



50 first

FOOD RECIPES FOR BABIES

(6 months to 1 year)

Dr. Hemapriya Natesan

FOREWORD

Hello Folks, I am Dr Hemapriya Natesan.

I am a mom of 2 adorable kids and doctor by profession. I bid adieu to my medical practice to look after my toddler son and infant daughter. Raising my son as a baby wasn't very difficult with my mom and mother in law around to help me. But now 1000 km apart from my family, looking after my infant daughter sparks so many doubts and queries, be it either feeding or bathing her. This revelation was the inspiration for this blogging endeavor and thereby this ebook , to help parents like me who are far from their loved ones, and struggling to raise a baby on their own.



I am glad that you decided to download this ebook, hope it will be useful for your little one's feeding needs.

Happy Weaning!!!

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Disclaimer: *Always consult with your pediatrician regarding introducing solid foods to your baby and specifically*

discuss any foods that may pose allergy risks for your baby.

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WEANING

Weaning or complementary feeding, as this is the term used nowadays, means the gradual introduction of solid foods for the infant while continuing breast feeding.

Most of the mothers are confused as when to start solids for their little one. They are prejudiced by family, friends and doctors' suggestions and end up introducing solids very early.

I have done an extensive research on this issue, and these are the recommendations

“By the guidelines of Indian Academy of Pediatrics (IAP) it is 6 months.”

“By American Academy of pediatrics (AAP) it is around 6 months.”

Recent studies have shown that by introducing all the food varieties between 17th and 27th week of life reduce the risk of chronic diseases such as allergic ones and coeliac disease.

Your pediatrician might differ from the above said guidelines, the choice is entirely yours.

So it is a strict “No” before 4 months, starting between 4 and 6 months is your or your pediatrician's choice.

How to know my baby is ready for solids ?

- Baby can hold her head. Head control milestone is achieved by the end of 3 months.
- The baby is able sit upright with or without support.
- The baby can move the tongue in and out but does not push the food out.
- Makes chewing motions.
- When you are eating, she puts out her tongue and watches closely your hand and mouth.

Some ground rules for starting solids.

- Always follow the 3 day rule .
- Always sterilize the utensils before cooking and feeding the baby.
- Always feed the baby sitting upright , never feed with baby lying flat on its back.
- Consume the food within 2 hours of preparation, any left over should be discarded, and fresh food should be prepared for the baby's next meal.

Some useful Links :

- [Baby feeding essentials for starting solids](#)
- [Monthwise diet charts](#)



Dal Ka Paani / Lentil Soup

Age - Can be given from 6 months

Ingredients

- 2 Tbsp of Moong/Toor Dal.
- Half a piece of 1 garlic clove.
- Turmeric (optional)
- 8 Tbsp of Water.

Method :

- Soak the dal for 15 minutes and wash well in running water.
- Add water and the half clove of garlic to dal. I have added a pinch of turmeric, it is optional.
- Cook in a vessel on medium heat with or without lid. It can be cooked in a cooker too.
- After the Dal is nicely cooked, switch off the gas.
- Mash them with a masher or a thick spoon.
- Remove the superficial water.
- Lentil Soup is ready!!

Some Facts to Know :

- Start with moong dal then toor dal then masoor dal can also be given.
- Toor Dal may cause gas problem so add garlic and hing while cooking.
- Always chop or crush garlic for maximum effect and allow it to stand it for 10 minutes before cooking as it increases its potency.
- Lentils are rich in proteins and garlic has antibacterial and anti-inflammatory properties



RICE SOUP

Age – Can be given after 6 months.

Ingredients

- 3 Tbsp of rice.
- 9 Tbsp of water.

Method :

- Soak the rice in water for 15-20 minutes.
- Wash in running water and add water to rice.
- Cook in a vessel in medium heat.
- Switch off the flame after the rice is cooked well.
- Mash it while it is hot with a masher or thick spoon.
- Remove the superficial water, a little jeera powder can be added for taste.

Some Facts to Know :

- Start with white rice, if the baby tolerates well, then brown rice can be introduced.
- Brown rice is little heavier than white rice.
- Rice can cause constipation.
- If baby develops constipation, stop and reintroduce after a month.
- Brown rice is rich in selenium, magnesium and fiber.
- It is rich in carbohydrate.



BARLEY WATER

Age - Can be given from 5 months

Ingredients

- 1 Tbsp barley
- 2 Cups of water

Method :

- Pressure cook the barley with 2 cups of water
- Wash, cool and blend it in a blender.
- Strain and allow to cool completely.
- Serve lukewarm
- As the baby grows older, jaggery or mishri sugar can be added.

Some Facts to Know :

- Hulled barley(not easily available) / Pearl barley (easily available) is ideal for babies
- Barley can be easily digested.
- It is nonallergenic and makes perfect first food
- It is rich in fiber, vitamins and minerals
- If there is history of coeliac disease or gluten allergy, please avoid it in the initial months of weaning.

“ It is nonallergenic and makes perfect first food ”



CARROT PUREE

“Carrots are excellent source of beta carotene which turns into vitamin A in the body.”

“Carrot also promotes a strong immune system and contains phyto-chemicals in it.”

Some Facts to Know :

Carrot for your baby
Can be given from 5 months
Select carrots that are firm and without black spots and blemishes

Ingredients :

- One medium sized carrot

Method :

- Wash and peel the carrot.
- Cut the carrot into small cubes.
- Place them in a katori.
- Place the katori in a pressure cooker filled with water.
- Steam for 2 whistles and switch off the gas.
- After cooling either mash or blend to get a smooth consistency.
- A pinch of jeera or cinnamon powder can be added for taste.
- Breastmilk or formula can be added to make it more runny.
- Tastes good if palak, potatoes and beets are added.





