

Infant Food Recipes



*A unique collection of traditional and
nutritious homemade recipes for your infant..*



Julie Anthony

Preface

*"God could not be everywhere and therefore he made mothers." --
Jewish proverb*

Hello Friends,

*As a mother you always want the best for your child. You are
responsible for promoting your child's good health.*

*'Infant Food Recipes' is my attempt to re-introduce you to the
benefits of home made food. These recipes have been tried and tested
and believe me they are not only healthy but also very tasty!!*

*A healthy baby's food has to contain adequate amounts of calories,
protein, fats, carbohydrates, vitamins, and minerals.*

*I am sure you will find the Infant Food Recipes booklet informative
and useful.*

*You are free to send in your comments and suggestions. Send me an
email at julieanthony@rediffmail.com*

*With regards,
Julie Anthony.*

Dedication



*Infant Food Recipe is dedicated to my father,
Mr. I.S. Manickam who himself was a great
cook.*

Miss you pa...

Acknowledgments

I would like to sincerely thank the following people for their encouragement, guidance and contributions:

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Few of the tips mentioned under 'Baby Notes' have been taken from the book; Complete Baby & Child Care written by Dr. Miriam Stoppard, trust me this book is for keeps (it covers every aspect of your baby's development from birth to 5 years.)

I would also like to mention here the unrelenting and continuous encouragement and support of my husband without whom an idea wouldn't have taken the shape of this booklet today, love you Alex,

And lastly... my son, Bryan who gave me the joy of motherhood and on whom most of these recipes were experimented!

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Introduction

Instant Food for babies is the trend of today; mothers today opt for the same for many varied reasons – either due to lack of time or maybe due to lack of proper guidance. Whatever the reason be, we compromise our infants' health in the bargain.

'Infant Food Recipes' is a collection of various delicious and nutritious food recipes for infants and toddlers between the age group of 6months to 2 years. The recipes are easy to follow and high on nutrient content.

The whole and sole purpose of this recipe booklet is to re-introduce the value of traditional homemade food recipes.

It is compilation of healthy and nutritious recipes of which you may or may not have been aware of but, they sure are a success with our infants and babies...

What are you waiting for then?? Introduce your infants to these delicious and healthy diets early on and in return gain the satisfaction of doing the right thing!

NUTRI-MIX

To Prepare the Nutri-mix Powder

Ingredients:

200 gms	Red Boiled Rice
200 gms	Wheat (high quality)
200 gms	Nachani
200 gms	Moong Dal

Method:

- ✓ Clean, Wash, Dry and then Roast the ingredients.
- ✓ Cool and grind them into fine powder.
- ✓ Store in an airtight container.

To Prepare the Nutri-mix

Ingredients:

2 tsp	Nutri-mix powder
2 tsp	Sugar
1 cup	Milk

Method:

1. Take 2 tsp of Nutri-mix powder with 2tsp of sugar in a vessel.
2. Initially, add little amount of milk and stir it vigorously to make a smooth paste.
3. Add the entire 1-cup milk into the smooth paste.
4. Heat the mixture on gas; stir continuously to avoid sticking to the vessel and forming lumps. Keep the flame low and continue stirring for 3-minutes (minimum).
5. Let the mixture cool, taste yourself first before you give it to your baby.



Initially, start with 2tsp of Nutri-mix and later, increase the amount slowly as the baby grows and her consumption increases.

VEGI-MIX

Ingredients:

½ -1 carrot	Carrot
4-5	French Beans
½ or 1 small	Potato
1 small	Tomato
Peas	(optional)
A <i>pinch</i> of	ginger-garlic paste

Method:

1. Wash all the vegetables thoroughly.
2. Peel and cut the carrots, French beans and potato into larger chunks.
3. Pressure cook for 4 whistles the entire ingredients (without the salt). Allow it to cool.
4. Peel off the tomato skin and remove the seeds.
5. Grind the vegetables together in a mixer.
6. Add just a pinch of salt for taste.
7. Mix well and then feed your baby.



*Your baby will relish this delicious and healthy
VEGI-MIX.*

KHICHIDI

To Prepare the Khichidi-Mix Powder

Ingredients:

1 small bowlful	Rice
½ small bowlful	Moong Dal

Method:

- ✓ Roast rice and moong dal separately in the ratio of 2:1 respectively.
- ✓ Grind the rice and the moong dal together into a coarse powder.
- ✓ Store the Khichidi-Mix in an airtight container for future use.



Tip: To make a coarse Khichidi-Mix powder, grind together both rice and moong dal for 2 seconds and halt and check.

To Prepare the Khichidi

Ingredients:

1 tbsp	Khichidi-Mix
A little	Salt
A little	Turmeric

(contd...)

Method:

1. Take Khichidi-Mix and water in the ratio of 1:5.
2. Add salt and turmeric powder (very little).
3. Boil either in a pressure cooker or in an open vessel. (If you are using pressure cooker then give 2 whistles and keep on a very low flame for 3-4mins. It is important that the rice gets cooked well.)
4. Remove from fire when done.
5. Smash the boiled rice further with your fingers or spoon before feeding your baby.



Tip: Add additional water while cooking, if required.

Rice Kanji

Ingredients:

½ to 1 bowlful of rice
Salt to taste.
Ample amount of water.

Method:

1. Boil the rice with ample amount of water, till the rice gets overcooked a little.
2. Add minute quantity of salt, for taste.
3. Let the extra quantity of water remain with the rice in the vessel.
4. You can further smash the rice with your fingers or a wooden spatula.



Rice Kanji is ready to be relished by your little one.

