrot, beans, peas, potato) coriander, 3-4 curry leaves, roasted Semiya 1 cup, water 1 cup

Method : Add ghee in a kadai, let the mustard seeds pop, add peanuts and channa dal, add the green chilli, curry leaves, turmeric, salt and the veggies. Add the dry roasted Semiya, fry it for 2 mins and add water. Semiya and water ratio is about 1:1, you can also add a little more water but it'll become soggy. Cover and Cook for about 2-3 mins in low flame and garnish with coriander.

Note: You can buy wheat based vermicelli by checking the label. Let it be whole wheat and not refined wheat flour(maida)



8.Rava Dosa



Serves 2-3

Instant Rava dosa : mix 1/2 cup rava, 1-2 cups water until you get the semi watery consistency which is shown in the picture , 1 spoon curd, 1 spoon rice flour, 1/2 spoon finely chopped coriander, 1/2 spoon dill leaves (optional) , 1-2 spoons of chopped onion, 1/2 spoon jeera , salt

Method: On a hot tawa, add this mixture and ghee, roast it well if you need crispy, my baby likes it crispy. It's only for kids who know to chew. You can increase the quantity of rava to get softer dosa

Paneer curry: 1/2 spoon ginger garlic paste, 1/2 onion, 1 tomato, 1/2 spoon ghee/oil, a pinch of mustard seeds , salt , sambar/chilli powder , water 1/2 cup, 1 cup paneer cubes, coriander
In a kadai, add ghee, mustard seeds and let it pop, add chopped onion and let it fry with ginger garlic paste. Add the tomatoes and let it cook along with the water sambar/chilli powder and salt , once cooked, add paneer and cook for 2-3 minutes and garnish with coriander

You can pair it with chutneys too.





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Category: Breakfast

9. Idli – Tomato curry



Serves 3-4

For idli : soak 1 cup urad dal and 2 cups of idli rice 6-8 hours with a spoon of fenugreek seeds. Soak 1/4 cup of poha/Avalakki for 20 mins. Grind everything by adding little water. Idli batter should be thick and not runny. Let it ferment overnight and the batter is ready. You can steam it in idli cooker by greasing oil/ghee on the plates for about 20-25mins.

Tomato Saru: In 1.5 cup of water , add 1 tomato, 1 onion, 1/2 byadagi red chilli , 1/2 green chilli chillies should be added as per the toddlers spice preference. Rock Salt ,2-3 garlic pods, coriander and 3-4 curry leaves, let it cook for a whistle, grind it and boil it. Garnish with tempering with (oil +mustard seeds , coriander) and it's ready.

You can pair Idli with chutneys or Sambar as well.



10.Ragi Rotti and Rajma curry



Serves 2

Finger millet / ragi rotti

Ingredients:

Ragi flour (1 cup makes approx 2-3 rottis), Cumin seeds/jeera (1 spoon), Salt, Veggies of your choice (I have added carrot and beans), Onion 1 Few curry leaves chopped, Coriander, Ghee 1 spoon for brushing it on the roti

Main ingredient- dill leaves / soya leaves/ sabsige soppu

Mix all the ingredients in ragi flour add water l little by little until it forms a dough as shown in the picture. Take a butter paper/ Holige paper and add the dough and flatten it. Make holes and cook it on a greased tawa on medium flame. Cover it with a lid so that the moisture lets the ragi rotti cook softly. You can Serve it with chutney of your choice.

Kidney beans (rajma) veggies curry :

Soak the 50 gms rajma overnight

Grind : 1/2 onion,1/2 tomato, 2-3 garlic pods, small piece of ginger, 1/4 cup fresh coconut

Add green peas , 1/2 finely cut potato and rajma

Cook it with this masala for about 3-4 whistles and garnish with coriander and it's ready!

11.Avalakki/poha with chutney



Serves 2

Avalakki:

Ingredients: 1 spoon ghee/oil, a pinch of mustard seeds, a pinch of turmeric , salt, 1 chopped onion, 2 slit green chilly , 1 cup mixed veggies (carrot, peas , potato) coriander , curry leaves , 1 cup soaked avalakki (Soak for 2-5 minutes and drain the water)

Method : Add ghee in a kadai , let the mustard seeds pop, add onion, add the green chilli , curry leaves , turmeric, salt and the veggies. Add the Avalakki, fry it for 2 mins and garnish with coriander.

Coconut chutney: 1/2 cup coconut, few coriander leaves , small sized ball of tamarind, salt , 1/2 green chilly, 1/2 cup roasted gram, 3-4 garlic pods . Coarse Grind everything with a little water and it's ready

12.Gobi Parantha / Cauliflower parantha



Serves 2

Gobi parantha

Ingredients: 1 spoon ghee/oil, a pinch of salt, 2 spoons thinly cut cauliflower per parantha, $\frac{1}{2}$ chopped onion, a pinch pepper powder and a pinch cumin powder.

Method : Add ghee in a kadai , add all the above-mentioned ingredients and let it cook.

Ingredients For parantha: 2 cups of whole wheat flour (atta), $\frac{3}{4}$ cup of warm water, $\frac{1}{2}$ spoon of ghee (optional)

Method: mix the wheat flour by adding water little by little to form a dough. Roll the dough and cook it on a tawa with ghee/ oil of your choice and it's ready

Once this parantha is done, add the filling and roll it , cook on a tawa with ghee and serve with a $\frac{1}{4}$ spoon butter on top.

