



MyLittleMoppet

15 Easy Khichdi Recipes for Babies



About

Hi,

I am Dr.Hemapriya (*call me Hema, pls*) :)

I am a mommy two times over, a naughty 6 year old son and a bubbly 2 year old daughter. I have been where you are now, twiddling my thumbs as what to feed the baby today, how will she react and many other mommie troubles.



When it comes to motherhood, expect the unexpected.

The news of expecting the bundle of joy is un-parallel. While we get all pampered up during our pregnancy, rarely do we get to hear what to expect next, ie after child birth...ie.. apart from holding the tiny one close to our chest.

For some strange reason, no one warns a mother-to-be about the sleepless nights that are to come after child birth. Not to mention, the constant anxiety and self- doubt about the things we plan to do for our bundles of joy. Any apprehension is faced with "You will learn along the way" or "No one ever told us, and we raised you pretty good" or "What do u expect, a certificate course of motherhood?"

Things were just the same for me too. I had my share of anxiety, and apprehensions in spite of being a qualified doctor. Raising my son as a baby wasn't very difficult with my mom and mother-in-law around to help me. My Daughter was born far away from home and looking after my infant daughter sparked so many doubts and queries, be it either bathing or feeding her. This revelation was the inspiration for this blogging endeavor, to help parents like me who are far from their loved ones, and struggling to raise a baby on their own.

Through [MyLittleMoppet](#) I don't preach parents how to raise their kids, rather, share useful insights and information (as a mother and as a medical doctor) that will help them make an informed choice that is best for their kids. After all... you know what is best for your child.

Browse around, Read, and Ask. I am just an email away.

With Lots of Love

A handwritten signature in black ink that reads "Hema". The script is cursive and fluid, with the first letter 'H' being particularly large and stylized.

Email me at hema@mylittlemoppet.com.

Follow Us through [Facebook](#), [Twitter](#), [Youtube](#), [Pinterest](#), [Google+](#) to get yummy recipes, workable diet charts and lots more !!

Introduction

Starting Solids is a huge milestone for a baby and planning a menu according to baby can be even more difficult.

But don't worry, we have everything sorted for you :)

Lunch is one of the most important meals in a day for the baby. It refuels him and helps him nap well and be energized later.

You can time your baby's lunch around 12 to 2 pm according to your baby's sleeping time.

Lunch is also the only meal where even heavy foods can be given so that it will be easy on the digestive system.

The most common Lunch for a baby is the Khichdi.

It is the best meal you can offer for your baby as it combines the goodness of Rice, Dal and veggies (or even fruits too, I have tried apple khichdi and it came out great).

Tips for feeding Lunch for Babies

1. What Rice to use for the Baby?

Ideally Brown Organic Rice is the very best choice for Babies. But some babies may not tolerate brown rice as it may be heavy on the digestive system. So use what works out best for your baby.

Also use the rice what the family has, for example we always use parboiled rice in our family and not the raw rice which is consumed locally in Raipur. So I always feed my daughter only parboiled rice.

2. What Dal to use for Khichdi?

These are the list of dals you can use for Khichdi

- Toor Dal

- Moong Dal
- Masoor Dal

Always wash the dal properly before using for baby food. Also make sure that you have given the dal separately as Dal Ka Paani

3. What vegetables can be used?

You can use any vegetable that your baby likes and is non allergic to your baby.

Hope you find this ebook useful for planning lunch Menu for your Baby.

Happy Feeding



Dr Hemapriya

15 Easy Khichdi Recipes for Babies

1. Plain Khichdi

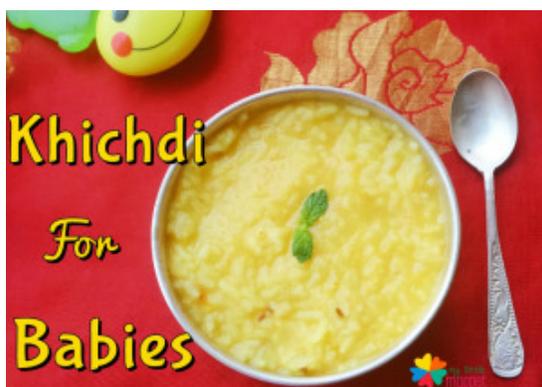
Ingredients

1. 2/3 cup rice
2. 1/3 cup moong or toor dal
3. Garlic – 2 optional
4. Hing – optional
5. Ghee