POTATO PUREE

Age - Can be given after 6 months

Ingredients:

- 1 medium sized potatoCups of water
- 1 pinch Jeera or Ajwain Powder

Method :

- Wash and peel the potatoes.
- Chop the potato into small cubes.
- Place the potato cubes in a small bowl in cook-er filled partially with water.
- Allow one to 2 to 3 Whistles.
- Switch off the flame.
- The Potatoes will be very soft, mash them with a masher or thick spoon or can be blended too to make puree.
- Jeera or Ajwain powder can be added.
- Add breast milk or formula feed to make it a little runny.
- For babies more than 8 months of age, butter can be added to enhance the taste.

Some Facts to Know :

- Select potatoes that are firm and without blemishes, cracks and sprouts.
- Potatoes are best known for their carbohydrate content and a medium sized potato contains about 26 gms of carbohydrate.
- Although not proved, some babies might face gas issues with potatoes, so please be cautious.

“ Although not proved, some babies might face gas issues with potatoes, so please be cautious while feeding potatoes.”



PUMPKIN PUREE



“Pumpkin helps in relieving constipation due to its high fiber content.”

Some Facts to Know :

- Select pumpkins that firm from outside and not too ripe.
- Pumpkin is non allergenic food and makes perfect first food.
- Pumpkin helps in relieving constipation due to its high fiber content.
- Pumpkin is rich in fiber and vitamins like A,C,E

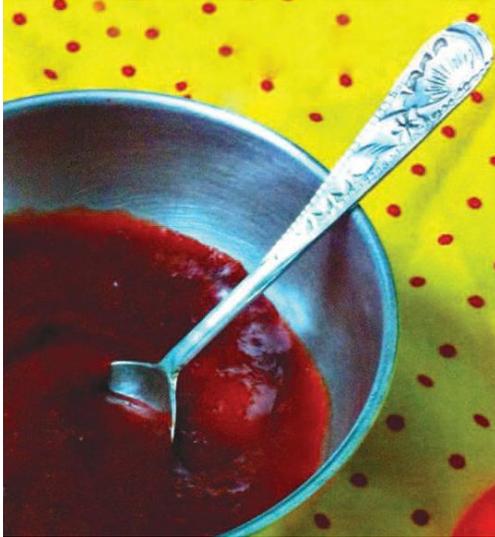
Age - Can be given after 5 months

Ingredients :

- A Wedge of Pumpkin

Method :

- Cut the required wedge of pumpkin from the whole vegetable.
- Cube the pumpkin into small pieces.
- Pumpkin can be steamed or baked, steaming is recommended for babies food as it preserves the nutrients in it.
- Take the pumpkin cubes in a cup and place it inside a pressure cooker filled half with water.
- Place it on the stove in medium flame.
- After 1 whistle, remove the cooker and let it cool.
- Remove the cup from the cooker with help of thongs.
- Mash the cooked pumpkin with a masher or hand.
- If you want a smooth consistency, it can be blended in a mixer.
- If the puree is very thick in consistency, little formula feed or breast feed can be added to make it runny.



BEEET POTATOO PUREEE

Age - Can be given after 6 months

“ Beets are good for babies with reflux or GERD ”

“ Beets have anti inflammatory properties and helps relieve congestion in cold. ”

Some Facts to Know :

- Choose beets that firm with unblemished skin, dirt over the skin is ok, as it indicates the beets are fresh.
- The urine and stools may be mild or dark pink after consumption, no need to be concerned about it as it is considered normal.
- Beets are good for babies with reflux or GERD
- Beets have anti inflammatory properties and helps relieve congestion in cold.
- Discard the water used for cooking beets as it may result in incorporating the nitrates back to baby food.
- Beets are good sources of calcium, potassium folate and manganese. They are rich in fiber too.
- Potato for baby – See page 09

Ingredients :

- 1 medium sized potato and beetroot

Method :

- Cut a medium sized beetroot and potato into half.
- Peel the skin and wash it under running water.
- Chop them into small cubes.
- Place them in a katori and inside a pressure cooker filled with water
- Since the beetroot usually don't get cooked soft, they can be blended to form a smooth puree.
- Some types of beetroot cook nicely others don't, if it is cooked into a soft consistency, you can mash them with a thick spoon or masher.
- If it is thick in consistency, add breastmilk or formula feed to make it runny.
- After 8 months of age, butter can be added to enhance the taste.



CARROT POTATO PUREE

Ingredients :

- 1 medium sized carrot
- 1 medium sized potato
- 1 pinch jeera or ajwain powder

Method :

- Wash and peel carrot and potato
- Cube them into small pieces.
- Place them in a katori and place in a pressure cooker.
- Allow 2 to 3 whistles in medium flame.
- Allow it cool and either mash or blend them to puree.
- Jeera or ajwain powder can be added to enhance taste.
- Add either breastmilk or formula to make it runny or even the water used for steaming can be used.

Some Facts to Know :

- Carrot for your baby
- Can be given from 5 months
- Select carrots that are firm and without black spots and blemishes



FRENCH BEANS PUREE

Age - Can be given after 7 months

Ingredients :

- French beans – 10
- Potatoes – Half
- Butter – Half teaspoon (after 8 months optional)
- Jeera powder – a pinch

Method :

- Wash the French beans and cut them into small pieces.
- Wash, peel the potatoes and cut them into small wedges.
- Place the cut beans and potatoes in a katori and steam them in pressure cooker.
- If you want to retain the green color of the beans (as I have done), a pinch of turmeric powder can be mixed in the katori along with the veggies.
- Depending on the beans, allow 4 to 5 whistles.
- Allow it to cool.
- Blend it to a smooth paste.
- Melt butter in a pan and add it to the puree. (olive oil can also be substituted)
- Season it with jeera powder and feed your little one.

Instead of potato, carrot can also be added. Any veggie that tends to become a smooth paste can be added to the beans puree.