You can side it with curd

13. Broken wheat/ Dalia Pongal



Serves 2

Broken wheat / Dalia pongal

Ingredients: 1/2 spoon ghee, 1/2 spoon jeera /cumin seeds, 10-12 pepper corns / powder, 1 green chilly (12m+) , salt (12m+) , 3-4 garlic pods , small piece of ginger, 1/2 cup broken wheat , 1/2 cup moong dal, pinch of turmeric , few chopped coriander leaves

Method: Wash and Soak the broken wheat for 15-20 minutes

Take a pressure cooker and add the ghee and jeera . Add the crushed (green chilly, pepper corns, ginger and garlic) , let it turn aromatic, add a pinch of turmeric, washed broken wheat and moong dal. Add water. 1:3 ratio. 1 cup of broken wheat + moong , hence 3 cups of water. Pressure cook for 4-5 whistles and it's ready. Garnish with coriander leaves.

For coconut chutney: grind : 2 spoons roasted gram , 1 green chilly , 1/2 cup fresh coconut , 2-3 garlic pods , small sized tamarind , salt (you can add 3-4 mint leaves for extra flavour)

14. Dosa and Potato palyam/sabji



Serves 2

For Dosa batter : soak 1 cup urad dal and 2 cups of rice 6-8 hours with a spoon of fenugreek seeds. Soak 1/4 cup of poha/Avalakki for 20 mins. Grind everything by adding little water. Idli batter should be thick and not runny. Let it ferment overnight and the batter is ready. You can store it in the fridge for a week.

Method: Grease the tawa with ghee/ oil and make a round shaped dosa.

Potato palyam: 1 large sized boiled and mashed potato, a pinch of turmeric , a pinch of mustard seeds, ½ spoon oil/ghee, 1 chopped onion, 1 chopped tomato, 1 slit green chilly, ¼ spoon salt, coriander

For tempering: Add oil and mustard seeds, let it pop, add the onion and let it caramelize, add tomato and cook it well with turmeric and salt. Add the mashed potato and cook for 2 minutes and garnish with coriander.

15.Mango Rice



Serves 2-3

Mamadikaya chithrannam/ mavinkayi

Chithranna: mango rice

Ingredients: 3 cups cooked rice, 1 spoon oil of your choice, a pinch of mustard seeds, [1 spoon peanuts, 1 spoon urad dal and 1 spoon channa dal- only if your kid knows to chew] 1 chopped onion, 2-3 slit green chillies and salt, curry leaves and coriander for garnish, grated raw mango(Totapuri), $\frac{1}{4}$ spoon turmeric, coriander leaves chopped finely.

Method: in a pan, add oil and heat it, add a pinch of mustard seeds and let it pop, add the peanuts, urad dal, channa dal until it browns. Add onion, curry leaves and fry until it cooks, add green chillies salt and mango, add a pinch of turmeric, once everything is cooked. Turn off the stove and add cooked rice and garnish with coriander. Mix and serve.



Note: Alternatively, you can make plain Kemon rice by skipping mango and adding 1 lemon juice at last after turning off the stove.

16. Moringa stir fry / Munagaku palyam



Serves 3-4

Ingredients: Moringa leaves -1 pack/kattu, 1-2 spoons oil of your choice, 1 spoon mustard and cumin seeds, 1 spoon urad and channa dal, 1-2 green chillies slit, 3-4 crushed garlic pods, 1 chopped onion, Grated fresh coconut 3 spoons, 1/4 spoon salt, ½ cup water

Method:

Wash the morninga leaves thoroughly. For tempering add mustard and cumin seeds , urad and channa dal and wait until it turns golden brown. Add green chillies and salt ,crushed garlic pods, onion and Moringa leaves and sauté. Add water and close the lid until it cooks. Garnish with grated coconut and it's ready.

Include moringa leaves in your child's diet as they have a high nutritional value, regular consumption can help kids improve their focus, increase energy, relieve stress, improve gut health, and reduce digestive problems. Kids may even find that their eye health and vision improve, as moringa leaves are very high in vitamin A.

Note: Wash and cut Moringa finely if the baby is still learning to chew, avoid the urad and channa dal if the toddler doesn't know to chew



17. Bitter gourd / Kakarakayi/Karela Sabji



Serves 2

Ingredients: 250gms bitter gourd , 1 chopped tomato, 1 chopped onion , 1 -2 spoon oil , a pinch of mustard seeds , salt , 2 Byadagi chillies , 3 -4 spoons Channa dal/ Split Bengal gram, 2 spoons roasted peanuts , 3-4 spoons dry coconut, 8-10 garlic pods

Method: soak the bitter gourd slices in plain water for 30 minutes

First dry roast: Byadagi chillies , Channa dal/ Split Bengal gram, 2 spoons roasted peanuts , spoons dry coconut, garlic pods. Once it's aromatic, grind it into a coarse powder

For tempering: add oil mustard seeds, onion and the bitter gourd (squeeze the water out before adding it) once it's cooked, add tomatoes and cook it on a medium flame. Add the coarse powder and turn off the stove. It's ready. This flavourful recipe is a best one for your baby, you can serve this as a side dish during your Toddler's meal.



18. Sundal/Black chickpeas stir fry



Serves 2-3

Ingredients: 1 cup black channa , salt, 1 slit chilly, 1 onion , 2 spoons grated coconut , 1/2 spoon ghee/ oil , a pinch of mustard seeds.

Method : soak the channa overnight and wash it thoroughly. Cook it in cooker for 3-4 whistles. For tadka add oil mustard seeds , chilly , onion , salt and sauté. Add the cooked channa and mix for 2 mins. Garnish with coconut and it's ready.

This is a super nutritious snack/Palya for your kid. It is rich in protein, iron and a great source of energy.



19 Pinto Beans Palya



Serves 2-3

Ingredients: pinto beans (500gms), 2-3 slit green chillies, 1/2 spoon salt , turmeric powder 1/4 spoon , 1 chopped onion, 1 spoon ghee/oil, 1/4 spoon mustard seeds

Method: cook the beans with water in a cooker for 1-2 whistles, for tempering, add all the ingredients and saute it and lastly add the beans and garnish with coriander. It's ready

This is a super nutritious side dish for your baby's meal.