Method:

- Wash and soak the rice and dal in water for half an hour.
- Drain the water.
- In a pressure cooker, add the Rice, Dal, Garlic and Hing.
- Add 3 cups of water.
- Pressure cook till 3 whistles (one on high and 2 on medium).
- After the steam is released, add ghee and serve.

2. Tomato Khichdi



Ingredients

1. 2/3 cup Rice.
2. 1/3 cup Toor or Moong Dal.
3. 1 onion.
4. 1 tomato.
5. 1/2 teaspoon jeera seeds or 1/2 teaspoon jeera powder.
6. A pinch of turmeric powder.
7. Garlic – 2 (optional)
8. Ghee

Method :

* Wash and soak rice and dal in water for half an hour.



* Drain the water.

*Cut the onions and tomatoes.



* In a pressure cooker, add ghee.

* Add the jeera and let them crackle.



* Add the cut onions and fry them till they become transparent.



* Add the tomatoes.



*Add the turmeric powder.

* Fry it till the ghee leaves the sides.



* Add the washed Rice and Dal, fry for a second.

* Add 3 cups of water

* Leave 3 whistles (1 on high and 2 on medium).

* After the steam leaves, mash it a little and serve.

Please Note : Tomatoes may not suit some babies, may cause diaper rashes, so please introduce tomato either as **juice** or soup before trying out this recipe. If your baby is not tolerating tomatoes, you can add a teaspoon or two of Tamarind water to get the tangy taste.

3.Masala Khichdi

Ingredients

1. 1/2 cup Rice.
2. 2 Tablespoon Toor Dal.
3. 2 Tablespoon Moong Dal.
4. 1 Onion.
5. 1/2 teaspoon Jeera.
6. 2 cloves
7. a small cinnamon stick.
8. 1/4 turmeric powder
9. Ghee

Method :

- Wash and soak rice and dal in water for half an hour.
- Drain the water.
- In a pressure cooker, add the ghee.
- Add jeera, cloves, cinnamon and saute for a minute.
- Add onions and fry them till transparent.
- Add the rice and dal and fry them for a minute.
- Add 3 cups of water.
- Leave 3 whistles (1 on high and 2 on medium).
- After the steam settles, remove the cloves and cinnamon and mash the khichdi and feed.

Please Note : Spices like cloves can be **given after 8 months**, if there is a family history of allergies better avoid it till 1 year.

4.Vegetable Khichdi

The ingredients and method are same as tomato khichdi, the vegetables that can be added together are

- Potato
- Carrot
- French beans
- Peas

Veggies to be added individually are

- Pumpkin
- Louki or bottlegourd

- Ash gourd
- Beetroot

5. Carrot Khichdi



Same ingredients and method as of tomato khichdi, while frying onions and tomatoes add grated carrot to it and fry till raw smell leaves and cook in the same method.

6. Spinach Khichdi

Any type of spinach can be added, make sure to clean them properly before cooking. It is the same recipe as Plain khichdi or it can be added in tomato khichdi as well. Chop the spinach finely, add after the tomato and fry for a min before adding rice and dal . The khichdi can be blended by mixie.

7. Palak Khichdi



Clean and chop the palak leaves finely and the rest is same as Spinach Khichdi.

8. Curd Khichdi

This can be given after 8 months of age.

Ingredients

1. 1 cup Rice.
2. 2 tablespoon moong dal.
3. 1/2 teaspoon jeera .
4. Curry leaves – 5 (optional)
5. Curd – 1/4 cup.
6. Ghee.

