

# WEANING FOODS

## Stewed Fruits Recipe for babies:

Good old stewed fruits. Stewed fruits can be given to baby after she has had apple and pear separately without any adverse reaction. This baby food recipe is for 6 months and above.

### Ingredients

1 Apple, 1 Pear

1 cup water

### Recipe

- 1.Pit and peel both apple and pear.
- 2.Cut both fruits into small pieces. Put in a pan or pressure cooker.
- 3.Add water.
- 4.Let the fruits cook for 15-20 minutes till soft or till 5-6 whistles in pressure cooker.
- 5.Mash or blend the fruit well and serve once cooled.

## Apple Sauce Recipe for Babies:

Apple sauce is very easy to make. Apple sauce can be given as is or as an addition to other dishes to add a little natural sweetness when required.

## Cheeku Shake recipe for babies:

Cheeku shake is an easy and simple recipe for 7 months+ babies.

You can use banana, avocado , melon or papaya in place of cheeku.

### Ingredients

1 cheeku

½ cup breastmilk or formula

### Recipe

- 1.Pit and peel the cheeku.
- 2.Cut both fruits into small pieces.
- 3.Blend the fruit in mixer to a fine paste.
- 4.Mix this with breastmilk or formula.
- 5.Adjust consistency to your baby's preference and serve.

## **Banana Smoothie for babies:**

Give this to your baby once she has been started on yogurt. You can use cheeku, avocado, melon or papaya in place of banana.

### **Ingredients**

1 Banana

½ cup yogurt

### **Recipe**

1. Cut banana into small pieces.
2. Add yogurt.
3. Mash or blend the fruit well and serve after adjusting the consistency to your baby's preference

## **Moong Dal ka paani for babies/ Lentil soup:**

Moong dal ka paani is one of the most recommended first foods for babies. Many people however, just skim the water on top of cooked dal. Unfortunately, that does not contain any nutrients.

## **Vegetable Soup recipe for babies:**

Great way to feed veggies to your growing baby. You can add as many or as few vegetables as you have. Don't add salt to your baby's food.

### **Ingredients**

1 carrot, ½ potato, few peas, beans, 1 piece pumpkin, 1 piece bottle gourd(*lauki*)

2 cups water

A pinch of turmeric

### **Recipe**

1. Clean and wash all vegetables well in running water.
2. Dice them into small pieces.
3. Put them into the pressure cooker along with water and turmeric.
4. Let it cook till 5-6 whistles and veggies well-cooked (You should be able to mash them with a spoon).
5. Blend using a hand blender or mixer.
6. Adjust consistency to your baby's liking and serve.

## **Khichdi for 6-9 months Babies**

Khichdi is an absolutely versatile way of feeding veggies and dal to your baby. This is a complete meal in itself and has been given to babies for ages. You can feed even older children without mashing it. You can also add more spices like cumin, coriander to it for older kids.

## **Vegetable Khichdi for 7-9 months old babies (no salt):**

You can give this yummy **khichdi** as a complete meal once your baby has been introduced to individual components.

### **Ingredients**

1 tbsp rice

1 tbsp *moong dal* (green gram)

(*Moong dal* is very easy to digest , hence good for babies. As your baby grows older , you can try other pulses ,like *masoor dal* ( split red lentils)

1 carrot, ½ potato, few peas, beans, 1 piece pumpkin, 1 piece bottle gourd(*lauki*), 1 piece raw papaya

(Add as many or as few veggies as you like)

A pinch of turmeric

### **Recipe**

- 1.Clean and wash dal and rice well.
- 2.Soak dal and rice in water for half an hour.
- 3.Clean and wash the veggies.
- 4.Add everything to a pressure cooker.
- 5.Add a pinch of turmeric.
- 6.Pressure cook this for 5-6 whistles, till everything is well- cooked (You should be able to mash them with a spoon).
- 7.Mash **khichdi** with a spoon and serve for your baby.