Note: You can prepare alsandhe, black eyed peas in same method but you need to soak them atleast for 8 hours before cooking.



20 Drumstick fry

Serves 2-3

Ingredients: 250gms washed and drumstick, 1 chopped onion, 1 tomato, a pinch of turmeric, $\frac{1}{2}$ spoon oil, salt, $\frac{1}{4}$ spoon red chilli powder. 5 curry leaves, chopped coriander. , $\frac{1}{4}$ spoon sambar powder, $\frac{1}{4}$ spoon cumin powder, 1 spoon fresh cream or 1 spoon peanut powder.

Prep: Boil Drumstick with a pinch of salt for 5-10 mins.

Method: In a kadai, add oil, mustard seeds , let it pop, add turmeric, add the onions and let it caramelize, add the drumstick, chilli powder , $\frac{1}{4}$ spoon sambar powder, $\frac{1}{4}$ spoon cumin powder, and let it cook completely, now add the tomato and close it and cook on a medium flame until it cooks, add the red chilli powder and let it cook completely. Garnish with coriander and cream/ peanut powder.



21. Jackfruit seeds palya

Serves 2

Jackfruit seeds palya/ sabji : boil 5-7 jackfruit seeds for 2 whistles in a cooker and cut it into thin slices. 1 spoon peanut powder. For tadka – $\frac{1}{2}$ spoon oil of your choice , pinch of mustard seeds $\frac{1}{2}$ spoon- (ginger +garlic crushed) , $\frac{1}{4}$ spoon chilli powder and $\frac{1}{4}$ spoon salt, a pinch of turmeric, sauté and it's ready, garnish with peanut powder.





22. Raw banana palya /Poriyal

Serves 2-3

Ingredients: 1 washed and cut raw banana, 1 chopped onion, a pinch of turmeric, ½ spoon oil, salt, ¼ spoon red chilli powder. 5 curry leaves, chopped coriander. 1 spoon urad dal (optional), 1 tomato

Method: In a kadai, add oil, mustard seeds , let it pop, add turmeric and urad dal, let it turn brown, add the onions and let it caramelize, add the banana and close it and cook on a medium flame until it cooks, add the red chilli powder , tomato and let it cook completely. Garnish with coriander.



23. Dhondakaya/ Ivy gourd Fry

Serves 2-3

Ingredients: Ivy gourd 250 gms, ¼ chilly powder, 1/2 spoon salt , turmeric powder 1/4 spoon , 1 chopped onion, 1 spoon ghee/oil, 1/4 spoon mustard seeds, coriander leaves

Method: tempering, add all the ingredients and saute it and lastly add the ivy gourd and garnish with coriander. It's ready





24. Carrot Palya

Serves 2

Ingredients: 2-3 grated carrots , 1 chopped onion, a spoon of ghee/oil, a pinch of mustard seeds, few curry leaves ,a pinch of turmeric, salt , 1 slit green chilly, few chopped coriander leaves



Tempering: add a spoon of ghee/oil, a pinch of mustard seeds, few curry leaves, turmeric, salt , green chilly ,add the cut onion and sauté, once it's cooked, add the carrot and cook for 5-6 minutes on a medium flame till it's cooked. Garnish with coriander

25. Cauliflower Potato Palya

Serves 2

Ingredients: 1 small sized cauliflower, a pinch of turmeric
1 spoon oil/ ghee, pinch of mustard seeds , 1 chopped onion 1 cut potato in French fries size, a pinch of cumin powder, 4 spoon , Garam masala powder, salt and ¼ spoon red chillies powder. 1 cup water



Method: Remember to Blanch the cut cauliflower in boiling water and a pinch of turmeric to clean it thoroughly In a kadai add oil/ ghee, mustard seeds and let it pop, add onion turmeric, let it cook. Add the blanched cauliflower and potato, cumin powder, Garam masala powder, salt and red chillies powder. cook on a medium flame completely by adding water / you can cook for a whistle in pressure cooker.



26. Mixed veggies palya

Serves 3-4

Ingredients: 1 sweet corn, 100gms beans, 100gms carrot, 1 cup green peas, 1 capsicum, oil, mustard seeds, 1 chopped onion, a pinch of turmeric powder, 1 spoon grated coconut, 2 slit green chillies

Method: Remove corn kernels from the cob and cut all the vegetables after washing thoroughly. Boil/ steam the veggies completely In a kadai add oil, mustard seeds, onion ,turmeric powder, green chillies and add the vegetables, cook for 2-3 minutes , add salt and garnish with a spoon of grated coconut.



27. Beetroot Palya

Ingredients: 1 chopped beetroot, 1 onion, 1 spoon ghee/oil, a pinch of mustard seeds, 3-4 curry leaves , a pinch of turmeric, salt , ¼ spoon chilli powder, coriander.

Tempering: add a spoon of ghee/oil, mustard seeds, curry leaves ,a pinch of turmeric, salt , chilli powder , add the cut onion and sauté, once it's cooked, add the beetroot and cook. If you're using a pressure cooker, it's 1-2 whistles. Garnish with coriander





28. Cabbage palya/poriyal/vepudu

Serves 2-3

Ingredients: ½ cut cabbage, add oil of your choice , a pinch of mustard seeds, 1-2 slit green chillies , salt , 1 chopped onion, 2-3 curry leaves , 1 spoon oil, coriander leaves

Prep: Wash 1/2 medium sized cabbage and chop it , blanch it for 2 minutes in water along with a pinch of turmeric , strain and keep it aside

For tadka: add oil, mustard seeds, green chillies , salt , onion, curry leaves and add the cabbage, it will release water and you can cook it in medium flame. If the water is dried up and the cabbage doesn't cook, you can add a sprinkle of water and garnish with coriander.



29. Snake gourd Palya

Serves 3

Ingredients: 1 snake gourd peeled and cut by removing the seeds, 1 spoon oil of your choice, ¼ spoon mustard seeds, 1 chopped onion, Salt and coriander chopped.