Method ;

- Make plain khichdi with moong dal.
- After the khichdi has cooled, add the curd to it, mix nicely.
- In a tawa , add ghee.
- Add jeera seeds and curry leaves and let them crackle.
- Add the khichdi curd mixture and mix for 2 minutes
- Serve warm.

9. Wheat Dalia Khichdi

Ingredients

1. 3/4 cup Broken Wheat dalia.
2. 1/4 cup Moong Dal.
3. 1 Teaspoon Jeera.
4. A Pinch of Hing.
5. 1 Clove garlic and a small piece of ginger, mash them together.
6. 1 onion.
7. A pinch of turmeric powder.
8. Cut vegetables like carrot, potato, beans and peas.
9. Ghee

Method:

- Wash and soak dalia and moong dal in water for 15 minutes.
- In a pressure cooker, add ghee.
- Add jeera, hing and let them crackle.
- Add the onions and then ginger garlic mash.

- Add the veggies and fry for a minute.
- Then add the dalia and moong dal.
- Add 4 cups of water.
- Pressure cook for 4 whistles.
- After the steam is released, mix and serve.

10. Masoor Dal Khichdi

It is same as tomato khichdi, instead of the toor or moong dal add masoor dal.

11. Instant Khichdi Mixes



If you are travelling and still want provide a wholesome food for your little one you can try the following

Instant Moong Dal Khichdi

Ingredients

- Rice – 40 g

- Moong dal – 20 g
- Pepper – 4 or 5 (can be adjusted according to taste or skipped)
- Cumin/Jeera – 1/4 teaspoon
- Asafoetida – a pinch (optional)

Method

1. The rice and moong dal can be washed and dried in sun or used directly too.
2. Dry roast the rice in kadai, till you get a shiny, puffed up appearance as shown here:



3. Dry roast dal, pepper, jeera, asafoetida (if adding)



4. Cool and grind to a powder. Sieve the coarse particles to get a fine powder.



7. Store in an airtight box in a cool and dry place.

How to make Instant Khichdi for Babies?



1. Take about 4 tablespoons of mix. You can increase the quantity if you like.

2. Add 100 ml of boiled hot water to get a thick consistency and close the bowl with a lid for 5 minutes.



3. Stir through the mixture after 5 minutes and add some ghee for taste.

12. Instant Toor Dal Khichdi

Same as the above method, substitute toor dal for moong dal.

13. Apple Rice Khichdi



Bored of khichdi with vegetables , then try this yummy sweet [Apple Khichdi](#)

Ingredients

- Rice – 100gms
- Moong dal – 30 gms
- Apple – 1
- Cinnamon – 1/4 teaspoon

Method

1. Make the [Apple puree](#).
2. Soak rice and dal together for 15 mins.
3. Rinse, add 250 ml of water and cook the rice and dal in a pressure cooker till well done.

4. After it cools, mix the apple puree and cinnamon powder into the cooked rice-dal mix. Stir well and serve.

14. Sabudana Khichdi

Can be given after one year.

Ingredients

1. 1/2 cup Sabudana
2. 1 small potato cubed
3. 1 tbsp coconut grated
4. 1/4 tsp cumin powder
5. Few chopped coriander and curry leaves.
6. Green chilly - optional

Method

- Rinse sabudan well 2 to 3 times.
- Soak them in bowl overnight or 2-4 hours depending upon the type used.
- Drain them completely
- Heat ghee in a pan.
- Add cumin powder, curry leaves and coriander.
- Add potato and cover till it cooks
- Then add he sabudana , coconut and cook till they become transparent.

15. Urad Dal Khichdi

Ingredients

1. 1/2 cup Rice
2. 1/2 cup Urad Dal
3. 1/2 teaspoon Jeera
4. 1/4 turmeric powder
5. Chopped Pumpkin
6. Ghee

Method

- Wash and soak rice and dal in water for half an hour.
- Drain the water.
- In a pressure cooker, add the ghee.

- Add jeera , let it crackle.
- Add chopped pumpkin and fry for a minute.
- Add the soaked dal and rice.
- Fry them a little.
- Add 3 cups of water and cook
- Mash and serve the khichdi.

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