

Recipes for 7-9 months old

Most babies in this age-group have already started with solid food but only just. Hence it is important to give them food which is not allergenic and is easy to digest. Common fruits and vegetables can be given to baby even as first foods.

Below recipes involve multiple ingredients, so try these only after you have introduced your baby to individual ingredients and baby did not show any adverse reaction to them. Do not add salt or sugar to your baby's food.

Do not take below measurements/quantities as one feed. This is only for proportion and you should change depending upon how much or less you want to make.

Stewed Fruits

Good old stewed fruits. Can be given to baby after she has had apple and pear separately without any adverse reaction.

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.

Cheeku Shake

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

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.

Vegetable Soup

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

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

Ingredients

1/2 cup rice

1/2 cup 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 massor 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 10-12 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

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 piece 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

½ cup *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.

Suji(Semolina) Upma

This is another variation with veggies and spices(optional).

Ingredients

½ cup *suji* (semolina)

½ cup Mixed veggies – carrot, peas, beans, potato (boiled and mashed)

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. Add mashed veggies.
5. You can add a pinch of turmeric, cumin powder and a pinch of salt. This is optional step.
6. Bring it to your desired consistency for the baby. It should be a little thin as it keeps getting thicker once it cools down.

Dal(Lenti) Soup

This 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.

Sweet Potato Kheer

Very nutritious and loved by babies.


Ingredient

1 Sweet potato

1 cup baby's milk

Recipe

1. Peel sweet potato and boil in a pressure till well-done.
2. Mash well.
3. Mix well with baby's milk.

A faint, stylized illustration of a family is visible in the background. It shows a man, a woman, and a child, along with a sun and a heart, all rendered in simple line art with some color accents like yellow and pink.

Recipes for 10-12 Months Old

Babies in this age-group can sample a lot more variety and can even partake of regular family meals. Babies now have a few teeth and their digestive systems have matured to a major extent. Though it is still important to follow discretion with giving them anything, their bodies and taste-buds are prepared for a lot more than earlier.

Babies now prefer chunkier food, so can give the food you gave earlier, but mash them only coarsely. Food should still be well-cooked. You can start introducing spices in small quantities if not already introduced. You can now introduce eggs and meat safely, if not already introduced. Always check with your doctor before doing so and be on the lookout for any allergies, rashes etc. whenever a new food is introduced.

Fat like oil and ghee can also be introduced safely now if not introduced earlier and definitely little more than earlier. Little bit of whole cow's milk can also be added to cooking, though it should not be given as a main drink.

Do not take below measurements/quantities as one feed. This is only for proportion and you should change depending upon how much or less you want to make.

Khichdi

An absolutely versatile way of feeding veggies and dal to your baby. This is a complete meal in itself and you can feed even older children without mashing it. If you do not want to add spices you can add ghee at the end after khichdi is prepared.

Ingredients

1/2 cup rice

1/2 cup *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 *massor dal* (split red lentils))

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

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

¼ teaspoon of ghee

Pinch of cumin seeds

A pinch of turmeric

Few sprigs of chopped coriander leaves

Recipe

8. Clean and wash dal and rice well.
9. Soak dal and rice in water for half an hour.
10. Clean and wash the veggies. Chop into small pieces.
11. Heat the ghee in pressure cooker.
12. Put the cumin seeds till it crackles.
13. Add dal and rice and sauté a little, then add veggies
14. Add a pinch of turmeric.
15. Add water and pressure cook this for 7-8 whistles, till everything is well-cooked (You should be able to mash them with a spoon).
16. Mash khichdi lightly with a spoon and serve for your baby.

Suji (Semolina) Halwa

Semolina is very easy to digest and is given to babies since time immemorial. This halwa is similar to what you prepare for a younger baby, but ghee and a few nuts can be added. If baby is having nuts for the first time, monitor closely for any allergies and discontinue use if you see any.

Ingredients

½ cup *suji* (semolina)

¼ tsp ghee

½ tsp powdered almonds/cashew nuts (optional).

1 cup water

1 pureed date (You can deseed the date, chop into small bits and puree in a mixer with a little water).

Recipe

6. Heat ghee in a pan. Roast *suji* in ghee, stirring continuously else it can burn
7. Once *suji* is roasted a little and gives off nice aroma, add water.
8. Add pureed date for sweetness.
9. Keep stirring to avoid lumps.
10. Add the powdered nuts, if you want.
11. Bring it to your desired consistency for the baby. It should be a little thin as it keeps getting thicker once it cools down.
12. Your baby will love the taste.