Grind: 1/4 cup dry coconut, 4-5 garlic pods and 1-2 red chillies. Make this coarse powder

Method: In a kadai add oil, mustard seeds ,onion and sauté, add the snake gourd, salt and saute let it cook completely. Finally add the coarse powder to the palya and garnish with coriander.





30. Raw banana crisp

Ingredients: 1 raw banana, pinch of salt, pinch of turmeric powder, pinch of red chilli powder, 1 spoon ghee/oil

Method: wash and peel the raw banana and cut it into thin long slices instead of round shape which can increase the choking risk .

Add salt, red chilli powder and turmeric powder. Set it aside for 10 minutes and fry it on a tawa in a medium flame by adding ghee by flipping both the sides until it's cooked.



31. Baked Okra

Ingredients: 200gms of Bhindi , 1 cup Besan (chickpea flour) , 1/2 cup rice flour, 1/2 spoon ajwain (carom seeds) , 1/2 spoon salt (12m+), 1/2 spoon chilli powder(12m+) 1 cup water, 1/2 spoon oil of your choice (I have used olive oil)

Method: mix all the ingredients by sprinkling 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.



Note: The Over temperate may vary so keep checking in between. Alternatively, you can fry this on a tawa.



32. Raw banana vepudu

Serves 2

Ingredients: 1 raw banana, pinch of salt, pinch of turmeric powder, pinch of red chilli powder, 1 spoon ghee/oil, 4-5 crushed garlic

Method: wash and peel the raw banana and cut it into desired slices. In a kadai, add, oil, mustard seeds, onion, Add salt, and turmeric powder, garlic and let it cook. Add the raw banana and let it cook completely. Add the chilli powder at last and its done.

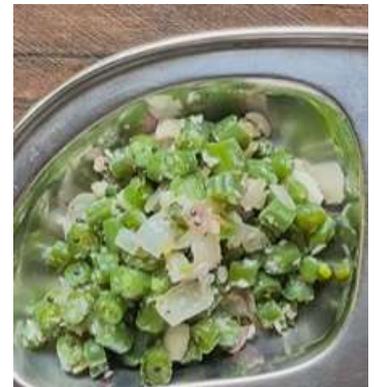


33. Beans Palya

Serves 2-3

Ingredients: green beans (250 gms), 1-2 slit green chillies, 1/4 spoon salt , a pinch turmeric powder , 1 chopped onion, 1 spoon ghee/oil, 1/4 spoon mustard seeds, coriander,

Method: cook the beans with water in a cooker for 1-2 whistles, for tempering, add all the ingredients and saute it and lastly add the beans and garnish with coriander. It's ready





34. Sprouted gram curry



Serves 3-4

Ingredients: 1/2 fresh coconut, 1 spoon coriander powder, 1-2 green chillies, 2 cloves, small cinnamon stick, 1 spoon ginger and garlic 3-4 pods, 1 tomato, 1 spoon oil, pinch of mustard seeds, 1 chopped onion, 1/4 spoon of turmeric powder, 1 cup mixed sprouts, we have added (black channa sprouts, moong sprouts and horse gram sprouts), 1 cut brinjal and 1 cut potato

For grinding: coconut coriander powder, green chillies, cloves, cinnamon stick, ginger and garlic, tomato

For tempering: In a pressure cooker, add oil, mustard seeds and let it pop, add a chopped onion and let it caramelize, add of turmeric powder and add the mixed sprouts, brinjal and potato. Cook it for about 5-10 minutes, add the ground masala, add salt, cook for 1-2 whistles until all the veggies are cooked.



35.Okra/Ladies finger curry



Serves 2

Ingredients: Okra - 250gms , 1 spoon ghee, pinch of mustard seeds 3-4 curry leaves, a pinch of turmeric.

Grind : 1/2 coconut, 1 spoon coriander powder , ¼ spoon chilli powder, 1/2 spoon cumin/jeera, a pinch of fennel seeds/ajwain, ginger and garlic (4-5pods), rock salt , small cinnamon stick, 2-3 cloves

Method: add a spoon of oil in kadai and fry the cut okra for 5-7 minutes on medium flame.

Tempering: In a kadai, add ghee, pinch of mustard seeds and curry leaves, add the ground paste with a pinch of turmeric and let it cook well. Finally add the okra and garnish with coriander.

36. Bassaru/Vanchin saru and Ridge gourd palya



Serves 4

Ingredients: 2 cups Toor dal, 1 litre water, 1 Ridge gourd, a pinch of turmeric, salt, blueberry size tamarind, 1 spoon cumin, 3-4 peppercorns, sambar powder 2 spoons, 1 spoon fresh coconut, 1 spoon oil, pinch of mustard, 4-5 curry leaves, 1/2 chopped onion and coriander leaves

Method for curry: Boil the toor dal with a litre of water (12m+) and add ridge gourd with a pinch of turmeric and salt, cook for a whistle. Keep the ridge gourd in a cup so that it doesn't mix up with the dal. Remove the dal and ridge gourd and don't discard the water.

Bassar: Grind: take the half portion of the boiled toor dal, tamarind, cumin, peppercorns, sambar powder, coconut. Make a paste with a little water. Pour the paste to the dal water and boil it well. For tempering add oil, mustard, curry leaves, chopped onion and coriander leaves

Method for palya: Tempering :add 1 spoon oil, a pinch mustard seeds, 1 chopped onion and pinch of turmeric, 1-2 slit green chillies, add the boiled ridge gourd and dal and a spoon of grated coconut



37. Potato beans curry



Ingredients: 3 potatoes, 2 cups beans, 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 veggies and cook for 2-3 minutes, add the ground masala to this and cook for 2 whistles until it is cooked and it's ready .



