



Infant Recipe Book



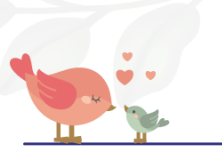
Disclaimer: Please consult your doctor before introducing solids to your babies and follow their instructions. In case of any questions about any of the recipes, kindly reach out to the professionals at Oxyto.



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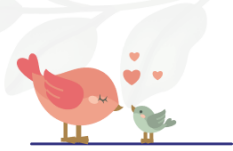
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Introduction:

Hello, weaning is a wonderful journey. You will witness your little one exploring, enjoying sometimes hating foods that you prepare with lots of love. As a parent, we might get confused about what we can offer to the little one sometimes. So we are here with a book of 30 carefully curated recipes for your little one.

Weaning isn't always about giving food on time. It's a slow process of introducing food along with breast milk or formula. Make sure you follow the instructions given in the webinar discuss your child's nutritional needs with a pediatrician and start giving solids.

1. Ragi porridge:

Ingredients: Ragi

Cooking method:

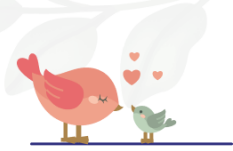
- Wash and soak ragi for a minimum of 8 hours.
- Drain off the water and grind them with a little water.
- Place a cloth over a colander and keep a container to collect milk
- Pour the blended mixture into the cloth and squeeze off to extract milk. You can repeat blending and then filter once more.
- Cook this milk in low flame till it thickens
- Serve warm.

2. Cauliflower Broccoli Mash

Ingredients

- For Cauliflower Broccoli Mash for Babies
- 1/4 cup blanched cauliflower florets
- 1/4 cup blanched broccoli florets





Cooking method:

For cauliflower broccoli mash for babies

- To make cauliflower broccoli mash for babies, combine the cauliflower, broccoli, and $\frac{1}{4}$ cup of water in a mixer and blend to a smooth purée.
- Serve cauliflower broccoli mash for babies immediately

3. Walnut Paneer Puree

Ingredients:

- For Walnut Paneer Puree For Babies
- 1 tbsp finely chopped walnuts
- $\frac{1}{4}$ cup crumbled paneer (cottage cheese), preferably made with
- 2 tbsp fresh curd preferably made with cow's milk

Cooking Method:

- To make walnut paneer puree for babies, blend the walnuts in a mixer to a smooth and fine powder.
- Add the paneer and curds and blend again in a mixer till smooth.
- Serve the walnut paneer puree for babies immediately.

4. Sprouts Khichdi

Ingredients:

- For Sprouts Khichdi
- 2 tbsp mixed sprouts (moong, channa, etc.)
- 2 tbsp rice (chawal), soaked for 15 minutes and drained
- $\frac{1}{2}$ tsp ghee
- $\frac{1}{4}$ tsp cumin seeds (jeera)
- a pinch of asafoetida (hing)
- $\frac{1}{2}$ tsp garlic paste





- 1 tbsp chopped onions

Cooking method:

- To make sprouts khichdi recipe for kids and toddlers, heat the ghee in a pressure cooker and add the cumin seeds.
- When the seeds crackle, add the asafoetida and garlic paste and sauté on a medium flame for a few seconds.
- Add the onions and sauté on a medium flame for 30 seconds.
- Add the rice and mixed sprouts and sauté on a medium flame for another 30 seconds
- Add $\frac{3}{4}$ cup of water, mix well and pressure cook for 3 whistles.
- Allow the steam to escape before opening the lid
- Coarsely mash the khichdi using the back of a spoon.
- Serve the sprouts khichdi lukewarm with fresh curds.

5. Mini Mixed Moong Dal Chila

Ingredients:

- For Mini Mixed Moong Dal Chila
- 2 tbsp yellow moong dal (split yellow gram), soaked for 1 hour and drained
- 2 tbsp green moong dal (split green gram), soaked for 1 hour and drained
- a pinch of asafoetida (hing)
- 1 $\frac{1}{4}$ tsp oil for greasing and cooking

Cooking Method:

- To make mini mixed moong dal chila, combine the yellow moong dal, green moong dal, and approx. 3 tbsp of water in a mixer and blend till smooth.
- Transfer the mixture into a bowl, add asafoetida, and mix well.
- Heat a mini uttapam pan and grease it using $\frac{1}{4}$ tsp of oil.
- Pour a spoonful of the batter into each uttapam mold to make a 75 mm. (3") diameter round.