Some Facts to Know :

- Select beans which are bright green, snap easily, without brown spots, clear and free of blemishes.
- They are notorious for causing gas in babies, so please use them with caution.
- They are excellent source of plant derived micro nutrients, minerals and vitamins like A, B1, B6 and C.
- They are rich in dietary fiber and acts as an excellent antioxidant

“ They are notorious for causing gas in babies, so please feed them with caution. ”



“ It contains more than 90% of water and thereby is very good for digestion in babies. ”

LOUKI PUREE

Age - Can be given after 7 months

Ingredients:

- Half of 1 medium sized Lauki
- Moong Dal – 1 tbsp
- Jeera powder – a pinch

Method :

- Wash and peel the Lauki
- Cube them into small pieces.
- In a pressure cooker add the lauki, moong dal with 50 ml of water.
- Allow 1 to 2 whistles on medium flame.
- After it cools, add jeera powder and either mash it or blend it to puree.

Some Facts to Know :

- Non allergenic and perfect food
- Select a small lauki with blemish free skin and black spots.
- It contains more than 90% of water and thereby is very good for digestion in babies.
- It helps relieve constipation.
- It is also rich in minerals like calcium, magnesium and Vitamin A, C.



SWEET POTATO PUREE

Age - Can be given after 6 months

Ingredients :

- 1 medium sized sweet potato
- A pinch of cinnamon powder/ 1 pinch Elachi Powder – optional
- Jaggery Syrup/Mishri Sugar - optional

Method :

- Cut the sweet potato into 4 pieces, Indian sweet potatoes have lot of long fibers running through them so it will be difficult to cut them into small pieces.
- Either boil or steam them in a pressure cooker for 2 to 3 whistles.
- It can also be baked in oven at 400 F for 40 to 45 minutes. Cover the sweet potato with a tin foil and poke holes in it and bake it.
- After steaming or baking remove the skin and blend into a smooth puree in blender.
- Add a pinch of cinnamon and mix well.
- Serve lukewarm.

Some Facts to Know :

- Choose sweet potatoes that are firm to touch and without any black spots, decay or cracks
- They are high in Vitamin A and betacarotene.
- They have high fiber content and may work to prevent constipation.

“ They are high in Vitamin A and betacarotene.”

“They have high fiber content and may work to prevent constipation.”





CARROT PALAK PUREE

Age - Can be given from 8 months

Ingredients :

- 1 Medium sized Carrot
- 3 to 4 spinach leaves
- A pinch of jeera powder
- A small pinch of hing.

Method :

- Clean and peel the carrots.
- Clean the palak leaves well.
- Chop the carrots into cubes, and finely chop the palak leaves.
- Steam them both together in a pressure pan.
- Switch off after 2 whistles .
- After the steam is let off either mash or blend the carrot and palak.
- Do not use the water used for steaming for blending or thin the puree as it may contain the nitrate that has leached into it.
- Add the jeera powder, hing and serve.

Some Facts to Know :

- Carrot for your baby
See page 08
- Palak leaves are rich in calcium vitamins and minerals.
- It contains oxalate and nitrate and so its introduction is discouraged before 8 months.
- It may cause abdominal discomfort for some babies.

“ It contains oxalate and nitrate and so its introduction is discouraged before 8 months. ”



APPLE PUREE

Age - Can be given after 5 months

Ingredients

- Half an apple

Method :

- Wash it with water.
- Peel the skin, de-core the apple and remove the seeds.
- Cut the required quantity of the apple.
- There are various Method : for cooking the apple
 1. You can steam the apples using Steamer (steaming helps in preserving most of the nutrients).
 2. Take the apple chunks in a bowl, place inside a pressure cooker filled with water, cook them for 4 to 5 whistles (it depends on the type of apple), after the steam is out, remove the bowl.
 3. Take a thick bottomed pan, fill with water, place the bowl with apple, cover and cook till the required consistency is achieved.
- After cooking the apple either you can mash the cooked apple by spoon or masher or blend it with Blender . Do not add water, add breast milk or formula feed to make it little runny.
- Transfer the contents to a sterile feeding bowl and serve.

Some Facts to Know :

- Tastes good raw or steamed and pureed
- Apple sauce/puree causes constipation
- Apple juice relieves constipation
- Cinnamon is a good spice to add to it.

“ Apples are good sources of dietary fiber and Vitamin C. ”



PEAR PUREE

Age - Can be given after 5 months

Ingredients :

- One ripe pear

Method :

- Wash well.
- Peel the skin, de-core the pear.
- Cut the required quantity of the Pear.
- Take a thick bottomed pan, fill with water, place the bowl with pear in it, bring it to boil, cover and cook till the required consistency is achieved.
- After cooking the Pear either you can mash the cooked pear by spoon or masher or blend it with Blender . Do not add water, add breast milk or formula feed to make it little runny.

Some Facts to Know :

- Select a clear skinned fresh firm pear
- Relieves constipation
- Ideal for babies with reflux/GERD
- Tastes yummy raw or mildly steamed and pureed
- Cinnamon adds flavor to pears
- It is rich in vitamin C and fibers

*“ It is rich in
vitamin C and fibers ”*



APPLE PEAR PUREE WITH CINNAMON TWIST



Ingredients:

- 1/2 Ripe apple
- 1/2 Ripe pear

Method :

- Select a juicy red apple and a firm pear. Wash them with water.
- Peel the skin, de-core both and remove the seeds.
- Cut the apple and pear into small pieces.
- Take a thick bottomed pan, fill with water, place the bowl with apple and pear, add a pinch of cinnamon , cover and cook till the required consistency is achieved.
- After cooking, either you can mash the them by spoon or masher or blend it with Blender . Do not add water, add breast milk or formula feed to make it little runny.
- Transfer the contents to a sterile feeding bowl and serve.

Some Facts to Know :

- Apple for baby – See page 17
- Pear for baby – See page 18



BANANA PUREE

Age - Can be given from 5 months

Ingredients :

- 1 medium sized ripe banana
- Pinch of elachi powder – optional

Method :

- Peel and cut the banana into dices
- Mash with fork or blender
- Add elachi , it helps in easy digestion.