38. Spinach Curry



Serves 3-4

Ingredients :We have used two types of spinach Palaku and menthyam aaku (Palak and methi leaves) 300-500gms , green chillies 1-2 (12m+), garlic 10 pods , 1 onion , tomatoes 2, 1 spoon cumin seeds. 1 cup toor dal , 1/2 spoon oil/ ghee , the pinch of mustard seeds , 4-5 curry leaves , 1/2 chopped onion for tempering

Method: In a cooker add toor dal , Palak, methi leaves, green chillies, garlic , onion , tomatoes, cumin seeds. Cook for 2-3 whistles. Once it's done , you can grind it /you can just use a masher and semi mash it. Boil it well.

For tempering add oil/ ghee and let the mustard seeds pop , add few curry leaves , chopped onion and pour it over the boiled curry.



39. Avrekalu/Hyacinth bean and black channa curry



Serves 3-4

Ingredients: 1 cup of Hyacinth beans , 1 cup black channa , $\frac{1}{4}$ fresh coconut, small ball of tamarind , 2 spoons sambar powder, 5-6 garlic pods, 1 onion , 1 tomato, 2 cut potatoes, 2 cut brinjal, 1 spoon oil, $\frac{1}{4}$ spoon mustard seeds, 4-5 curry leaves, chopped coriander.

Prep: Soak 1 cup of Hyacinth beans , 1 cup black channa (take 1: 1 ratio) overnight Pressure cook for 2 whistles with adding water as per your consistency

Grind: $\frac{1}{2}$ cup Boiled beans , coconut, tamarind , sambar powder, garlic pods, onion , tomato.

Method: Mix the ground paste with the remaining beans add salt , veggies like 2 potatoes and 2 brinjal and cook for a whistle. Add tempering : oil, mustard seeds , onion , curry leaves , coriander Mix everything and it's ready Whole beans are a choking risk, flatten it to reduce the choking risk



40. Tomato curry



serves 3-4 people

Ingredients: 2 tomatoes , 1 onion, 4-5 garlic pods, 1 red chilli , salt , $\frac{1}{2}$ spoon oil , mustard seeds, curry leaves , sambar powder (optional), green pea sized tamarind, water 1.5 cups, curry leaves, coriander leaves

Method: first boil tomato onion garlic tamarind red chilli and salt with water in a cooker for 2 whistles Take out the boiled veggies and grind it (use the same water used for boiling to form a paste) For tempering add oil and mustard seeds let it pop , add curry leaves and the ground paste to it with the left-over boiled water, add sambar powder and let it boil well. Garnish with coriander Note: remove curry leaves and anything which can be a choking risk before serving it to kids.



41.Sambar



Serves 4-5

Ingredients: Veggies of your choice, we usually add 100 gms green beans, 1 carrot , 1 potato, avrekalu/hyacinth bean. 1 blue berry sized tamarind soaked in water, salt, a pinch of turmeric, 1 spoons sambar powder, coriander, 6-7 curry leaves, 1 spoon oil, ¼ spoon mustard, 1 chopped onion. Toor dal 2 cups, 1 chopped tomato.

Prep: Soak the dal for 15-20 minutes

Method: Cook the dal and water ratio 1:3, cook for 3-4 whistles, add the veggies , tomato, sambar powder, tamarind pulp, salt , turmeric and let the veggies cook.

For tempering: Oil, mustard seeds, let it pop, add curry leaves and pour this on the boiled sambar and garnish with coriander.



42. Palasaru/ Haalsaru/ Snake gourd curry



Serves 4-5

Ingredients: 1/2 cup moong / peanuts , 1 snake gourd , salt, 1 glass cow milk(100-150 ml)/coconut milk

For grinding - 1/2 coconut, 2 red chillies , 1 spoon pepper corns ,9-10 garlic pods , 1 spoon dry roasted rice.

Method: Dry roast moong (green gram) and rice. Add the moong to the boiling water, add the moong and snake gourd and salt to it. Let it cook and add the ground paste. Once it's cooked completely add the milk and let it come to a boil. Serve warm to your little one. It's perfect for winter and helps in increasing immunity and digestion.



43. Mushroom curry



Serves 3-4

Ingredients: Button Mushroom 200gms, 2 cloves, small stick of cinnamon, 1 spoon ginger garlic paste, 1 tomato, 1 onion, 7-8 cashews, 1 spoon kasuri methi, 2 spoons fresh milk cream, 1 spoon butter/ghee, 1 green chilly, $\frac{1}{4}$ spoon red chilly powder, 1 spoon coriander powder, 1 spoon garam masala. Chopped coriander leaves.

Prep: Peel the mushroom skin and wash thoroughly, cut it into thin slices.

Method: In a kadai, add butter, cashews, tomato, cinnamon, clove, green chilly and fry until it turns aromatic. Now grind this into a paste using water. In a kadai, add ghee ginger garlic paste, this ground paste, coriander powder and boil it well by adding water to your consistency and until the masala is cooked. Add the mushrooms, kasuri methi, garam masala. Once the mushroom is cooked, add the cream and garnish with coriander.

44. Sautéed Mushroom

Ingredients: 1 spoon butter, a pinch of salt and a pinch of pepper powder. 100gms washed and cut mushroom, coriander leaves.

Method: In a pan add butter and mushroom, let it cook, it will usually cook fast within 5 minutes, season with salt and pepper. Garnish with coriander leaves. This is an easy way to give mushroom.





45. Lentils (Dal rasam)



*You can use rasam powder instead by skipping cumin and peppercorns *

Serves 3-4

Ingredients: 1 cup toor dal, 2 cups water, 7-8 garlic pods crushed, 5-6 peppercorns, ½ spoon cumin seeds, 5-6 curry leaves, 1-2 red chillies, 1/2 spoon oil, coriander leaves chopped, 1 tomato, pinch of mustard seeds. Salt 1/4 spoon

Method:

Boil toor dal and keep the water along and mash it.