- Cook all the chilas, using 1 tsp of oil, till they turn golden brown in color from both sides.
- Serve the mini mixed moong dal chila immediately.

6. Jowar and Bajra Vegetable Roti

Ingredients:

- For Jowar and Bajra Vegetable Roti
- 2 tbsp jowar (white millet) flour
- 2 tbsp bajra (black millet) flour
- 1 tbsp chopped fenugreek (methi) leaves
- 1 tbsp grated bottle gourd
- 1 tbsp grated carrot
- 1/4 tsp oil
- jowar (white millet) flour for rolling
- 2 tsp ghee for cooking

Cooking Method:

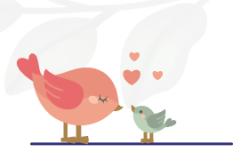
- Combine all the ingredients in a deep bowl, mix well, and knead into a soft dough using enough water.
- Divide the dough into 4 equal portions and roll out each portion into a 125 mm. (5") diameter circle using a little jowar flour for rolling.
- Heat a non-stick tava (griddle) and cook each roti, using ½ tsp of ghee, till golden brown spots appear on both sides.
- Serve jowar bajra vegetable roti for babies and toddlers lukewarm with fresh curds.

7. Ragi Uttapam

Ingredients:

- For Ragi Uttapam For Babies and Toddlers
- 1/2 cup ragi flour
- 2 tbsp, preferably made from cow's milk





- 2 tbsp grated carrot
- 2 tbsp grated cabbage
- a pinch of chili
- 2 1/2 tsp oil for greasing and cooking

Cooking

Method:

- To make ragi uttapam for babies and toddlers, combine the curds and 4 tbsp of water in a bowl, mix well, and keep aside.
- Combine the ragi flour, carrot, cabbage, chili powder, curd-water mixture and mix well.
- Heat a non-stick mini uttapam pan and grease it lightly using ¼ tsp of oil.
- Pour a spoonful of the batter into each of the 7 molds and cook all the uttapams using 1 tsp of oil, till they turn golden brown in colour from both sides.
- Repeat steps 3 and 4 to make 4 more mini uttapams in 1 more batch.
- Serve the ragi uttapam for babies and toddlers immediately.

8. Corn Sambar

Ingredients

- For Corn Sambar For Kids
- 1/4 cup grated sweet corn cob
- 1/2 tsp ghee
- 1/4 tsp cumin seeds (jeera)
- a pinch of asafoetida (hing)
- 1 tbsp finely chopped onions
- 1/4 cup finely chopped tomatoes
- 1 pinch of sambar powder





Cooking method:

- To make corn sambar for kids, heat the ghee in a deep non-stick pan and add the cumin seeds.
- When the seeds crackle, add the asafoetida and onions and sauté on a medium flame for 30 seconds.
- Add the tomatoes, sweet corn, and sambar powder, mix well, and cook on a medium flame for another 2 to 3 minutes, while stirring occasionally in between.
- Add 1 cup of water, mix well and again cook on a medium flame for 2 minutes, while stirring occasionally in between.
- Serve the corn sambar for kids lukewarm with vegetable idlis.

9. Vegetable Parathas

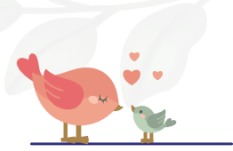
Ingredients:

- For Vegetable Parathas For Babies
- 1 tbsp chopped fenugreek (methi) leaves
- 1 tbsp grated bottle gourd
- 1 tbsp grated carrot
- 1/2 cup whole wheat flour
- 2 tbsp curd, preferably made with cow's milk
- a pinch of turmeric powder
- 1/4 tsp cumin seeds (jeera) powder
- whole wheat flour for rolling
- 3 tsp ghee for cooking

Cooking Method:

- To make vegetable parathas for babies, combine all the ingredients in a deep bowl, mix well, and knead into a soft dough using enough water.





