MUM'S IN THE KITCHEN!

12 Easy Recipes
MUM'S IN THE KITCHEN
A COLLECTION OF RECIPES FROM POPULAR MOM BLOGGERS

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16. Thank you!!
Once you become a mother, you enter a special zone - one you haven't been in before. And suddenly, you find that people outside that zone can't seem to understand what you're talking about! It's only fellow Moms who can truly appreciate all your little challenges and minor victories, and also offer solutions when you need them.

That's how we came upon this idea of a recipe book - by Moms and for Moms! A Mom knows that you can't spend all day in the kitchen, and that you're not willing to compromise on your kids' health either. So we have here a collection of recipes by popular Mom bloggers of India, that are healthy, quick and of course, yummy!

So, come on, join us on this tasty journey towards a healthy future, without having to slave in the kitchen or scouring around for expensive ingredients! Browse through the recipes, try them out and let us know how your family enjoyed them!

Cheers,

Dr. Hemapriya Natesan
About Dr. Hema

Dr. Hemapriya Natesan is an experienced medical practitioner and Mom to two adorable kids - an 8 year old and a 3 year old. She is also the founder of the successful parenting blog My Little Moppet and the owner of the health food store, Little Moppet Foods.

Fondly known as the 'Doctor Mom', Dr. Hema regularly posts about child health, baby nutrition and kid-friendly recipes on her website. Besides this, she runs the very active Kids Food Recipes Facebook group, where she answers parenting questions from readers and customers. She has also started a fitness program for Moms to target a common problem - getting rid of the baby weight!

You can get in touch with Dr. Hema by emailing her at info@mylittlemoppet.com or posting on her Facebook page.
Sweet Corn Salad

This summer let the kids enjoy a refreshing and colorful snack from Poonam Bachhav - a Sweet Corn Salad with veggies and lime seasoning!

Poonam is a microbiologist by profession who turned food blogger due to her passion for cooking. She writes about healthy and nutritious home-cooked food at her blog, Annapurna. You can visit her at https://poonambachhav.blogspot.
INGREDIENTS

- 1½ cup sweet corn kernels
- 1 red onion, finely chopped
- 1 medium tomato, finely chopped
- Handful of coriander leaves, finely chopped
- Juice of 1 lemon
- ¼ cup Pomegranate arils
- 2 teaspoon butter
- Chaat masala to taste
- Salt to taste

METHOD

1. Rinse the sweet corn kernels in running water and add them to boiling water.
2. Cook the kernels for 2-3 minutes. Drain and keep aside. Alternatively you can cook them in microwave.
3. In a pan, melt butter on a low flame. Add the cooked and drained sweet corn kernels and saute for 1-2 minutes. Put off the flame and transfer the kernels in a mixing bowl.
4. Add chopped onions, tomatoes, coriander leaves and pomegranate seeds to the sweet corn. Mix well.
5. Season the salad with lime juice, salt and chaat masala.
Masala Whole Wheat Roti Noodles

Made rotis but kids are asking for noodles? No problem, just make these masala whole wheat roti noodles by Nidhi and they'll be happy!

Nidhi is an architect turned food blogger. She tries to feed her kids healthy meals and sneak some vegetables in their food whenever possible. She shares recipes and experiences on her blog [http://whatscookingmom.in/](http://whatscookingmom.in/)
INGREDIENTS

- 5 roti/chapatti/parantha
- 1 carrot thinly sliced
- 2 onions sliced
- 1 capsicum sliced
- 1 tsp chili sauce
- 3-4 garlic finely chopped
- ½ tsp vinegar
- 1 tbsp tomato ketchup
- ½ tsp soya sauce
- ¼ tsp red chili powder
- salt to taste
- ¼ tsp chaat masala

METHOD

1. Cut the rotis into thin strips similar to noodles.
3. Add capsicum and carrots and cook for another 2-3 minutes on high heat stirring continuously.
4. Add all the sauces, salt, and chilli powder and chaat masala.
5. Add the roti strips and give it a good mix so that the sauces coat the roti noodles properly. Serve hot.
Beetroot Burger

Most Moms think of burgers as junk food or fast food, but this Beetroot Burger by Anjana is as healthy as it gets! Perfect as a snack or in the lunchbox!