Suji(Semolina) Upma

This is another variation with veggies and spices(optional).

Ingredients

½ cup *suji* (semolina)

½ cup Mixed veggies – carrot, peas, beans, potato (par-boiled and coarsely mashed)

1 cup water

¼ tsp oil/ghee

Few cumin seeds/ black mustard seeds

Pinch of turmeric

Pinch of salt (salt if added should be about half of what is taken for adults)

Recipe


7. Dry roast *suji* in a pan, stirring continuously else it can burn.
8. Once *suji* is roasted a little and gives off nice aroma, keep aside.
9. Heat ghee in the pan.
10. Add cumin seeds/ black mustard seeds.
11. Once they crackle, add the veggies and stir. Add turmeric and salt(optional).

12. Saute for a few minutes and add suji.
13. Add water.
14. Keep stirring to avoid lumps.
15. Bring it to your desired consistency for the baby. It should be a little thin as it keeps getting thicker once it cools down.

***Paneer*(Indian Cottage Cheese) Bhurji**

Paneer(Indian Cottage Cheese) is a great addition to baby's food list. It is rich in calcium and protein and very yummy.

Ingredients

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- A faint, stylized illustration of four children in a circle. One child is a boy in a yellow shirt, one is a girl in a pink dress, one is a boy in a blue shirt, and one is a girl in a red dress. They are holding hands or standing close together. The background is a light yellow with a faint 'Shishu World' watermark.
- 100 gm fresh Paneer
 - 1 small onion chopped finely
 - ½ small tomato chopped finely
 - ½ tsp ghee/oil
 - Pinch of turmeric
 - Pinch of salt (salt if added should be about half of what is taken for adults)

Recipe

1. Grate paneer and keep aside.
2. Heat ghee or oil in a pan.
3. Add chopped onions. Saute till transparent.
4. Add chopped tomatoes. Saute a little.
5. Add turmeric, salt and grated paneer.
6. Mix well and add coriander leaves.
7. You can give this as is or with *roti*(Indian bread).

***Paneer*(Indian Cottage Cheese) Bhurji Sandwich**

Paneer(Indian Cottage Cheese) is a great addition to baby's food list. This sandwich is a meal in itself.

Ingredients

- 2 slices brown bread

100 gm fresh Paneer

1 small onion chopped finely

½ small tomato chopped finely

½ tsp ghee/oil

Pinch of turmeric

Pinch of salt (salt if added should be about half of what is taken for adults)

Recipe

1. Prepare Paneer bhurji as given in recipe above.
2. Cut the sides of bread slices.
3. You can butter it lightly if you want.
4. Spread a thin layer of bhurji on one slice.
5. Cover with the other slice and press well.
6. Cut into small bite-size pieces and give to baby or give as finger food.

Vegetable Pulao

Another complete meal for baby. Very healthy and delicious.

Ingredients

1 cup rice

1 carrot, ½ potato, few peas, beans, 1 piece cauliflower

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

¼ teaspoon of ghee

Pinch of cumin seeds

A pinch of turmeric powder, cumin powder

A small piece of bay leaf.

Few sprigs of chopped coriander leaves

Recipe

1. Clean and wash rice well.
2. Soak rice in water for half an hour.
3. Clean and wash the veggies. Chop them into small pieces.
4. Heat the ghee in pressure cooker.
5. Put the cumin seeds till it crackles. Add bayleaf.

6. Add veggies and sauté a little.
7. Add a pinch of turmeric and cumin powder.
8. Add soaked rice and mix with veggies.
9. Add water and pressure cook this for 7-8 whistles, till everything is well-cooked (You should be able to mash them with a spoon).
10. Mash pulao lightly with a spoon and serve for your baby.

Besan Cheela(Indian style pancake)

Besan is gram flour, frequently used in Indian kitchens to make fritters(pakorais), added to curries etc. Cheela is an Indian style pancake. This is a very good option for breakfast for babies, kids and adults alike and versatile enough to be modified to suit anyone's tastes.

Ingredients

1/2 cup *Besan*(Gram Flour)

1 cup water (You can add less or more to adjust consistency).