- Divide the dough into 6 equal portions and roll each portion into a 75 mm. (3") diameter circle using a little whole wheat flour for rolling.
- Heat a non-stick tawa (griddle) and cook each paratha, using ½ tsp of ghee, till golden brown spots appear on both sides.
- Serve the vegetable parathas for babies lukewarm with fresh curds.

10. Cabbage Moong Dal Khichdi

Ingredients

- For Cabbage Moong Dal Khichdi For Babies and Toddlers
- 1/4 cup finely chopped cabbage
- 2 tbsp green moong dal (split green gram), washed and drained
- 2 tbsp rice (chawal), washed and drained
- 1/2 tsp ghee
- 1/4 tsp cumin seeds (jeera)
- a pinch of asafoetida (hing)
- a pinch of turmeric powder

Cooking Method:

- To make cabbage moong dal khichdi for babies and toddlers, combine the rice, moong dal, and 1 cup of water in a pressure cooker, mix well and pressure cook for 3 whistles.
- Allow the steam to escape before opening the lid.
- Heat the ghee in a broad non-stick pan and add the cumin seeds.
- When the cumin seeds crackle, add the asafoetida and sauté on a medium flame for 5 seconds.
- Add the cabbage and sauté on a medium flame for 2 to 3 minutes or till the cabbage turns soft.
- Add the cooked dal-rice mixture, and turmeric powder, mix well, and cook on a medium flame for 1 minute.





- Cool the cabbage moong dal khichdi for babies and toddlers slightly and serve lukewarm.

11. Palak Masoor Dal

Ingredients

- Palak Masoor Dal For Babies and Toddlers
- 1/4 cup finely chopped spinach (palak)
- 2 tbsp masoor (split red lentil) dal, soaked for 15 minutes and drained
- 1/2 tsp ghee
- 1/4 tsp cumin seeds (jeera)
- a pinch of asafoetida (hing)
- 2 tbsp finely chopped onions
- 1/4 tsp ginger-garlic paste
- a pinch of turmeric powder (haldi)
- a pinch of chili

Cooking Method:

- Combine the masoor dal and $\frac{3}{4}$ cup of water in a pressure cooker, mix well, and pressure cook for 3 whistles.
- Allow the steam to escape before opening the lid. Keep aside.
- Heat the ghee in a deep non-stick pan and add the cumin seeds and asafoetida.
- When the seeds crackle, add the onions and ginger-garlic paste and sauté on a medium flame for 30 seconds.
- Add the spinach, turmeric powder, and chili powder mix well, and cook on a medium flame for 1 minute, while stirring occasionally.
- Add the cooked dal and mash well with a potato masher. Add $\frac{1}{4}$ cup of water, mix well, and cook on a medium flame for 2 minutes, while stirring occasionally.
- Serve the palak masoor dal for babies and toddlers lukewarm.





12. Maize porridge:

Ingredients:

- Broken Maize (or Bajra) 25 g.
- Red gram dal 15 g.
- Spinach 20 g.
- Oil or fat 5 ml.

Cooking Method:

- Soak broken maize in water overnight.
- Heat oil in a pan. Add maize & and fry for 5 minutes.
- Add washed red gram dal.
- Add water, and cook on a slow fire till soft.
- Wash spinach leaves. Chop and steam. Mash the leaves and strain.
- Mix the strained spinach soup with boiled maize and dal.
- Cook for a while, remove from the fire & and serve.
- You can add bananas for flavoring

13. Spinach Pongal

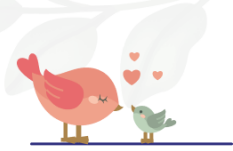
Ingredients:

- Rice 50 g.
- Roasted Green gram dal 25 g.
- Spinach 20 g. (Drumstick leaves or any other green leafy vegetable may be substituted)
- Fat/oil 5 ml.

Cooking Method:

- Clean rice & dal. Soak for some time in water. Using the same water used for soaking, cook the rice and dal.
- Wash spinach leaves, cut and steam. Mash the leaves and sieve.
- Mix the sieve spinach soup with boiled rice & dal.
- Mix thoroughly and serve.