Grind: garlic, pepper, jeera and tomato.

Tempering (tadka) - oil, mustard seeds, ground paste, whole curry leaves (remove once done), break the red chillies to two, and salt. let it cook, add the dal and water, let it boil, garnish with coriander and it's done.

46. Tomato rasam

Serves 3-4

Ingredients: 7-8 garlic pods crushed, 5-6 peppercorns, ½ spoon cumin seeds, 5-6 curry leaves, 1-2 red chillies, 1/2 spoon oil, coriander leaves chopped, 1 tomato, pinch of mustard seeds. Salt 1/4 spoon

Method:

Grind: garlic, pepper, jeera and tomato.

Tempering (tadka) - oil, mustard seeds, ground paste, whole curry leaves (remove once done), break the red chillies to two, and salt. let it boil and it's done.





47. Vegetable Pulao



Serves 3-4

Ingredients: 50gms soya chunks, 2 cups mixed vegetables like carrot , beans, green peas . Oil ½ spoon, a pinch of mustard seeds, ½ spoon garam masala, 1 onion cut, 1 spoon ginger garlic paste, 1 tomato paste, 1 clove, 1 small stick of cinnamon, ½ spoon red chilli powder. 1 cup rice, 2 cups water.

Method: add oil in a cooker , mustard seeds, cinnamon, clove , Garam masala , onion , ginger garlic paste , tomato paste . Sauté any veggies of your choice. Add washed rice and water. Pressure cook for a whistle or 2 and it's done, garnish with coriander.



48. Tomato Bath and raita



Serves 2

Ingredients: 2 tomatoes, red chill powder (12m+), salt (12m+), 1/2 spoon ginger garlic paste, 1 cup fresh green peas, 1 onion , 1 small cinnamon stick , 2 cloves, 1 bayleaf, a pinch of ajwain (carom seeds) coriander leaves , pinch of turmeric , 1 cup rice, 2 cups water Grind : 1/2 onion , 1.5 tomato , cinnamon, cloves , ajwain , salt and red chilli powder

Method: Take a cooker , add oil and a pinch of mustard/ cumin(jeeera seeds) , add the remaining half chopped onion and let it caramelize, add bay leaf and ginger garlic paste with the remaining half chopped tomato. Add turmeric , washed green peas and the raw rice with water . Cook it for about 2 whistles and garnish with coriander. Remove bayleaf before serving. Always be mindful while serving to avoid choking risk.

Raita: 1 cup curd, 1/2 chopped cucumber, 1/2 chopped tomato, 1/2 finely chopped onion, a pinch of pepper powder and salt. Mix everything and its ready.



49. Tomato rice



serves 2

Ingredients: 2 chopped tomatoes, 1 chopped onion, 1 spoon oil of your choice, a pinch of mustard seeds, salt, 1-2 slit green chilly, groundnuts (2-3 spoons), urad dal 1 spoon, a pinch of turmeric, 2-3 cups cooked rice, chopped coriander, 4-5 curry leaves

Method: In a kadai add the tempering, oil and mustard seeds let it pop, keep the flame in medium and add ground nuts and urad dal let it become golden brown, add turmeric, green chilli, curry leaves onion and sauté, once it's caramelised, add tomato and cook, add salt. Finally add cooked rice and mix well. Garnish with coriander

Note: kindly remove any ingredient which can be a choking risk to the child

Category: Main Dish



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50.Ghee rice



serves 2

Ingredients: 200gms rice, 1 onion chopped, 2 slit green chillies, ½ spoon cumin seeds/jeera, 1 spoon oil, 2 spoons ghee, salt, water 1.5 cups. Rice: Water ratio 1:1.5

Prep: Wash and soak the rice for 30 mins

Method: In a kadai add the tempering, oil ,ghee and cumin seeds let it splutter, add onion and sauté , once it's caramelised, add rice and salt. Add the water and cook for a whistle. Once the pressure is out, keep a tumbler instead of the whistle and cook it for another 5-7 minutes on a medium flame.

This is a perfect recipe for your little one. You can combine it with any curry or give it as it is.



51. Gongura Pachhadi



Serves 2

Gongura pachhadi : 1-2 spoons oil, 2 onions , 2 tomatoes , 300gms gongura , 1 spoon tamarind, 3-4 green chillies, rock salt. Fry all these ingredients and grind. For tempering- 1 spoon oil, ¼ spoon mustard seeds , 1spoon urad dal , few curry leaves. Make sure you dab the water from the leaves and everything else to preserve it longer. You can store this in fridge up to 10 days.

52. Gongura Palaku rice

Gongura Palak rice: Add 1 spoon ghee in a pan with ¼ spoon cumin seeds, 2 spoons peanuts and 1 spoon urad dal . Add finely cut spinach leaves (2 spoons) , 1 chopped onion, a pinch of turmeric, salt and sauté. Add cooked rice and a spoon of the gongura pachhadi and it's ready. You can garnish with grated coconut 1 spoon (optional)





53.Ragi/fingermillet Muddhe/ Sangati/ Kalzhi



Serves 3-4

Ingredients.

1:2 consistency of ragi flour vs water

I used around 1.5 cups of flour and 3 cups of water

2 spoons cooked rice/ broken wheat (optional)

1 spoon ghee

Method: Bring water to a boil, add the rice/broken wheat let it cook for about 2-3 minutes on a high flame, Now turn the flame to medium and add the complete ragi flour to it (Dont stir) this is an important step. Let it cook for 8-10 minutes on a medium flame. Now, use a cylindrical wooden stick to stir the sangati without any lumps. It needs arm strength ofcourse. Add a spoon of ghee. cook for another 5 minutes. How to check if its cooked? You will get a fragrance of the ragi Muddhe. Once it is done, take a cup of water and make your desired sized ragi balls. serve it with any curry of your choice. Our best choices are bassaru/vanchin saru, chutney and chicken curry.