Egg Pudding

Ingredients:

1	Egg (the white part only)
¼ cup	Milk
½ tsp	Sugar

Method:

1. Beat the egg-white in a vessel thoroughly till it becomes fluffy and light.
2. Mix the egg mixture with the other ingredients in a vessel.
3. Take a vessel larger than the vessel containing the egg mixture.
4. Fill the larger vessel with water; place the vessel containing the egg-mixture inside the larger vessel.
5. Cover the inner vessel with a lid.
6. Once the water starts boiling, lower the gas for 2mins.
7. Check if the pudding is set. If set then remove from fire.



It tastes so good; it just melts in your mouth.



Note: Try this recipe only for babies above six months.

Almond-Rava Mix

Ingredients:

1	Almond (Badam) – powdered
½- 1 tsp	Rava (Suji)
1 tsp	Wheat flour
½ tsp	Sugar
½ cup	Milk
1tsp	Ghee

Method:

1. Roast Rava, wheat and powdered almond in 1 tsp of ghee.
2. Take Rava, wheat flour, sugar and powdered almond in a vessel to prepare the Almond-Rava mix.
3. Add ½ cup milk. Mix well.
4. Boil the mixture stirring continuously. Do this for about 2-3 minutes till the mixture thickens. Avoid any lump formation.
5. Allow it to cool and then feed your baby.

Aloo Roti

Ingredients:

1	Potato (Aloo) – boiled
½ tsp	Either Jeera or Ajwain (Ova)
little	Salt
little	Chilli Powder
1tbsp	Curd
	Wheat flour

Method:

1. Boil the potato. Remove the peel and smash the potato.
2. Mix the smashed potato with wheat flour, chilli powder and either jeera or ajwain. Knead together with curd.
3. Keep aside for a while.
4. Prepare small rotis.



Tip: Babies like them as pieces immersed in warm milk.

Lovable Juices

A. Carrot Juice

Ingredients:

1	Carrot
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Method:

1. Clean and scrap the carrot.
2. Chop the carrot into small pieces.
3. Blend in a mixer with sufficient quantity of water.
4. Filter the juice and feed your baby

B. Beet Juice

Ingredients:

1	Red Beet
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Method:

1. Clean and peel the red beet.
2. Chop the red beet into small pieces.
3. Blend in a mixer with sufficient quantity of water.
4. Filter the juice and feed your baby.

😊 *These healthy and nutritious juices are readily relished by your baby!*

Deliciously Boiled Fruits!!

A. Boiled Banana

Ingredients:

1	Yellow Plantain
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Method:

1. Steam the banana (Yellow Plantain) as you would steam your idlis.
2. Smash the banana into a smooth pulp. Feed your baby.

B. Boiled Apple


Ingredients:

1	Apple
enough quantity to immerse the apple pieces	Milk
½ or 1 tsp	Sugar for taste

Method:

1. Clean, Peel and Cut the apples into small pieces.
2. Boil the apple pieces in an open vessel along with enough quantity of milk.
3. Add sugar to the mixture.
4. Remove from fire when done.

Baby Notes

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- ❑ *The most preferable time to try out any new food to your baby is the afternoon.*
 - ❑ *Your baby may be reluctant to try new foods, so give her time to get used to each food. Do not persist, if she seems to dislike something. You can always try that particular recipe again after a few days.*
 - ❑ *Finger food can be introduced to older babies (i.e. babies above 8 months of age). Finger food can be anything that will encourage your baby to self-feed. Better examples of Finger food are vegetables like carrot cut in a shape that your baby can easily hold in her hand and eat.*
 - ❑ *Finger foods like carrot doubles up as teethers!!*
 - ❑ *Give her whole wheat bread (the softer portion) cut into triangles to make it attractive and interesting.*
 - ❑ *Whenever the doctor has advised you to give your baby water, give your baby the invaluable Water Therapy! Water Therapy is nothing but to give your baby water as soon as she gets up in the morning. Even two spoonfuls is enough to start with. A baby who drinks water the first thing in the morning has already taken another step towards healthy living. Always give your baby cool boiled water.*

Infant Food Recipe

- ❑ *Never give your baby a commercial drink containing sugar and colouring.*
- ❑ *Do not give foods containing gluten, nuts, dairy products or egg for at least six months, to avoid developing allergies later.*
- ❑ *Use fruits and vegetables as soon as possible after buying.*

Happy Parenting!

*With regards,
Julie Anthony*



Glossary

Dietary = having to do with diets or food.

Finger food = solid food that can be easily held by a baby in her hand.

Gluten = Gluten is a protein found in wheat, rye, barley and, possibly, oats

Hygiene = the practise of keeping yourself and your surroundings clean in order to prevent illness and disease.

Moong Dal = Green Gram

Nachani – Ragi or Finger millet. Refer to Picture 1.



Picture 1

Nachani (finger millet in English) is a dark reddish brown grain (similar to musturd seeds), good for Babies. High content in Iron and Calcium

Persist = continue doing something in spite of difficulty or opposition.

Reluctant = unwilling and hesitant.

Red Parboiled Rice = ukkada chawal in hindi. Refer to the image of Red Parboiled Rice



Picture 2

Parboiled rice is subjected to a parboiling process while still a brown rice. This causes nutrients from the outer husk to move into the grain itself. Milled parboil rice is nutritionally superior to standard milled rice

Infant Food Recipe

Teethers = used to soothe sore baby gums that can be chilled and used as toy.

Yellow Plantain = Refer to Picture 3.



extremely **ripe** plantains are **black**, with a softer, deep yellow pulp that is much sweeter than the earlier stages of ripeness, in fact the riper the plantain is, the sweeter it becomes.

Steam cooked plantains are considered a nutritious food for young children and the elderly.

Picture 3