“ Bananas are rich in potassium, fiber and vitamins ”

Some Facts to Know :

- It is one of world's healthiest food.
- Select a banana that is yellow green, firm without black spots.
- Once pureed it may become brown and it is normal for them to change color.
- Bananas are rich in potassium, fiber and vitamins
- Eating a large quantity may cause constipation.
- They are perfect first food, as they are very easy to digest.



PAPAYA PUREE

Age - Can be given from 6 months

Ingredients:

- Half ripe Papaya.

Method :

- Peel the skin and remove the seeds.
- Cut them to cubes.
- Either mash it with fork or blend it to a puree.

“ It helps in digestion and prevents constipation. ”

Some Facts to Know :

- Select a papaya that is yellowish green in color and allow them to ripen in counter.
- As soon as they are ripe, use them as they may rot faster than expected.
- It is rich in Vitamin C and A and antioxidants.
- It helps in digestion and prevents constipation.



PAPAYA BANANA PUREE

Age - Can be given from 6 months

See banana page 20

See papaya page 21

Ingredients:

- 1 ripe banana
- ½ ripe papaya

Method :

- Puree them separately and add together
- Serve

Some Facts to Know :

- Select a papaya that is yellowish green in color and allow them to ripen in counter.
- As soon as they are ripe, use them as they may rot faster than expected.
- It is rich in Vitamin C and A and antioxidants.
- It helps in digestion and prevents constipation.
- Papaya alone may not taste good for babies adding banana makes the dish more tasty and healthy.



AVACADO PUREE

Age - Can be given from 5 months

Ingredients :

- Half an avocado

Method :

- Cut the Avacado
- Scoop the contents.
- Mash it with fork or blend it in blender.

Some Facts to Know :

- Ideal first food
- Select an avocado that is dark green , it should be firm to touch
- They are rich in unsaturated fats which are beneficial for the growth and development of Brain and Central nervous system.
- They are also rich in beta carotene, folate, potassium and caretenoid lutein.



“They are rich in unsaturated fats which are beneficial for the growth and development of Brain and Central nervous system.”



KIWI PUREE

Age - Can be given after 8 months

Ingredients :

- 1 Kiwi fruit

Method :

- Peel the skin
- Cut them into small pieces
- Steam them
- Blend them in a mixer.
- They can be sieved to remove the seeds or served with the seeds as they do not pose any choking hazard

Some Facts to Know :

- Select a kiwi that has a clear skin and firm to touch.
- It is rich in Fiber, Vitamin A and Vitamin C.
- It is acidic so may cause diaper rash or even mouth rash too, so if your baby is allergic to such foods, it is good to avoid Kiwi.
- It tastes better as finger food, but if your little one likes purees then the below recipe can be tried out.

“It is acidic , it may cause diaper rash or even mouth rash too”

CHICKEN PUREE WITH VEGGIES



Age - Can be given after 7 months

Ingredients

- 1 thigh piece (boneless)
- 1 cup cut veggies like carrot, potato, green beans, palak
- A pinch of jeera powder.

Method :

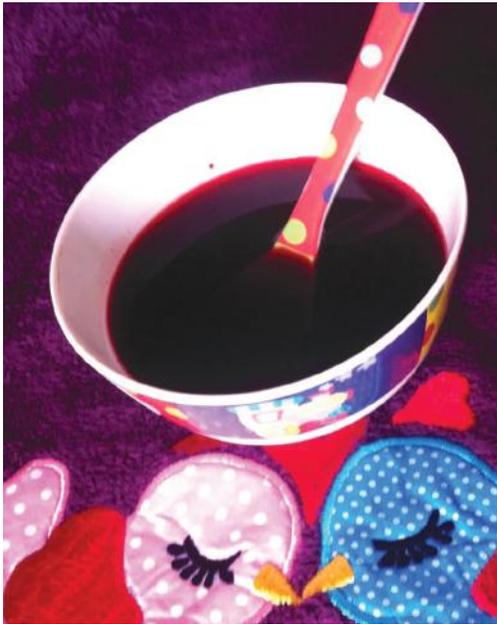
- Cook all the ingredients in a cooker for 2 to 3 whistles
- After it cools blend them into a smooth puree.
- Add jeera powder for seasoning.

Some Facts to Know :

- It is the richest source of protein and Iron
- the thigh and leg flesh are ideal for babies as they are rich in Iron.
- Organic chicken is ideal

“The thigh and leg flesh are ideal for babies as they are rich in Iron.”





Some Facts to Know :

- See info carrot page 08
- See info beetroot page 11

CARROT BEET SOUP

Age - Can be given from 6 months

Ingredients

- 1 medium sized carrot
- 1 medium sized beetroot

Method :

- Clean and peel the skin of carrot and beetroot
- Cut them into small cubes.
- Steam both together in a pressure cooker.
- Allow 4 to 5 whistles as beetroot may take time to cook.
- Allow it to cool.
- After they cool, you can either blend them and strain them or squeeze them in the hand to yield the soup.
- A pinch of jeera powder can be added for seasoning.
- The soup also can be warmed a little and then served.



VEGETABLE SOUP

Age - Can be given from 7 months

Ingredients :

- 1 teaspoon Ghee
- ½ teaspoon of jeera
- A pinch turmeric powder
- 2 cloves of garlic crushed
- ½ onion chopped
- ½ tomato chopped

“ Please note that add vegetables to the soup only after it has been tried separately and baby tolerates it well.”

Some Facts to Know :

- The choice of vegetable can be based on your baby's likes and allergy history.
- 1 cup chopped vegetables like carrot, beetroot, potato, bottle-gourd, snakegourd, ridgegourd, white pumpkin, palak leaves.
- Coriander leaves for garnishing.