54.Mint- Green Peas pulao



Serves 3-4

Ingredients: 1 spoon oil, 1 clove, small piece cinnamon stick, 1 bay leaf, 1 chopped onion, 1 spoon ginger garlic paste, $\frac{1}{4}$ spoon salt, Grind : 1-2 slit green chillies+ $\frac{1}{2}$ cup mint leaves + few coriander leaves with stem) Water + Rice Ratio is 2:1, I have used 1 cup rice and 2 cups water.

Method: In a cooker, add oil of your choice, spices like cloves, cinnamon and bay leaf (remove spices once prepared) add chopped onions and let it fry, add ginger garlic paste, salt and green chillies and add the ground paste , once you get the aroma, add rice and water let it come to a boil. Cook it for a whistle and it's ready.



55.Moringa Paneer fried rice



Serves 2-3

Ingredients:

For grinding: soaked almonds 2-3 (optional)
few leaves of mint, coriander and curry
leaves, curd 1-2 spoons, 1/2 green chilly . 1/2
spoon Ginger garlic paste , 1/4 spoon pepper
powder, salt , 1 spoon moringa powder/
fresh moringa leaves paste

Method : Add 1 spoon Moringa powder and
add paneer and mix with sprinkling some
water. Rest it fir 10-15 mins

Tawa fry the paneer cubes on a medium
flame by greasing oil/ghee. In a kadai add
ghee/ oil of your choice and sauté veggies of
your choice. I have added half carrot and 2-3
green beans. Add 2-3 cups cooked rice, Salt,
and pepper powder as per taste and garnish
with spring onions. Your baby will definitely
enjoy it.





56.Puliyogare



Serves 2-3

Prep: Puliyogare mix: Dry roast 12-15 red chillies (Byadagi), Dry roast 4 tablespoons of urad dal , Dry roast 4 tablespoons of Bengal gram/channa dal , Dry roast 8 tablespoons coriander seeds 4 tablespoons cumin seeds, 1/2 spoon mustard seeds, 1/2 spoon fenugreek seeds, 1/2 spoon black pepper corns, 1/4 spoon asafoetida, 1/2 spoon turmeric, 1/2 spoon grated dry coconut Mix all these ingredients and make a fine powder, you can store it in the refrigerator easily for a month

Ingredients: Oil 1 spoon, ¼ spoon mustard seeds, 1 spoon groundnuts ,1/2 spoon urad and channa dal. 2 spoons tamarind pulp , salt and 1/2 spoon puliyogare powder (check for the spice levels), 2-3 curry leaves 2-3 cups of boiled rice , chopped coriander

Puliyogare :For tempering : add oil , mustard seeds and groundnuts, urad and channa dal. Let it brown and add tamarind pulp , salt and puliyogare powder add curry leaves, add boiled rice and mix, garnish with coriander



57.Curd rice



Serves 3

Ingredients: 1-2 red chilli, 3-4 curry leaves , 1 spoon groundnuts , a cup of cooked rice , salt, 1 cup homemade curd , 1/2 cup milk , 1/2 cup pomegranate

Method: In a kadai, add oil, mustard seeds and let it pop, add 1 red chilli, curry leaves ,groundnuts, let it brown and add cooked rice and salt, Turn off the stove, add homemade curd ,milk. Mix well, garnish with pomegranate) and it is ready

Note: whole groundnut and pomegranate can be a choking risk , give for the kids who know to chew well. Remove red chilli and curry leaves before serving



58. Simple Pasta 2 Ways



Serves 2

Ingredients For making pasta: 2 cups of whole wheat flour (atta), $\frac{3}{4}$ cup of warm water, $\frac{1}{2}$ spoon of ghee (optional)

Method: mix the wheat flour by adding water little by little to form a dough. Roll the dough cut it like pasta as shown in the image. Boil it with water few drops of ghee and a pinch of salt. Once its completely boiled , strain it under running water so that it doesn't become sticky.

Way1: You can temper it the traditional way with $\frac{1}{2}$ spoon oil , pinch of mustard seeds , 1 chopped onion, $\frac{1}{2}$ chopped tomato, $\frac{1}{2}$ chopped carrot , 2 green beans, 2 spoons green peas, 1 slit green chilly and salt.

Way 2: Grind 1 tomato, 5-6 cashews, 2-3 garlic pods, $\frac{1}{2}$ byadagi red chilly, 1 clove. Cook the ground paste and add the boiled pasta. Once its cooked completely, add 2 spoons of fresh milk cream/ $\frac{1}{2}$ cup milk and grate 1 spoon mozerrela cheese on top of it.





59. Moong dal Dosa



Ingredients: 1 cup of moong dal , 1 green chilly, a small ginger, pinch of turmeric, salt , 1 spoon corn kernels (optional), 1-2 spoons of grated carrot, 1 finely chopped curry leaf , 1 spoon finely chopped beans.

Method : soak the moong dal for 30 mins , in a mixer jar add the soaked and washed moong dal , turmeric, salt, ginger and corn. Blend it. To this mixture add curry leaf , grated carrot and finely chopped beans. Grease the hot tawa with ghee and cook these dosas on both the sides and it's ready. You can make 3-4 dosas with this batter.





60. Ragi Idli and Moringa chutney



Serves 3-4

Moringa Chutney:

Ingredients: 2 cups washed Moringa, 2 spoons jeera, 1/2 cup grated coconut, 3/4 cup roasted gram /kadle pappu , 2 spoons channa dal/kadle bele, Small ball of tamarind, 2-3 garlic pods ,Rock salt, Green chillies (2-3)

For tempering: 1 spoon ghee/oil of your choice , a pinch of mustard seeds, 5-10 curry leaves (remove it before serving)

Method: first fry each ingredient separately with a spoon of oil/ghee . Moringa has to be fried until it cooks. Add 2-3 garlic pods for the grinding. Add the tempering and it's ready.