14. Hummus

Ingredients:

- 400g chickpeas
- 1 tbsp olive oil
- 2 garlic cloves, crushed and smooth
- Juice of half a lemon
- Ground black pepper
- Pinch cumin

Cooking Method:

- Blend the chickpeas in a food processor until smooth,
- Mix olive oil, garlic, lemon juice, cumin.
- Adjust seasoning by adding freshly ground black pepper.
- Add a little water if needed.
- Serve at room temperature.

15. Pancakes:

Ingredients:

- 100g wholegrain flour
- 1 egg 1 tsp baking powder
- 250 ml milk
- Ghee

Cooking Method:

- Sieve the flour into a bowl.
- Make a well in the center and add the egg.
- Add in the milk and beat. If the mixture is too thick, add in some extra milk or use a hand blender or liquidizer to help mix it.
- Place a little oil on a preheated pan on medium heat.
- When hot, pour in enough batter to thinly cover the bottom of the pan.





- Cook until the underside is golden brown then flip and cook the other side until golden.
- Serve with your choice of fresh fruit or yogurt, or chop some blueberries in half and stir through the batter before cooking.

16. Multigrain Vegetable Chila:

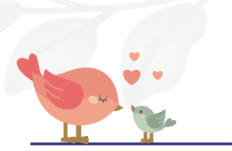
Ingredients:

- 1/4th cup gram flour (Besan)
- 1/4th cup gram flour (besan)
- Turmeric as required
- Turmeric as required
- 3 tsp, grated paneer
- Oil as required
- 2 tsp, whole wheat flour
- A pinch, Ajwain
- 2 tsp, finely chopped green capsicum
- 2 tsp grated carrot

Cooking Method:

- Heat a sauté pan and add a little oil to it.
- Add chopped vegetables and sauté for some time.
- Remove the pan from the flame and let the vegetables cool.
- Once at room temperature, add grated paneer to the mixture and mix well.
- Mix wheat flour, gram flour, and oats flour in a bowl. Add turmeric powder and ajwain, to the bowl and mix well. Keep adding water to form a thick batter-like consistency.
- Mix all the ingredients well to prepare a batter. There should not be lumps in the batter.
- Make sure the consistency of the batter is thick. Once the batter is formed, cover with a lid and keep it aside for about 10-15 minutes.





- Heat a pan on medium flame, smear 1 teaspoon oil, and pour 2 tablespoons of the batter. Spread the batter in a circular motion till a thin layer is formed.
- Now pour some oil on this pancake and turn it to the other side. Cook the chilla from both sides, ensuring that it doesn't burn.
- Once cooked, put a spoonful of filling on it and flip one side onto the other to close it.
- Remove it from the pan once it is crispy and appears brown in color. Follow this method to make more chilas.
- Serve chila hot with mint-coriander chutney or tomato chutney.

17. Vegetable Idly

Ingredients:

- 1 bowl, of rice milled
- 1 tsp, finely chopped onion
- 1 ½ tbsp, capsicum green
- Ghee as required
- Cumin seeds as required
- ½ bowl, urad dal
- 2 tbsp, shredded carrot
- 1 ½ tbsp, capsicum yellow
- Oil for greasing the idli molds

Cooking Method:

- Soak the rice and urad dal for 5-6 hours. Grind the dal till it's light and fluffy and follow the same for rice as well.
- Mix them well.
- Keep the batter for 4-5 hours so that it ferments well. The amount of fermentation will define the softness and fluffiness of the idli.
- Heat ghee in a pan, and add cumin seeds, when it splutters, add all the vegetables, and cook on medium flame for a few minutes stirring frequently.





- You do not have to cook it fully as we are going to steam it. Remove from the heat when half done.
- After it cools, mix it with the idli batter. Take a ladle of batter and pour it into the idli molds.
- Steam for 15 minutes or until a toothpick inserted in the center comes out clean.
- Serve it hot with chutney or sambhar.