Method :

- Heat ghee in a cooker
- Add the jeera and allow them to splutter.
- Add the onions and fry them for a while.
- Add the tomatoes and fry till both turns mushy.
- Add the turmeric powder.
- Add all the veggies.
- Add 2 cups of water.
- Allow 2 whistles (if beetroot is added allow more whistles)
- After cooling garnish with coriander leaves and blend it in a mixer.
- While introducing the soup, sieve the contents and feed the clear soup to your baby, after a couple of tries, the whole blended soup can be given.
- Alternatively all the ingredients can be added to cooker with water and cooked for 2 to 3 whistles without frying.



CHICKEN CLEAR SOUP

Age - Can be given after 7 months

Method :

- Heat ghee in a cooker.
- Add the jeera let them splutter.
- Add the coriander seeds
- Add the crushed ginger and garlic sauté for a minute.
- Add the onions sauté till transparent.
- Add the tomato and fry them till mushy.
- Add the turmeric powder.
- Add the chicken and sauté for few minutes till water leaves the chicken.
- Add 2 cups of water.
- Leave 2 to 3 whistles.
- After it cools garnish it with coriander leaves.
- Till the baby crosses the eight month sieve off the clear soup and serve
- After 8 month can blend everything in blender and can be fed to the baby.

Ingredients

- 2 thigh pieces
- 1 spoon butter
- ½ teaspoon jeera
- ½ teaspoon coriander seeds
- ¼ inch ginger crushed
- 2 cloves of garlic crushed
- 1 onion chopped
- 1 tomato chopped
- A pinch of turmeric

Some Facts to Know :

- It is the richest source of protein and Iron
- the thigh and leg flesh are ideal for babies as they are rich in Iron.
- Organic chicken is ideal

“It is the richest source of protein and Iron.”





RICE CEREAL PORRIDGE

Ingredients :

- 2 Tablespoon of Homemade Rice Cereal Powder
- ½ cup of Water.

Method :

- Bring the water to boil.
- Add the rice powder and stir it continuously to prevent lump formation.
- Stir it till it becomes thick and creamy.
- Breast milk or formula feed can be added to make it a little runny.
- See HERE stepwise Picture

“Fruit purees, vegetable purees can also be added to improve taste.”



WHEAT DALIA PORRIDGE

Age - Can be given after 7 months

Ingredients

- 2 tablespoon Broken Wheat/ Dalia
- Roasted Almond Powder – ½ teaspoon
- Jaggery syrup – 1 teaspoon.

Method :

- Pressure cook Dalia with 1 cup of water for 3 whistles.
- After it cools blend it in a mixer.
- Add the almond powder, jaggery syrup and serve.
- banana/apple puree can be added instead of jaggery for sweetness.

Some Facts to Know :

- Organic wheat is advisable for babies
- Wheat is rich in Iron, Folic Acid and vitamins
- It relieves constipation
- Almonds enhance the taste.

*“Wheat is rich in Iron,
Folic Acid and vitamins.”*

Alternatively the dalia can be dry roasted till it emits a nutty fragrance and then powdered. It can be cooked in water for 10 minutes, after cooking the almond powder can be added.



RAGI PORRIDGE

Age - Can be given from 6 months

Ingredients :

- A tablespoon of Homemade Ragipowder
- ½ cup of water (can be adjusted according to consistency needed)
- 1 teaspoon Jaggery Syrup

Method :

- Mix the ragi powder and water without any lumps.
- Heat them in medium flame for 5 to 10 minutes till the ragi is well cooked.
- Add the jaggery syrup and serve.

Some Facts to Know :

- Homemade Ragi powder is ideal for babies
- It is rich in Iron and calcium.
- They are one of the richest source of protein and are ideal weaning food for babies.

“They are one of the richest source of protein and are ideal weaning food for babies.”



SATHU MAAVU/HEALTH MIX PORRIDGE

Age - Can be given from 7 months

It combines the goodness of cereals pulses, and one of the most nutritious food that you can offer your baby.

It is one of the best weight gaining food.

“It combines the goodness of cereals pulses, and one of the most nutritious food that you can offer your baby.”



Ingredients

- 2 Tablespoon Home made Health Mix Powder
- ½ cup water
- Jaggery syrup according to taste.

Method :

- Mix the health mix powder with water without lumps
- Place them in medium heat till the porridge is cooked.
- Jaggery syrup can be added for sweetness.

OATS PORRIDGE

Oats are one of the least allergenic food .

Whenever you buy any oats for your baby, check that the ingredients listed on the label should be Oats or Rolled Oats.

Oats contain more soluble fibre than any other grain. It is low in saturated fat and very low in cholesterol and sodium.

It is rich in manganese and good source of thiamin, magnesium and phosphorous.

Oats are the only cereal containing a legume like protein as their storage protein.

Oats protein is equivalent in quantity to soy protein, meat, milk and egg protein.

“Oats protein is equivalent in quantity to soy protein, meat, milk and egg protein.”

Age - Can be given from 6 months

Ingredients :

- 2 tablespoon powdered or whole oats
- 1 cup of water

Method :

- In a pan add water,
- 2, Allow the water to boil
- 3, Add the oats to the boiling water.
- Cook till it is done
- you can breastmilk or formula to make it more runny.





APPLE OATS PORRIDGE

Ingredients

- ½ apple
- 2, 3 tablespoon powdered or whole oats

Method :

- Wash and Peel half an apple.
- Chop them into medium sized pieces.
- In a pan, boil water and add oats to it.
- Add the chopped apple to the oats.
- Cook the porridge till the oats is nicely cooked and the apple turns mushy.
- Blend it in a mixer.
- Yummy Apple Oats Porridge is ready.

Some Facts to Know :

- Apple for baby page 16
- Oats for baby page 32

“ As apples are sweet, mishri sugar or jaggery are not needed, if needed a pinch of mishri sugar can be added. ”

SOOJI/RAVA PORRIDGE

Age - Can be given after 6 months and after starting solids

Ingredients

Sooji – 1 cup
Ghee – 2 teaspoon
Mishri sugar or Jaggery – Required Amount
Elachi powder – 1 pinch
Water – 3 cup



“It is easily digestible and tends to be filling for the tiny stomach and so sooji kheer for babies is a perfect food for dinner.”