Little salt

Chopped coriander leaves

Any grated semi-boiled vegetables- carrot,onions, capsicum

Oil

Recipe

1. Sieve *besan* and salt together, so that there are no lumps and it mixes well.
2. Mix veggies and coriander leaves and beat well together to make a smooth batter, so that there are no lumps.
3. Leave aside for 10 minutes.
4. Heat a girdle(*tawa*). Grease with a little oil.
5. Put a small amount of batter on girdle and let cook on one side.
6. Once bubbles appear, turn and cook on other side.
7. Break into small pieces and feed your baby or serve as finger food.
8. You can serve it with a yogurt dip.

Ragi Dosa

Ragi is also called *Nachni* or Red Millet. It is highly nutritious and very rich in iron and calcium. This dosa is great for babies and toddlers alike.

Ingredients

2 cups ragi flour

½ cup rice flour

½ cup curd

Water to make batter.

Little salt

Chopped coriander leaves

Oil

Recipe

1. Sieve *ragi* flour, rice flour and salt together, so that there are no lumps and it mixes well.
2. Mix curd and coriander leaves.
3. Add water to make a thin batter and beat well together to make a smooth batter, so that there are no lumps.
4. Leave aside for 2 hours.
5. Heat a girdle (*tawa*). Grease with a little oil.
6. Put a small amount of batter on girdle and let cook on one side.
7. Once bubbles appear, turn and cook on other side.
8. Break into small pieces and feed your baby or serve as finger food.
9. You can serve it with a yogurt dip.

Banana Pancake

Yummy breakfast recipe. Your baby will love this. This also works great as finger food.

Ingredients

1 cup flour (*maida*) – You can also use half wholewheat flour (*atta*) and half *maida*

2 cups water (You can add less or more to adjust consistency).

1 banana –chopped into small thin pieces.

1 egg (Use only yolk if white has not been introduced).

1 pinch cardamom powder.

Recipe

1. Make pancake batter, by mixing flour and egg. Beat till smooth and no lumps present.

2. Add banana pieces.
3. Add cardamom powder.
4. Heat a girdle(*tawa*). Grease with a little oil.
5. Put a small amount of batter on girdle and let cook on one side.
6. Once bubbles appear, turn and cook on other side.
7. Break into small pieces and feed your baby or serve as finger food.

Baby French Toast

Ingredients

2 slices brown bread

1 egg

1 small pureed banana

½ cup milk

Oil

Recipe

1. Mix together milk, pureed banana and egg.
2. Beat the mixture well to a runny consistency.
3. Cut bread to small bite-size pieces.
4. Heat a girdle(*tawa*) , put a little oil.
5. Dip bread piece into mixture and fry on girdle.
6. Cool and give to baby.

Homemade Curd/Yogurt

Curd or Yogurt is very good for baby and is usually the first of dairy products to be introduced to baby, as it is easily digested. Curd is regularly made in Indian households and is very easy to make. You can also be sure of what you are feeding your baby.

Ingredients

2 cups of full-cream milk

2 tsp curd

Recipe

1. Heat milk to a boil and allow it to cool till it is warm (temperature is important, as lactobacillus needs warm temperature to multiply and convert milk to curd).
2. Add curd to milk and mix well.
3. Cover tightly and leave undisturbed overnight in a warm place.
4. Next morning, curd will be ready.

You can use casserole to make curd, as it maintains the temperature better.

Flavoured Yogurt

Ingredients

1 cup yogurt

Any ripe fruit (Banana, mango, lychee)

Recipe

1. Clean fruit and chop into pieces. Puree it in a mixer.
2. Mix yogurt and fruit puree.
3. Add to a glass bowl and set in refrigerator.

Yogurt Dip

Ingredient

1 cup yogurt / curd

1 tbsp finely chopped/ grated onions, cucumber, coriander leaves

Salt

Roasted cumin powder

Recipe

1. Hand curd in a muslin cloth to remove most of the water from curd.
2. Add salt and roasted cumin powder to hung curd.
3. Add grated onions, cucumber and coriander leaves.
4. Keep in a glass bowl and set in refrigerator.

You can serve this with any of the pancakes, fritters etc.

Sweet Potato Kheer

Very nutritious and loved by babies.

Ingredient

1 Sweet potato

1 cup milk

Little sugar /jaggery

½ tsp cardamom

Recipe

4. Peel sweet potato and boil in a pressure till well-done.
5. Mash well and keep aside.
6. Warm milk and add sugar or jaggery to taste.
7. Add mashed sweet potato to milk.
8. Add cardamom powder.
9. Serve warm or cold to baby.