Note: This doesn't taste bitter.

Ragi idli :1 cup ragi flour /finger millet, 1 cup idly rice , 1 cup urad dal, 1 spoon fenugreek/methi seeds. Soak for 6-8 hours, grind and make a thick idli batter. Let it ferment overnight and cook it in idly cooker for 15-20 mins.



61. Neer Dosa and curry



Serves 3-4 (Around 8 Dosas)

Ingredients: 1 cup rice

1/4 cup coconut

1/4 cup cooked rice

¼ spoon salt

Method: Soak the washed rice for about 3 hours. Grind it with coconut and salt. Now add water and let it be Watery in consistency. You can pair it with Mushroom curry or paneer curry. We usually pair it with chicken/mutton curry.



62. Pizza Dosa



Serves 1

Dosa – pizza (for 2 small dosas)

Ingredients: dosa batter , a pinch of salt, pinch of pepper powder , 1 spoon grated carrot, 2 spoons finely chopped capsicum, 2 spoons finely chopped tomato , 2 spoons finely chopped onion (veggies of your choice) , 3 spoons mozzarella cubes, 1 spoon ghee

Form small dosas on tawa on a low flame by greasing ghee, add the veggies and let it cook with a closed lid, you can add the cheese cubes at last cover and cook for 2 more minutes and cut it into pizza shape and give it to your little one. Elevating dosa seems fun!



63.Veggies kichdi



Serves 2-3

Ingredients : 1-2 spoons of ghee, pinch of cumin seeds(jeera), 3-4 crushed garlic pods, 1 green chilly, salt , pinch of turmeric, 1 onion, 1/2 tomato. handful of broad beans /averekayi (optional), your choice of veggies (I have used a cup of veggies like carrot, beans, capsicum, potato)

1 cup rice ,1/2 cup masoor dal, 1/2 cup moong dal

Method: Wash and soak the dal and rice for 30 mins

For tempering : add ghee, jeera , garlic, chilly , beans, onion and tomato. Saute it and add all the vegetables. Let it cook for a minute.

Add the soaked rice and dal. Add 5-6 cups of water and let it cook for 2-3 whistles. Serve with ghee and it's perfect lunch for this climate.





64.Vangi Bath/ Brinjal Rice



Serves 2

Vangi Bath powder: 20 gms Channa Dal, 20 gms Urad dal, 40 grams coriander seeds/dhaniya, Cloves – 1 spoon, 2 cinnamon sticks, 1 spoon peppercorns, 5 red chillies, 2 spoons turmeric powder

Dry roast each ingredient separately and grind it into a fine powder

You can store it in an airtight container for upto 6 months in a dry place.

Ingredients :

1 spoon oil, ¼ spoon mustard seeds, 1 chopped onion, 2 chopped tomatoes, 5-6 Curry leaves, 1 spoon chopped coriander, salt, 1 red chilly, 100 gms cut mysore brinjal / capsicum, 2 cups soaked rice, 1 spoon

Method: In a kadai, add oil and mustard seeds, let it pop, add chilly, onion, salt, curry leaves and let it sauté. Add the brinjal and let it cook, add tomatoes and vangi bath powder. Once its cooked, add the cooked rice and mix well. Garnish with coriander.



65. Instant- Rava paddu/paniyaram/ponganalu/appe



Serves 1-2

Ingredients:

Chiroti rava 3 spoons, Rice flour (3 spoons), $\frac{1}{4}$ spoon Cumin seeds, a pinch Salt, 1 spoon finely chopped/ grated carrot and beans, 2 finely chopped curry leaves, chopped, Ghee 1 spoon for brushing it on the tawa, 1 spoon dill leaves / soya leaves/ sabsige soppu, a pinch of pepper powder, $\frac{3}{4}$ th capsicum finely diced, $\frac{1}{2}$ onion diced, 1 small tomato diced, coriander leaves. Mix all these ingredients with $\frac{1}{4}$ cup water. Make a thick batter.

Method: In a paniyaram pan, grease some ghee and cook this for about 5-8 minutes each side on a medium flame until it cooks completely.

This is a nutrient dense dinner for your little one.

Bonus: Homemade Sambar Powder



Ingredients:

½ kg Byadige red chillies

½ kg Dhaniya/ coriander seeds

½ kg Guntur red chillies

50 gms mixed - Urad dal, Channa dal, rice, Toor dal, Moong dal

30 gms peppercorns

30 gms mustard seeds

30 gms fenugreek seeds/ methi

50 gms cumin seeds/ jeera

50gms Whole Turmeric Sticks

1 cup Curry fresh curry leaves (Clean and wash properly, dry it completely without any moist.)

Prep: Dry roast each ingredient separately in a medium flame. Do not over do it. Dry roast the seeds separately in a low flame

You can take it to a flour mill and make a fine powder.

You can store it in an air tight container in a dry place at room temperature for an year. Do not use wet spoon and make sure its not kept near water. It can get spoilt.



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Bonus: Homemade Rasam powder



Ingredients:

- 1 cup pepper powder
- 1.5 cups Jeera/cumin powder
- ¼ cup Toor dal
- 1.5 spoons Dhaniya / coriander seeds
- Red chillies 5-8
- Asafoetida powder a pinch
- Fenugreek/ Methi seeds -1/2 spoon
- Dry curry leaves - handful

Dry roast each ingredient separately in a medium flame. Do not over do it. Grind it to a fine powder.

You can store it in an air tight container in a dry place at room temperature for a month. Do not use wet spoon and make sure its not kept near water. It can get spoilt.

Bonus: Homemade Coconut milk



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Ingredients: 1/2 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 brought paneer contains more sodium so it's advised for you to make it at home.



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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 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.