Method :

- Dry roast sooji in a tawa. It can be either powdered or used as whole.
- In a pan, heat the 3 cups of water and allow it to boil.
- Add the roasted sooji slowly to the boiling water and mix without lumps.
- After the sooji is 1/3 cooked, add mishri sugar and mix it continuously to prevent lump formation.
- When the mishri sugar and sooji even out well and the sooji is 3/4 th cooked, add ghee.
- Mix well and switch off the flame after the sooji is well cooked. A pinch of elachi powder can be added. breast milk or formula can be added to make it more runny.

Some Facts to Know :

- Select a branded sooji rather than buying local one.
- It is easily digestible and tends to be filling for the tiny stomach and so sooji kheer for babies is a perfect food for dinner.
- Sooji or Rava or Semolina is made during the grinding of wheat to wheat flour.
- It is high in dietary fiber and carbohydrates. It is rich in thiamin and selenium and has nil cholesterol.

MAKHANA/LOTUS SEEDS PORRIDGE



Makhana can be given after 6 months after the introduction of all the basic first foods.

Method :

- Cut them into half to check for worms
- Dry roast them to a golden brown.
- Powder the roasted seeds.
- Sieve it to a fine powder .
- Store them in an airtight container.
- When needed, to a 2 tablespoon of powder add 30 ml of warm water , mix without lumps and serve.
- For older babies, a pinch of salt and jeera powder can be added to enhance the taste.

“They make a great travel food.”

Some Facts to Know :

- 1 ounce of lotus seeds has approximately 5 gms of proteins.
- They are very good source of protein, magnesium, potassium and phosphorous.
- Makhana seeds can be bought in any grocery store, make sure there is no added ingredients.

APPLE RICE CEREAL PORRIDGE



Ingredients

2 Tablespoon of Homemade Rice
Cereal Powder
½ apple
½ cup of Water.

Apple for your baby see page 17

Rice for your baby see page 06

Method :

- Wash and peel the apple
- Cut into small pieces
- Bring the water to boil.
- Add the rice powder and stir it continuously to prevent lump formation.
- Add the cut apple pieces.
- Stir it till it becomes thick, and both the apple and rice should have cooked well.
- Remove from flame, blend it in a mixer for smooth consistency

“ Another method is the apple can be steamed separately and pureed then can be added to the Rice Cereal Porridge”



PLAIN KHICHDI

Age - Can be given from 7 months

Ingredients

- 2/3 cup rice
- 1/3 cup moong or toor dal
- Garlic – 2 optional
- Hing – optional
- Ghee

Method :

- Wash and soak the rice and dal in water for half an hour.
- Drain the water.
- In a pressure cooker, add the Rice, Dal, Garlic and Hing.
- Add 3 cups of water.
- Pressure cook till 3 whistles (one on high and 2 on medium).
- After the steam is released, add ghee and serve.





TOMATO KHICHDI

Tomato for your baby See page no 47

Ingredients :

- 2/3 cup Rice.
- 1/3 cup Toor or Moong Dal.
- 1 onion.
- 1 tomato.
- 1/2 teaspoon jeera seeds or 1/2 teaspoon jeera powder.
- A pinch of turmeric powder.
- Garlic – 2 (optional)
- Ghee

Method :

- Wash and soak rice and dal in water for half an hour.
- Drain the water.
- Cut the onions and tomatoes.
- In a pressure cooker, add ghee.
- Add the jeera and let them crackle.
- Add the cut onions and fry them till they become transparent.
- Add the tomatoes.
- Add the turmeric powder.
- Fry it till the ghee leaves the sides.
- Add the washed Rice and Dal, fry for a second.
- Add 3 cups of water
- Leave 3 whistles (1 on high and 2 on medium).
- After the steam leaves, mash it a little and serve.

Please Note :

“Tomatoes may not suit some babies, may cause diaper rashes, so please introduce tomato either as juice or soup before trying out this recipe. If your baby is not tolerating tomatoes, you can add a teaspoon or two of Tamarind water to get the tangy taste.”



CARROT KHICHDI

CARROT FOR YOUR BABY SEE PAGE NO 08

Ingredients

- 2/3 cup Rice.
- 1/3 cup Toor or Moong Dal.
- 1 onion.
- 1 tomato.
- 1 grated carrot
- 1/2 teaspoon jeera seeds or 1/2 teaspoon jeera powder.
- A pinch of turmeric powder.
- Garlic – 2 (optional)
- Ghee

Method :

- Wash and soak rice and dal in water for half an hour.
- Drain the water.
- Cut the onions and tomatoes.
- In a pressure cooker, add ghee.
- Add the jeera and let them crackle.
- Add the cut onions and fry them till they become transparent.
- Add the tomatoes.
- Add the grated Carrots
- Add the turmeric powder.
- Fry it till the ghee leaves the sides.
- Add the washed Rice and Dal, fry for a second.
- Add 3 cups of water
- Leave 3 whistles (1 on high and 2 on medium).
- After the steam leaves, mash it a little and serve.





“It contains oxalate and nitrate and so its introduction is discouraged before 8 months.”

PALAK KHICHDI

Ingredients :

- 2/3 cup Rice.
- 1/3 cup Toor or Moong Dal.
- 1 onion.
- 1 tomato.
- 10 palak leaves
- 1/2 teaspoon jeera seeds or 1/2 teaspoon jeera powder.
- A pinch of turmeric powder.
- Garlic – 2 (optional)
- Ghee

Method :

- Wash and soak rice and dal in water for half an hour.
- Drain the water.
- Cut the onions and tomatoes.
- In a pressure cooker, add ghee.
- Add the jeera and let them crackle.
- Add the cut onions and fry them till they become transparent.
- Add the tomatoes.
- Add the palak
- Add the turmeric powder.
- Fry it till the ghee leaves the sides.
- Add the washed Rice and Dal, fry for a second.
- Add 3 cups of water
- Leave 3 whistles (1 on high and 2 on medium).
- After the steam leaves. Blend it in a Mixer and Serve.