Chicken Soup

Highly nutritious and usually safe meat to introduce to babies. This is known to be non-allergic and is rich in protein, vitamins and minerals.

Ingredients

250 gm Chicken pieces

Chopped mixed veggies – carrots, peas, green beans, capsicum

½ small onion –chopped fine

1 pod garlic – chopped fine

¼ tsp ginger – chopped fine

½ tsp Oil

Salt

Black pepper powder

Recipe

1. Heat oil in a pressure cooker.
2. Sauté ginger and garlic in oil.
3. Add onion and sauté till transparent.
4. Add vegetables and chicken and sauté for a minute.
5. Add salt and pepper powder.
6. Close the lid and pressure-cook for 8-10 whistles, till chicken is cooked well.
7. Mash well and strain if you feel pieces are big for baby.

Fish

It is safe to give fish to baby now. But hold on sea fishes especially large fish like shark etc.

Ingredients

250 gm fresh Rohu – cut into pieces.

turmeric

Salt

Recipe

1. Clean and wash the fish well.
2. Marinate the fish with a little turmeric and salt.
3. Leave aside for 5 minutes.
4. Add it to pressure cooker.
5. Add water to cover fish well.
6. Cook for 1-2 whistles.
7. Remove bones from the flesh and give only flesh to baby.

Finger foods

Toddlers are known to be picky and fussy eaters. Moreover, they want to assert their new found independence by feeding themselves. You can either carry a plate and run behind them all day or give them some easy to feed themselves finger-food and hope that most of it goes into their mouth and not on some window or your curtain. Of course, you can give them biscuits and cookies to munch on their own, but we don't want an overdose of sugar. Finger food need not be any different from your regular food. Anything which your toddler can hold and which will not be too messy can be given to the baby.

Here we give some toddler-friendly finger-food recipes which are sure to be a hit with your growing child. These are easy to make and healthy and nutritious and can be fed at any time of the day.

Fruit Salad

Ingredients

Various fruits - Apple, banana, pear, papaya, grapes

Recipe

Clean, peel and cut fruits into bite size pieces.

Mix all together and let your baby treat him/herself to a new treat with every bite.

Eggy Veggie Fingers

Ingredients

2 slices brown bread

1 egg

1 cup grated/ finely diced veggies - carrot, capsicum, onion, tomato

1 tbsp milk

Oil / Ghee

Salt and Pepper

Recipe

1. Mix together milk, grated veggies and egg.
2. Beat the mixture well to a runny consistency.
3. Cut bread into long thin strips.
4. Heat a girdle(tawa) , put a little oil.
5. Dip bread piece into mixture and fry on girdle.
6. Cool and give to baby to feed him/herself.

Veggie Sticks

Ingredients

Carrots, Potatoes, Sweet Potatoes, Cauliflower, Broccoli

Salt and Pepper

Recipe

1. Wash, clean and peel all vegetables.
2. Cut all veggies into long strips, not too thick and not too thin. It should be easily picked and held by your toddler.
3. Bring some water to boil.
4. Add salt and pepper to water.
5. Add veggies, blanch them for few minutes.
6. Take them out and cool immediately in cold water.
7. You can also steam veggies.
8. Let your toddler feed him/herself.

Paneer Sticks

Ingredients

100 grams paneer block

¼ tsp Turmeric

Salt and Pepper

Ghee/Oil - 1 tbsp

Recipe

1. Cut paneer into fingers, about 1/2 cm thick and 3 cm long.
2. Marinate paneer fingers in turmeric, salt and pepper.
3. Rub the pieces well with marinade and leave for 15 minutes.
4. In a flat frying pan, heat a little ghee or oil.
5. Lightly saute the paneer sticks in oil for about 1 minute on medium heat.

Mini Sweet Potato Pancake

Ingredients

2-3 sweet potatoes

1 cup wholewheat flour (*atta*)

1 tsp Sugar/ jaggery

Ghee/Oil - 1 tbsp

1/2 cup water

Recipe

1. Cut sweet potatoes into pieces and cook in a pressure cooker till soft.
2. Peel the boiled sweet potatoes and mash them well.
3. Dissolve sugar or jaggery in 1/2 cup warm water.
4. Add flour(*atta*) to sweet potatoes and add dissolved sugar.
5. Make a thick batter and let it sit for half an hour.
6. In a flat frying pan, heat a little ghee or oil.
7. Spread the batter on pan using a ladle to make small panackes.
8. Cook on both sides with oil or ghee.
9. Your baby will love feeding herself.