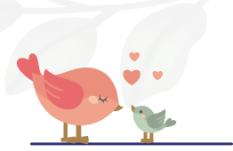
18. Vermicelli Upma:

- 1 cup, wheat vermicelli
- 3 tbsp, finely chopped onion
- Oil as required
- Turmeric powder as required
- 1/2 tsp, Cumin seeds
- 1 tsp, urad dal
- 1 tsp, coriander chopped
- 1/2 tsp, Mustard seeds

Cooking method:

- Heat a wok or a kadhai and roast the vermicelli for 3-4 minutes until slightly golden. Transfer to a plate and keep aside.
- Now heat oil in the same kadhai and add urad dal, mustard, and cumin seeds. Let them crackle for a minute. Sauté for 1-2 minutes and add the onions. Mix well.
- Add turmeric powder and sauté for 1-2 minutes.
- Add 1 cup of water, and bring to a rolling boil. Add the vermicelli and mix well. Cover the kadhai with a lid and let it cook for 5-6 minutes or until the vermicelli is cooked and the water is dried up.
- Check seasoning. Transfer to a serving bowl and finish with chopped coriander on top. Serve immediately.





19. Paneer Paratha

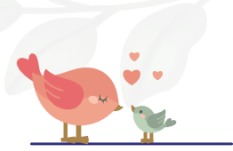
Ingredients:

- 1/2 cup Whole wheat flour
- 2 tbsp paneer 1 tbsp chopped onion
- Amchur a pinch
- Red Chili powder to taste
- Garam Masala to taste
- Ghee as required
- Butter for serving

Cooking Method:

- Take half a cup of whole wheat flour, and a tsp ghee in a mixing bowl.
- Pour about 1/4th cup of water first.
- Mix and knead the dough. Add more water as per requirement and knead into a soft dough.
- Cover and allow the dough to rest for 20-30 minutes.
- Grate paneer and add all the spices to the same as per the taste and requirement.
- To this mixture also add the chopped onion. Mix everything well so that the spices are uniformly mixed with the paneer and the onions.
- Pinch a small bowl from the dough and roll it in between your palms to make it even.
- Dust some flour and with a rolling pin (belan) roll it into a small circle.
- Place the paneer stuffing in the center of the rolled dough. Get the edges towards the center to give it a potli/pocket shape. Press it well so that stuffing doesn't come out.
- Sprinkle some flour and roll the stuffed parantha in a circle.
- Heat the tava and place the rolled parantha on it. Flip when one side is partly cooked.
- Apply ghee on this side with a spoon.





- Turnover and flip. Let the ghee side get cooked now.
- Spread some ghee on the top and flip again. Press the paratha edges with a spatula so that the edges are cooked.
- Flip once or twice till the paneer paratha has golden spots and is evenly cooked.
- Serve hot with curd or chutney.

20. Vegetable cutlet

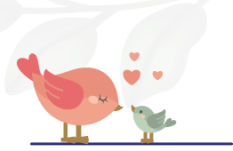
Ingredients:

- 1/4th cup, boiled grated or mashed potato
- 2 tbsp, grated carrot
- 2 tbsp, boiled mashed peas
- 1 tbsp, finely chopped onions
- 2 tbsp, bread crumbs
- 1 tsp, refined wheat flour
- Chat masala as needed
- Oil as required
- 1 tsp, finely chopped Coriander leaves

Cooking method:

- Steam or boil veggies until just done. Drain any excess moisture if left.
- Mash them well. Add bread crumbs, and Chat masala to the veggies and mix everything well.
- It must be a non-sticky dough. If needed, add more bread crumbs to make it more uniform.
- Make 2 small patties and set aside.
- In a separate bowl, make a slightly thin batter of refined flour with water.
- Dip each patty in the batter on both sides.
- Place them on bread crumbs and then keep aside for 5-10 mins so that they dry.
- Heat the oil for shallow frying. Fry them on both sides until golden and crisp.





- Serve veg cutlet hot with dip of your choice.

21. Mixed Dal/Lentils With Rice or Veggies

Ingredients:

- 2 tbsp of lentils (green gram/yellow lentils/red lentils, etc.)
- 2 tbsp of rice (optional)
- Ghee
- Mashed banana(optional)

Cooking method:

Add well-cooked lentils to cooked rice. Mash or grind to a smooth form. Add mashed banana and ghee. You can also add two boiled spinach leaves or any other leafy vegetables of your choice.

You can also give separate purees of fruits, like mashed bananas, apples, musk melon, and so on.

22. Carrot-Moong Dal (Split Green Gram) Soup Recipe

Ingredients:

- Moong dhal
- Cumin seeds
- Beans Carrot
- Potato
- Garlic
- Pepper powder
- Butter or homemade ghee
- Water

Cooking method:

- Wash all the veggies thoroughly under cold water.





