

Little Moppet Foods presents

Multigrain Health Drink Powder Recipe Book



Use our Multigrain Health Drink Powder to make
some yummy and healthy recipes!

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About Us

Motherhood is an unparalleled experience and requires a Mom to wear many hats, an important one being that of a chef! With rising awareness about the harmful effects of processed and packaged foods, most Moms are veering towards making their own baby food, preferring to opt for traditional recipes their own mothers used. However, preparing these from scratch every day isn't exactly practical for the busy modern Mom living in a nuclear family, away from traditional sources of support.

This is where the idea for Little Moppet Foods was born. Founded by Dr. Hema, Little Moppet Foods started out as a baby food seller and is today a full-fledged baby and Mom health food store, supplying homemade baby food products for children and infants above the age of six months.

We use only the freshest ingredients, with organic food supplier Organic Mandya being our preferred organic partner. The utmost hygiene is observed in all our food preparation and packaging processes, and everyone handling the products are required to follow stringent guidelines like wearing gloves and a cap. Our products are FSSAI certified and have been tested and certified by an NABL lab.

All our products are 100% natural and free of preservatives, added flavours or artificial colors. We also avoid the use of salt and sugar in all our products, so your children can enjoy wholesome, natural nutrition.

About Dr. Hema

Dr. Hemapriya Natesan is an experienced medical practitioner and Mom to two adorable kids. She is also the founder of the successful parenting blog My Little Moppet and the owner of Little Moppet Foods. She regularly posts about child health, baby nutrition and kid-friendly recipes on her website and answers parenting questions from readers and customers.

Multigrain Health Drink Powder

Toddlers are notorious for being picky eaters and this can result in incomplete nutrition. Since getting all vital nutrients is crucial for proper growth and development at this stage, it is essential to find other ways to ensure that they get the required daily amounts of carbohydrates, protein, fiber, healthy fats, vitamins and minerals.

Our Multigrain Health Drink Powder satisfies this requirement and being a drink, it's easier to get toddlers to finish it than a whole meal. This homemade health drink is made with Ragi, Jowar, Bajra, Sesame seeds, Almonds, Cashew nuts and many more wholesome ingredients.

Health benefits of Multigrain Health Drink Powder:

- Helps children gain weight and build immunity
- Ensures stronger bones and muscles
- Aids brain development

Buy it here: <http://shop.mylittlemoppet.com/shop/multigrain-hea...>

Multigrain Millet Porridge



Ingredients:

- 2 tbsp Multigrain Health Drink Powder
- 1 cup water

Method:

- Mix 2 tablespoons of Multigrain Health Drink powder in 1 cup of water in a pan.
- Use a whisk to dissolve the powder and ensure there are no lumps.
- Cook the mixture on a low flame for 5-10 minutes. Whisk in between to ensure it stays smooth.
- Transfer to a bowl and serve hot.

Healthy Multigrain Paratha



Ingredients:

- 2.5 cups Whole Wheat Flour
- ½ cup Multigrain Health Drink Powder
- ½ tsp cumin seeds
- Salt to Taste
- Ghee

Method:

- Mix the whole wheat flour and Multigrain Health drink powder in a 5:1 ratio.
- Add salt and use warm water to form a smooth dough. Let the dough rest for 15 minutes.
- Make a lemon sized ball of dough and flatten it a little. Dust with whole wheat flour and roll out into a paratha.
- Roast the paratha on both sides, applying ghee, till completely done.

Multigrain Banana Milkshake



Ingredients:

- 1 medium size banana, chopped
- 1 cup of cold milk
- 1 teaspoon of jaggery
- 2 tablespoon of Multigrain Health Drink Powder

Method:

- Boil $\frac{1}{8}$ cup of milk, add 2 tbsp of multigrain health drink powder and stir well till it dissolves. Let this mixture cool.
- Add banana pieces, jaggery, milk-multigrain powder paste and the rest of the cold milk and blend well.
- Chill and serve. Add ice cubes if you like.

Multigrain Mango Milkshake



Ingredients:

- 2 Tablespoon of Multigrain Health Drink Powder
- 1 medium size mango, peeled and chopped
- 1 cup of cold milk
- 1 teaspoon of jaggery

Method:

- Boil about $\frac{1}{8}$ cup of milk, add 2 tbsp of multigrain health drink powder and stir well till it dissolves. Let this mixture cool.
- Add mango pieces, jaggery, milk-multigrain powder paste and the rest of the cold milk and blend well.
- Chill the milkshake before serving. Add a few ice cubes if you like.

Multigrain Chocolate Milkshake



Ingredients:

- 2 teaspoon of Multigrain Health drink powder
- 1 teaspoon of Hershey's chocolate powder
- ½ teaspoon of sugar (optional)
- 100 ml of milk

Method:

- Heat the milk till piping hot. Add the multigrain health drink powder and the chocolate powder to the hot milk and whisk till completely dissolved.
- If adding sugar, do it now and whisk again. Let the milk cool down a little.
- Refrigerate till serving. Whisk well again and pour into a tall glass. Serve with a straw.

Similar Products and Trial Packs

Similar Products

If you enjoyed our Multigrain Health Drink, you'll also like to try our other drink powder products for kids.

- Sprouted Ragi Malt Drink - <http://shop.mylittlemoppet.com/shop/sprouted-ragi-malt-drink/>
- Dry Fruits Powder - <http://shop.mylittlemoppet.com/shop/dry-fruits-powder-for-kids/>

Trial Packs and Combo Offers

Multigrain Health Drink Powder is also available as a trial pack, so that your child can sample the product before you buy the full pack. Buy it here:

<http://shop.mylittlemoppet.com/shop/multigrain-hea...>