PONGAL

Age - Can be given from 6 months

Ingredients

- 1 cup rice
- ½ cup moong dal
- 1 teaspoon ghee
- 1 teaspoon Jeera
- ¼ inch ginger grated
- Curry leaves 1 sprig

Method :

- Soak rice and moong dal for half an hour.
- In a cooker, heat the ghee.
- add the jeera and let them splutter
- Add the grated ginger and curry leaves and sauté for a minute.
- Add the rice and dal
- Add 5 cups of water
- Allow 4 to 5 whistles on medium flame.
- After it cools, remove the curry leaves, mash and serve.



GHEE RICE

Ingredients :

- ½ cup cooked rice
- ½ tsp jeera powder
- 1 teaspoon Ghee.

Method :

- Mix everything together and serve
- A little hot water can be added to make it runny.

“ Ghee rice can be made in a second and can be given when you are not able to prepare a full meal for the baby.”

Benefits of ghee

- It is immune system booster.
- Helps prevent cough and cold.
- It helps in development of strong bones and teeth.
- A teaspoon daily takes care of the vitamin need for the babies.
- It can be given safely to babies with lactose intolerance.



STEAMED DOSA

Age - Can be given from 6 months

Ingredients :

- Dosa batter - 1 Ladle
- Ghee - 1 tsp

How to make Dosa Batter?

Making Dosa batter is very easy, there are 2 Method :

Method 1:

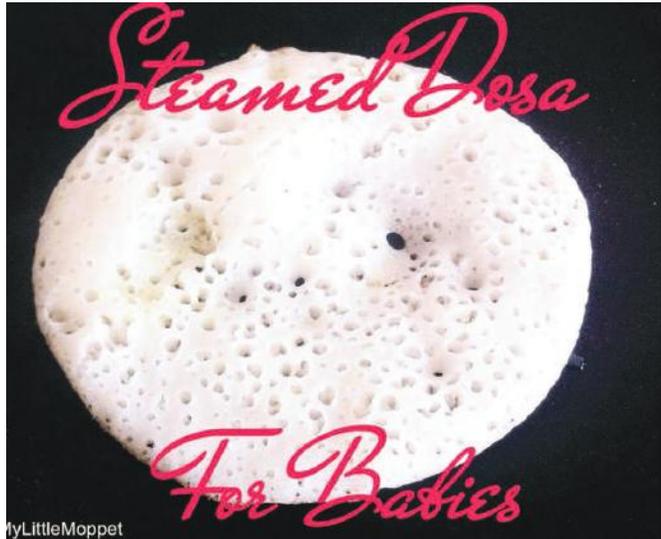
- 4 cups of Idli Rice
- 1 cup of Urad dal (whole)
- 1 tsp of Methi Seeds

Soak Rice and Dal separately for 3 hours and grind them separately. Whole urad dal works out very well if you don't get it, then split urad dal also can be used. First grind the dal, it must not be in very smooth consistency, then grind rice to a smooth consistency and mix them. Add water as needed. Add salt and allow them to ferment in a large bowl in a warm place for 6 to 8 hours until the batter raises up.

Method 2:

If Idli Rice is not available, then

- 3 cups of Rice
- 1 cup of Urad dal
- 2 tbsps of Poha
- 1 tsp of Methi Seeds



Soak the Rice in hot water and Dal in normal temperature water. All other procedure are same as above except you can soak Poha 15 minutes before grinding.

Method for making Steamed Dosa:

- Sterilize all the utensils that are being used for cooking and serving using either Sterilizer or boiling them in hot water.
- Heat the Tawa.
- After it is hot, spread out the batter just a small circle.
- After the holes arise pour ghee around the sides and over the dosa.
- Cover it with a lid and cook.
- After a minute or so, lift up the lid, you can see a spongy dosa, remove it.
- Steamed Dosa is ready.
- For babies who are starting solids, at first mix it with little hot water mash and feed. After 7th month you can feed dosa with Chutney powder for babies or tomato onion chutney for babies.

CARROT JUICE

Carrot for your baby see page no 08

“ Unlike other juices, it is not acidic, it is easy on the infant's stomach. It can be given at the end of 6th month or 4 weeks after starting solids.”

Just 2 teaspoon of the juice once or twice a week can be given, as higher quantity may precipitate constipation or diarrhea

Ingredients :

- 1 medium sized carrot

Method :

- wash and Peel the skin.
- With a handy grater, grate the carrot. (a grater that has small holes is preferred)
- After washing your hands with disinfectant, take the grated carrot in your palm, make a fist and squeeze the carrot so that the juice can be collected in a cup underneath.
- Squeeze the juice out of the carrot till only the chaff remains.
- Serve the baby in cup and spoon



GRAPE JUICE

Age - Can be given from 7 months

“ 2 tablespoons of grape juice can be given to the baby initially and it can be increased to 90 ml after 8 months. ”

Some Facts to Know :

Choose a grape that is seedless and without black spots.

Grape juice can be given once a week.

Grapes are rich source of iron, copper and manganese, so they act as good antioxidants.

They have a high Vitamin C content.

Ingredients

- 4 to 5 grapes

Method :

- Take 50 ml water in a Vessel.
- Bring it to boil.
- Remove the vessel from the flame and add the grapes to it and cover it with a lid. Leave them for awhile.
- Remove the lid and check whether the grapes are cooked.
- Wash your hands with disinfectant, remove the skin of the grapes, and mash the pulp nicely so that you get a pulpy mixture.
- Sieve the pulpy mixture.