Anjana Bhartia is a blogger at MommyRepublic.in. Married into the armed forces she enjoys moving all over India with her bags, books and dog in tow! A foodie at heart, she is also a bookworm and a social media enthusiast. She tweets at https://twitter.com/anjanabhartia.
INGREDIENTS

- 7 to 8 medium sized potatoes
- 2 medium sized beetroots
- 1 Tablespoon Chat Masala
- 2 Tablespoons cumin powder (jeera powder)
- 1 Tablespoon lemon juice
- Chopped fresh coriander
- Rock salt or black salt (to taste)
- One cup Rava or Suji
- Oil or butter for shallow frying
- 6 to 8 burger buns
- 1 medium tomato sliced into circles
- 6-8 lettuce or blanched cabbage leaves
- 1 medium onion sliced into circles
- Butter for toasting the bun
- Mayonnaise (Optional)
- Cheese slices (optional)
- Coriander chutney (optional)
- Tomato sauce (optional)

METHOD

1. In a steel pressure cooker, boil the potatoes and beetroots on a low flame for 2 whistles. Remove the vegetables and let them cool down.
2. Peel the vegetables. Mash the potatoes and grate the beetroot.
3. Mix in the salt, cumin, chat masala, coriander leaves and lemon juice.
4. Pinch out a little of the mixture and shape into a medium sized cutlet. If the mixture is too sticky, add some bread crumbs to firm it up!
5. Roll each patty lightly in suji to coat both sides. Shallow fry till crispy.
6. To assemble, slice each bun horizontally in the middle. Apply butter on all sides and toast lightly on tawa. Apply mayonnaise, sauce, chutney on one side of the bun.
7. Place the beetroot cutlet on it. Top with tomato, onion, and lettuce. Cover with the other bun and serve warm.
Kalyani is a former software engineer who quit her job after her little one arrived. That was when she discovered her true passion – cooking and clicking! You can find her yummy recipes and more at her blog http://gkfooddiary.com/

Puffed Rice Balls

These Puffed Rice balls are a good snack for kids to munch on in between meals as it provides instant energy for active kids.
INGREDIENTS

- Puffed Rice balls - easy and tasty balls with puffed rice and Jaggery
- Ingredients
- Puffed Rice - 2 cups
- Jaggery - ½ cup
- Water - ⅛ cup
- Cardamom powder - ⅛ tsp
- Dry Ginger Powder - ⅛ tsp

METHOD

1. Measure and keep all ingredients ready. Wash and soak poha in water until its soft enough to mash. Squeeze the water completely from poha once it's soft.

2. Heat jaggery in a pan with water till it immersing level. Switch off the flame once slight honey like consistency is reached. Strain the jaggery water using a strainer to remove impurities.

3. In a tsp of ghee, fry the cashews until golden brown. Now in a bowl, add soaked poha, melted jaggery syrup, ghee fried cashews, grated coconut and cardamom powder.

4. Mix everything together and mash it completely with your hands. Grease your hand with ghee and start making balls.

5. Make balls with the remaining mix and serve the poha balls.
Colorful Fruit Skewers

Kids’ appetites dip during hot weather & understandably so! Give them refreshing nutrition with these healthy, cooling & colorful fruit skewers.

Neha is a born foodie and avid traveler. She currently blogs at Whisk Affair and is a food expert with Saffola Fit Foodie, a consultant with Eat Fresh and helps many known brands with food consulting.
INGREDIENTS

- Black grapes
- Green grapes
- Bananas - cut into small pieces and dipped in orange juice
- Pineapple - cut into small pieces
- Orange slices
- Kiwi - cut into small pieces
- Strawberries
- Wooden skewers
- Melted chocolate
- For the Honey vanilla yogurt dip
  - Yogurt - 1 cup
  - Honey - 2 tbsp
  - Vanilla extract - ¼ tsp

METHOD

1. Wash the fruits nicely and pat them dry with kitchen tissue.
2. Cut into pieces if required.
3. Thread the fruits in the wooden skewers and chill in refrigerator.
4. Fill the melted chocolate in a piping bag and pipe over the cold fruits.
5. For the honey vanilla yogurt dip
6. Mix all the ingredients in a bowl.
7. Chill for a few hours.
Whole Wheat Spicy Rolls

Your kids will love the smell of bread baking in your home and the result of it - delicious whole wheat spicy rolls by Gayathri!

Gayathri has a Diploma in Fashion Designing from Mysore, but her true passion lies in cooking and blogging! She posts her yummy recipes at Gayathri’s Cook Spot which now has readers all over the world!
INGREDIENTS

- For The Bread:
  - Whole Wheat Flour / Atta – 1¾ cups
  - Vital Wheat Gluten – 1 tbs (optional)
  - Sugar – 2 tbs
  - Salt- ½ tsp
  - Instant Yeast – 1½ tsp
  - Oil – 1 tbs
  - Milk – ½ cup + 1-2 tsp
  - Curd / Yogurt – ¼ cup
  - Sesame Seeds – 1 tbs
  - Milk -2 tbs For Milk Wash
  - Coriander Leaves – 3 tbs
  - Mint Leaves – 3 tbs
  - Green Chilly – 4-5
  - Cumin Seeds – ⅛ tsp
  - Salt – to taste
  - Lemon Juice – 1 tsp