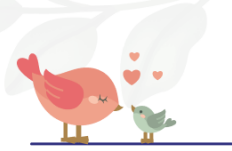
- Remove the skin from the carrot, potato, and beans. Chop all the veggies into small cubes and set aside.
- Wash the moong dal thoroughly with water, and keep it soaked in the water for about 10 minutes.
- In a pressure cooker, add all the veggies, the soaked moong dal, and 2 cups of water. Pressure cook for about 3-4 whistles. Remove from the flame and release the pressure naturally.
- Once cooled, remove the lid and blend the veggie-dal mixture into a fine paste using a mixer blender or a hand blender.
- In another pan, heat the ghee and reheat the blended mixture. Add the remaining water and adjust the consistency. Bring it to a boil. Remove from the flame and serve hot!

23. Bajra (Pearl Millet) and Moong Dal (Split Green Gram) Khichdi Recipe

Ingredients:

- *Bajra* (black millet) (soaked for 8 hours and drained) – ½ cup
- Moong dal – ½ cup
- Onion
- Tomato
- Veggies
- *Biryani masala* powder (optional) – ½ teaspoon (optional)
- Turmeric powder
- Asafoetida
- Water
- Oil
- Cumin seeds
- Coriander leaves





Cooking method:

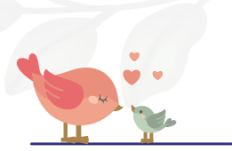
- For the preparations, wash all the veggies thoroughly under running water and dice them into small pieces.
- Wash the *moong dal* thoroughly, and soak them together in warm water for about 30 minutes
- In a pressure cooker, add the *ghee*, and then the cumin seeds. Once they crackle, add the onions and sauté until slightly golden brown.
- Once the onions are done, add in the tomatoes. Fry till the tomatoes soften and turn mushy, then add turmeric powder and other veggies, and stir well.
- Next, add the bajra and lentils, and mix everything well.
- Add the required water, *biryani masala*. Mix well and bring it to a boil. Now, close the lid and cook on low to medium flame for 2-3 whistles, and then turn off the flame.
- Once the pressure is released, you may open the lid and serve!

24. Mango Yogurt recipe:

Ingredients:

- Mango
- Milk
- Cardamom powder
- Saffron strands
- Yogurt
- Almonds powder





Cooking method:

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

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

25. Mashed Potato Recipe

Ingredients:

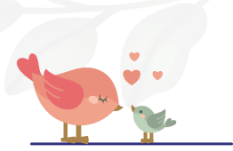
- Potato
- Butter
- Pepper Powder
- Coriander Leaves

Cooking method

The step-by-step directions listed below will guide you to dish out the finest mashed potato that tastes delicious and makes mealtimes fun.

- Clean the potato thoroughly with water and peel its skin.
- Cut them into cubes and pressure cook them with enough water for 2-3 whistles.
- Once the potatoes are cooked and pressure is released naturally from the cooker, strain out the water and place the potatoes in a bowl.
- Mash the potatoes lightly using the back of a fork or potato masher.





- Heat butter in a pan. Once it is melted on medium flame, add the asafoetida and potato.
- Add a pinch of pepper, and milk to the mixture. Stir well until you get a creamy mash.
- Pour in formula milk or breast milk to make it runny and puree.
- Garnish with chopped coriander leaves and serve warm in a bowl.

26. Bottle guard Rice Recipe

Ingredients:

- Bottle Guard
- Par Boiled Rice
- Onion
- Ghee/Oil
- Ginger Garlic Paste
- Coriander Powder/Mint Leaves
- Turmeric Powder
- Coriander Leaves
- Cumin seeds
- Cloves
- Cinnamon
- Black peppercorns
- Curry Leaves

Cooking method:

- Wash rice and soak it for 20 minutes in clean water. Drain out the water and set aside.
- Peel the skin of the bottle gourd and grate it well. Take out the seeds if possible.