TOMATO JUICE

Age - Can be given from 8 to 10 months

Ingredients :

- 1 medium sized tomato

Method :

- A medium sized tomato yields about 2 table-spoon of juice.
- Wash and chop the tomatoes to medium sized pieces.
- In a bowl, take half cup of water and allow it to boil.
- When the water starts boiling switch off the gas and add the chopped tomatoes to it.
- Leave it aside for 15 minutes.
- The skin would have peeled after soaking in hot-water, gently peel the skin of all the pieces.
- Mash the contents with masher or a thick spoon.
- Sieve the contents.
- Tomato juice is ready !!!

“ Tomato is acidic, so there is chance of diaper rashes after feeding tomatoes to your little one, if it is so quit tomatoes and do not reintroduce till after 1 year”

“Also don't offer more than 2 tablespoon of tomato juice to the baby. They contain a carotene called Lycopene which is a powerful antioxidant.”

“ They are good source of Vitamin A and Vitamin C.”



OATS KHEER

Oats for your baby see page 33



Ingredients

- 3 tablespoon of oats (I used Kellogg oats, any oats can be used)
- 2 pinch powdered Mishri Sugar
- 1 pinch Elachi powder (optional)
- Saffron (optional)

Method :

- Whole oats or powdered oats can be used.
- Boil adequate amount of water.
- After the water comes to boil, add the oats and Mishri Sugar and allow it to cook.
- When the oats is fully cooked, before switching off the gas, add a pinch of elachi powder.
- Add saffron and allow it to cool.
- Oats Kheer is Ready!!!!

The kheer can also be served chill...

BEETROOT HALWA

Beetroot for your baby see page 11

Ingredients

1 beetroot
1 teaspoon ghee
1 teaspoon mishri sugar/jaggery syrup
1 pinch elachi powder

Method :

- Wash and peel the beetroot.
- Chop them into small pieces.
- Steam the beetroot in a cooker or bowl filled with water.
- Puree the steamed beetroot.
- In a kadai, heat a teaspoon of ghee.
- Add in the beet puree and saute till raw smell leaves.
- Add mishri sugar or jaggery syrup to the puree.
- Add a pinch of elachi powder and saute well.
- Saute till ghee leaves the halwa.
- " Beetroot Halwa is Ready "





SABUDANA KHEER

Age - Can be given from 7 months

Ingredients :

- 2 tablespoon Sabudana pearls
- 1 teaspoon mishri sugar or jaggery syrup
- 1 pinch elachi powder
- 1 pinch almond powder.

Method :

- wash the sabudana in running water few times till the water is clear.
- Depending on the type of the sabudana, soak for 15 to 20 minutes (if small) and overnight (if they are large)
- in boiling water add the sabudana till it turns translucent.
- Add the mishri sugar/ jaggery syrup and mix well.
- Switch off the gas.
- Garnish with elachi and almond powder and serve.

Some Facts to Know :

- It is general belief that sabudana is not ideal for baby food.
- But once in a while this sabudana kheer can be given as it is very filling.
- It is very rich in starch and poor in nutrients
- It helps relieve constipation.

“ It helps prevent Constipation ”



WHEAT HALWA

Wheat for baby see page 30

Method :

- In a kadai, heat the ghee.
- Add the wheat flour and fry in medium flame till the aroma arises.
- Take care not to burn the flour.
- Add water and keep stirring to avoid lump formation.
- Add mishri sugar and stir well.
- After the flour is nicely cooked and the ghee starts leaving, add the elachi and almond powder and switch off the gas.
- A little of formula or breast milk can be added to make it runny.

Ingredients

Wheat flour – ½ cup
Water – ½ cup
Ghee – ¼ cup
Mishri Sugar – according taste
Elachi powder – 1 pinch
Almond powder 1 pinch





SWEET PONGAL

Ingredients :

- 1 cup Rice
- ½ cup moong dal
- Jaggery syrup – according to taste.
- Ghee – 3 teaspoon.
- Elachi powder – ½ teaspoon.

Method :

- Wash and soak the rice and dal for 20 minutes.
- In a cooker, add the rice and dal with 5 cups of water.
- In medium flame, cook to 4 to 5 whistles.
- After the steam is released, add the jaggery syrup without lumps.
- add the ghee and mix well
- Garnish it with elachi powder.



Ingredients

- 1 large onion
- 2 large carrots
- 1 bunch bulb of spring onions
- 8 cloves of garlic – minced
- A small piece of ginger grated
- 2 bay leaves
- A pinch of salt
- Oil – 1 tablespoon.

VEGETABLE STOCK

Vegetable stock is one of the nutritious foods for your baby.

The vegetable stock can be added in almost all the baby foods.

The vegetable stock can be frozen and thawed when needed.

Method :

- chop the vegetables into 1 inch cubes
- Heat oil in a pot.
- Add all the veggies, cook in for 5 minutes.
- Add the water and salt.
- Allow it to simmer for around 30 minutes in low heat.
- Strain the vegetables by pressing down in a sieve.
- The stock can be frozen in a ice tray, after it is fully frozen can be transferred to ziplock bag and can be used to thin out puree, add to porridges etc.





CHICKEN STOCK

Like vegetable stock chicken stock can be used for thinning out purees, add to chicken soup.

Method :

- Add the chicken into a large stock pot along with the water and add carrot, onion, coriander.
- Simmer the flame and bring the stock for the few boils.
- Stir occasionally and add salt, minced garlic and bay leaf.
- Cover and cook in low flame for an one hour.
- Remove the chicken and vegetables
- Strain the mixture.
- Skim off the fat from surface.
- Allow to cool and pour the chicken stock into the jars.

Ingredients :

- 250 gms chicken
- 1/2 cup carrot chopped
- 1 onion chopped
- Bunch of coriander stalks roughly chopped,
- 4-5 cloves of garlic
- 1 bay leaf
- 12 cups of water