METHOD

1. In a bowl mix together flour, gluten, salt, sugar and yeast.
2. Add curd, milk and oil and mix to form a slightly sticky dough. Knead this mixture for 10 – 12 minutes until smooth, soft and elastic.
3. Place in a well oiled bowl, apply oil on top of the dough and cover with cling film. Set aside until the dough has doubled in volume.
4. While the dough is proving, grind all the ingredients given under spice paste to a smooth thick paste.
1. Punch down the dough and roll it into a rectangle.
2. Apply the paste on the dough evenly. From the longer side roll it into a log.
3. Slice into 8 equal portions. Arrange them in a greased 8” round tin. Cover and set aside for 30 minutes.
Sathumaavu Kozhukattai

Here is a healthy Sathumaavu recipe that's great for kids and adults alike - Sathumaavu Kozhukattai - the perfect snack for your evening tea this summer!

Kalyani is a happy mommy to a 3 year old boy and a small scale mompreneur at The Tiny Tot Boo Reading Hub. She began her food blogging journey as she entered the motherhood journey. You can find her yummy recipes at Kitchen Kathukutty.
INGREDIENTS

- Sathumaavu/Health Mix - 1 cup
- Jaggery - ¾ cup
- Coconut - Few pieces
- Moong dhal - ½ cup
- Cardamom Powder - A pinch

METHOD

1. Measure and keep all ingredients ready.
2. Dry roast moong dhal in a pan till it slightly golden brown.
3. Soak it in water for sometime.
4. Dry roast the sathumaavu/multigrain flour in low flame till aroma arises and keep aside.
5. Dry roast coconut pieces too.
6. Boil some water and add jaggery to it. Use water just to immerse the jaggery.
7. Keep stirring till it dissolves. If it has impurities filter it before going to the next step.
8. Add the flour, soaked dhal, jaggery syrup, cardamom powder and coconut pieces and mix well in a vessel. Do this while the syrup is hot.
9. Roll it into small balls or any shape of your choice and steam it in an idly pot for 20 minutes.
10. Serve hot.
Homemade Whole Wheat Bread

If your family likes bread, it's worth making your own. Here is a recipe for 100% homemade whole wheat bread by Neha that is soft, moist and flavorful!

Neha is a full-time mom of 4.5 years old son. She left her job during pregnancy and started sharing her parenting experience on her blog BeingHappyMom to help new moms in their motherhood journey. She believes in unSchooling and organic way of living life.
INGREDIENTS

- Whole Wheat Flour - 4 cups
- Lukewarm water - 1 ¼ cups
- Extra Virgin Olive oil - ¼ cup
- Brown sugar - ¼ cup (you can also use honey)
- Dry Instant yeast - 2 ½ teaspoons,
- Milk powder - ¼ cup (substitute with a mix of 1/2 milk and 1/2 water)
- Coarsely ground flax seeds - 2 tablespoons
- Salt - 1 ½ tsp

METHOD

1. To ¼ cup lukewarm water, add 1 tsp from the total quantity of brown sugar and the yeast . Mix well, cover with a lid and set aside to froth.
2. Mix other ingredients in a large mixing bowl. Add frothy yeast mix. Mix well with a silicon or plastic scraper, till you get a sticky and loose dough.
3. Place the dough in a lightly greased bowl, cover it with wet cloth and set aside for 30 minutes. This is the first proofing.
4. Then transfer the sticky dough to a lightly floured work counter. Gently knead the dough for 10 minutes. Add a little flour, but not too much.
5. After 10 minutes of gentle kneading, dough will be smooth and flexible. Place it in a lightly greased bowl. Cover with a wet cloth and let it rise in a warm place until doubled in size, for around 45 minutes to 1 hour, depending upon the weather. This is the second proofing.
6. After 1 hour, take the dough out on the work table again and deflate it with your hands. Roll it up lightly into a log.
7. Place the log in a lightly greased 9x5 loaf pan. Cover with a wet cloth and let it rise for 45 minutes in a warm place. This is the third proofing.
8. Preheat the oven to 200 degree C. Brush the loaf with milk or butter or egg wash to get a golden crust. Bake at 200 C for 40 - 45 minutes.
9. Remove the bread from the oven and turn it out onto a cooling rack. When the loaf is completely cooled, wrap it in a cling film or butter paper and store at room temperature. Be sure to slice the loaf only after complete cooling.
Zero Fat Vegan Soya Cutlets

Give your kids a protein boost at snack time with these Soya and chana dal cutlets by Simran - completely zero fat and vegan!