- Heat ghee in a pressure cooker. Add cumin seeds and let it splutter. Add whole spices like cloves, cinnamon, and peppercorns.
- Sauté for a few seconds and add onions and curry leaves.
- As the onions turn translucent, add turmeric powder.
- Throw in the bottle of gourd and soaked rice. Mix it well.
- Add 2 cups of water. When the water starts boiling, close the lid of the cooker.
- Cook it on low heat while allowing the rice to be cooked. Lift the lid and mix it again.
- Continue to cook for some more time till the rice becomes fluffy. Garnish with finely chopped coriander leaves. Serve warm

27. Veg Upma Recipe

Ingredients:

- Fine Sooji/Rava
- Hot Water
- Turmeric Powder
- Ghee
- Asafoetida or Hing
- Mustard Seeds
- Cumin Seeds
- Mixed Vegetables (carrots, potatoes, peas)

Cooking method:

Follow this step-by-step guide to learn how to make Veg Upma for babies:

- Dry roast the rava on a medium flame for a couple of minutes. Keep stirring and roast until you get a nice aroma.
- Boil the vegetables in a small vessel with water.
- Heat ghee in a wide pan and add the mustard seed and cumin seeds. Let them splutter.





- Now add the cooked vegetables and turmeric powder and mix well.
- Now add the hot water and let it come to a rolling boil.
- Add the rava little by little continuously stirring in between. Make sure there are no lumps. Add the turmeric powder, hing at this stage.
- Mix continuously until all the water is absorbed by the rava.
- Close the pan and cook for a few minutes on a low to medium flame.
- Check after a few minutes to see if the upma has left the sides of the pan. Add a spoonful of ghee and cover the pan. Turn off the gas.

28. Vegetable Masoor Pulav Recipe

Ingredients:

- Basmati rice
- Masoor dal
- Water
- Oil
- Carrots (chopped)
- Green beans (chopped)
- Onions (chopped)
- Ginger and garlic paste
- Black cardamom powder
- Cloves
- Cinnamon
- Chopped coriander leaves
- Coconut yogurt
- Turmeric powder

Cooking method:

Follow the step-by-step instructions to make vegetable *masoor pulav* in no time.

- First, soak the *masoor dal* for at least 30 minutes.





- Wash and soak the *basmati* rice for around 30 minutes.
- Heat some oil in a pressure cooker then add in the chopped onions.
- Once the onions turn translucent, add in the cardamom powder, cinnamon, and ginger-garlic paste, and mix well.
- Add in the vegetables and mix well. You can also add other vegetables of your choice, such as potatoes, cauliflowers or broccoli.
- Add in the turmeric powder mix well, and let the vegetables cook for about 2 minutes. You can also add red chili powder, but make sure it doesn't get too spicy for your baby.
- Wash the *masoor dal*, and after draining the water, add the *dal* to the vegetable mix and stir it all together. Let it cook for 5 minutes.
- Add the coconut yogurt or normal yogurt and mix everything well.
- Drain the water from the rice and add it to the cooker.
- Add 2 cups of water. Mix well.
- Pressure cook for three whistles.
- Once cooked, turn off the flame and garnish with chopped coriander leaves.
- Add more after if you want to make it soft and mushy.

29. Mashed Green Peas

Ingredients:

- 5 to 6 tbsp green peas
- Unsalted butter/ghee

Cooking method:

Boil the green peas until fully cooked. After cooling, grind to a smooth paste. Add a teaspoon of ghee or unsalted butter. A pinch of jeera (optional) is good for digestion and prevents flatulence.





30. Spinach Pumpkin Puree

Ingredients:

- Fresh spinach leaves - Handful
- Pumpkin- One slice or diced (one cup)
- Cinnamon (optional)- A pinch

Cooking method:

- Remove stems of spinach and soak it in cold water for two minutes. Meanwhile, peel the pumpkin and cut it into small cubes.
- Rinse both the veggies under running water thoroughly.
- Boil the pumpkin in a medium-sized saucepan for about 15 minutes.
- Boil the spinach leaves for 2-3 minutes in another saucepan.
- Rinse both the boiled vegetables under cold water for 2-3 minutes to stop the cooking process.
- Puree the spinach and pumpkin using a food processor or blender until you get a smooth texture.
- Add water to attain the desired consistency.
- Serve it to your baby.
- You can also add a pinch of cinnamon powder while serving to enhance the taste of the spinach pumpkin puree.