## **Suji(Semolina) Halwa for babies:**

Semolina is very easy to digest and is given to babies since time immemorial.This halwa for baby is without sugar. You should not add sugar to your baby's food. If you want to make it sweet, add a mashed pice of banana or a little applesauce to this halwa. Your baby is going to love this. This can be given to baby in place of commercial cereals.

### **Ingredients**

1 tbsp *suji* (semolina)

1 cup water

### **Recipe**

1. Dry roast *suji* in a pan, stirring continuously else it can burn. (Once your baby has been started on dairy, you roast *suji* in a little ghee)
2. Once *suji* is roasted a little and gives off nice aroma, add water.
3. Keep stirring to avoid lumps.
4. Bring it to your desired consistency for the baby. It should be a little thin as it keeps getting thicker once it cools down.
5. Your baby will love the smooth texture. Add mashed banana or applesauce to make it sweet. You can also add baby's regular milk to adjust consistency and taste.

## **Dal(Lentil) and Vegetable Soup for babies:**

This wholesome baby food is a great way to introduce protein in your baby's diet without starting on meat or eggs.

### **Ingredients**

1 tbsp *moong dal*( green gram)

¼ cup Mixed veggies – carrot, peas, beans

2 cups water

A pinch of turmeric

### **Recipe**

1. Wash and soak dal in water for half an hour. Soaking is believed to reduce gassiness from dal.
2. Clean and wash all vegetables well in running water.
3. Dice them into small pieces.
4. Put them into the pressure cooker along with water and turmeric.
5. You can add some coriander leaves to add flavour.
6. Let it cook till 7-8 whistles and veggies and dal well-cooked (You should be able to mash them with a spoon).
7. Blend using a hand blender or mixer.
8. Adjust consistency to your baby's liking and serve.

## **Atta Halwa:**

Atta is whole wheat flour used to make chapatis. This is a great way to introduce wheat to your baby. This can replace commercially available wheat-based cereals in market.

### **Ingredients**

½ cup Atta (whole wheat flour)

1 cup water

## **Recipe**

1. Dry roast *atta* in a pan, stirring continuously else it can burn. (Once your baby has been started on dairy, you roast suji in a little ghee)
2. Once *atta* is roasted a little and gives off nice aroma, add water.
3. Keep stirring to avoid lumps.
4. Bring it to your desired consistency for the baby. It should be a little thin as it keeps getting thicker once it cools down.
5. Your baby will love the smooth texture. Add mashed banana or applesauce to make it sweet. You can also add baby's regular milk to adjust consistency and taste.

## **Beetroot and Carrot Puree/Mash:**

It is quite common to give boiled and mashed carrots during those early months of solid feeding. A little variation can be a small addition of beetroot which not only gives it a lovely sweetness but also beautiful bright colour.

### **Ingredients**

1 cup chopped carrots

¼ cup chopped beetroot

1 pinch freshly ground cardamom powder

### **Recipe**

Steam carrots and beetroot using a steamer for 15-20 minutes. You can also pressure cook them together with very little water for 2-3 whistles.

Blend together cooked vegetables with a pinch of cardamom till smooth.

Pass through a sieve if needed.

## **Peas and Carrot Puree:**

This is an easy puree which can be given to be baby once she has been introduced to peas and carrot have been introduced individually without any reactions.

### **Ingredients**

1/2 cup peas

1 small carrot

1 pinch of black pepper powder

## **Recipe**

Peel and wash carrots and dice them into small pieces.

Wash the peas well.

Cook them in pressure cooker with just enough water for 3-4 whistles.

Let the veggies cool and blend in the mixer with remaining veggies water and a pinch of black pepper powder.

Blend into a smooth puree.

## **Papaya Puree:**

Papaya is rich in dietary fibre and vitamins. It can be given to babies in ripe form. Use papaya which is yellow to orange in color to make sure it is well-ripe.

### **Ingredients**

1 Ripe papaya

### **Recipe**

Peel and deseed the papaya.

Cut into small pieces.

Blend in a mixer for a smooth puree or mash with the back of a spoon for lumpier mash.