Simran Oberoi Multani is Founder & Chief Baker at Ovenderful. She can be contacted at her Facebook Page or via Twitter. You can also see her wonderful creations on Instagram (@sim_ovenderful).
INGREDIENTS

• 1 cup boiled soya (I used nuggets)
• ½ cup chana dal, partially boiled
• 1 tsp freshly grated ginger and garlic paste
• Salt as per your preference
• 1 tbsp biryani masala
• Chopped coriander

METHOD

1. Grind all the ingredients together into a rough paste (not too smooth). If you find it has too much moisture, add a tbsp of sooji/semolina.
2. Make small discs, place them on a lightly greased baking tray and bake at 200 degrees Celsius for 20-25 minutes. Midway you need to flip all the cutlets to the other side.
Baked Fish Balls

Fish is rich in Omega 3 fatty acids but it can be hard to get kids to eat it! This kid-friendly Baked Fish Balls recipe will make them die hard seafood fans!
INGREDIENTS

- 1 pound or 500 grams of any firm fish fillet (We used Basa fillets)
- 2 medium sized Potatoes, diced into small cubes
- 1 small Onion or half of a big one, finely chopped
- 2 tablespoons of Coriander Leaves
- 1 or 2 green Chilies, finely chopped (optional)
- 1 teaspoon of Garam Masala
- 1 Egg
- ½ cup of Bread Crumbs (preferably made with whole wheat bread)

Poaching Liquid

- 4 cups of Water
- 4 cloves of Garlic, slightly bruised
- 1” knob of fresh Ginger, thickly sliced
- 1 Bay leaf
- 1 stick of Cinnamon
- 4 pods of Cardamom, slightly bruised

METHOD

1. In a saucepan, combine water, ginger slices, garlic pods, bay leaf, cinnamon stick, cardamom pods and salt and bring to a boil. Lower the heat and add the fish and cubed potatoes.
2. Poach for 5-6 minutes till the potatoes are soft and the fish is cooked through and flakes easily. Drain and let it cool. Discard the ginger slices, cardamom pods, cinnamon stick and the bay leaf.
3. In a large bowl add the poached fish, chopped onions, chopped cilantro, salt, chopped chilies, garam masala and egg. Mix it well.
4. Wrap the mixture with cling wrap and keep in the refrigerator for 4 -8 hrs.
5. Preheat the oven at 400F/ 200 C. Line a baking tray with aluminum foil and grease it well.
6. Using an ice-cream scoop, roll out 2 inch balls from the chilled potato-fish mixture. Roll each ball in the bread crumbs to coat completely.
7. Arrange the coated balls on the greased aluminum foil lined baking tray. Spray the fish balls lightly with nonstick cooking spray or brush them with oil. Bake for 30 minutes, turning the tray midway for even cooking.
8. Serve hot with green chutney and a cup of hot tea or coffee.
Mango Muesli Shots

Mangoes are loaded with essential nutrients and they're delightfully sweet too! Present the king of fruit in a different way with our Mango Muesli Shots Recipe.
INGREDIENTS

- 2 large (slightly firm) mangoes, peeled, diced & chilled
- ½ cup muesli (I used Kellogg’s)
- 2 tbsp tutti frutti bits
- 2 tbsp chocolate chips
- You will also need shot glasses to serve.

METHOD

1. In a clean and dry shot glass, put in a layer of 6-7 cubes of mango, followed by 1 tsp of muesli.
2. Top with a few chocolate chips & some tutti frutti bits.
3. Repeat the layers one more time.
4. Serve chilled.
Tricolor Bread Sushi Rolls

Get even young kids involved in the spirit of India with these easy to make, no-cook Tricolor Bread Sushi Rolls!
INGREDIENTS

- 8 slices of Whole Wheat Bread
- 4 teaspoons of Butter (½ teaspoon for each slice)
- ½ of a Carrot, cut into long thick strip
- ½ of a Radish, cut into long thick strip
- ½ of a Cucumber, cut into long thick strip

METHOD

1. Wash and pat dry the carrots, radish and the cucumber. Peel and cut into thin long strips.
2. Place a slice of bread on a flat surface. Cut off the crust.
3. Using a rolling pin to flatten the bread slightly.
4. Spread ½ a teaspoon of butter, evenly on the slice.
5. Place 1 strip each of carrot, radish and cucumber on one end of the buttered bread slice.
6. Roll up tightly to enclose the vegetable strips.
7. Cut each bread roll into half.
8. Repeat step 2 to 7 for the remaining sliced of bread
9. Serve with green chutney or ketchup.
Thank you!!

We hope you enjoyed this book. If you have any queries or suggestions, please mail us at info@mylittlemoppept.com.

You can also stay in touch with us on Facebook, Twitter, Pinterest and Instagram.

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