



MY LITTLE MOPPET

Instant Porridge Recipes for Babies

Easy Travel Recipes for Babies

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About The Author



Dr. Hemapriya Natesan is an experienced medical practitioner and Mom to two adorable kids - a 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 hema@mylittlemoppet.com or posting on her [Facebook page](#).

Introduction

Gone are the days when parents used to wait till their kids were grown up to travel. Nowadays, little babies travel everywhere, exploring the great big world with their inquisitive eyes. Of course, modern conveniences have definitely made life easier for Mom and Dad!! But in spite of everything, one point of worry for parents is what to feed their children while travelling.

With all the scare about packaged food and unhygienic food preparation in restaurants, parents would rather carry their own food with them. Needless to say, this requires quite a bit of planning, but we're here to help!!

Here is a list of convenient and healthy travel foods for babies and toddlers.

Hema

Instant Khichdi Mix Recipe/Instant Homemade Rice Cereal

Though I have posted many [instant porridge powder recipes](#) for babies, this Instant Khichdi or the instant homemade rice cereal recipe was one that has been pending for a long time. We already have a [homemade brown rice baby cereal](#) recipe, but while that one needs cooking, this is a no cook recipe. It doesn't get easier than this!

When you take cooking out of the equation, image the possibilities that this recipe opens up!! Forget about store bought cereals filled with preservatives, you have your very own instant cereal mix here! And when you're travelling, all you need is hot water, and your baby's meal is ready!

Instant Khichdi Mix Recipe/Instant Homemade Rice Cereal Recipe

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.

Instant Elaichi Wheat Dalia Porridge Powder Recipe

You're probably feeding your baby [ragi porridge](#) every day and wondering why he's turning up his nose at it. You forget that babies are little people too, and they get bored!! So unless you want a lifetime of 'nose-turning', let your munchkin get used to different tastes. If you're wondering if it's possible to have a lot of variety for something like porridge, let's assure you, it is!!

One of our most popular posts is the one on [15 Instant porridge recipes](#) and you can use this as a starting point when creating a meal plan for your baby. Today's recipe is the latest addition to our porridge series, and this time we have answered many Moms' requests for a dalia recipe. The result - Instant Elaichi Wheat Dalia Porridge Powder!

Please note that this porridge is a little lumpy, so it is better suited to babies above 8 months of age.

Instant Elaichi Wheat Dalia Porridge Powder

Ingredients

- Wheat dalia - 40 g
- Roasted Fried Gram - 20 g
- Elaichi/Cardamom - 2 to 3 pods

Method

1. Dry roast the ingredients separately.
2. Grind all the roasted ingredients together, to a powder.
3. Store in an airtight box. It will last for 1 month under clean and dry

storage conditions.



No time to prepare this powder at home? Don't worry, we prepare it hygienically and ship it to your doorstep

To make Instant Elaichi Wheat Dalia Porridge for Babies:

1. Take approximately 4 tbsp of the porridge powder mix in a heat proof bowl.
2. Add 100 ml of hot boiled water and stir well to get a thick consistency.



3. Add a teaspoon of oil or ghee to increase the energy content.



When cool, feed the porridge to your baby with a spoon. This instant porridge can also be fed to the child after reconstituting with dal, water, gravy, milk etc. Take up the nutritional quotient by adding mashed fruit like banana, chikoo, papaya or mango. See, there are so many ways to make a

plain old porridge interesting!!

Soya Wheat Porridge Powder Recipe

Soya Wheat **Porridge** can be given to babies after **8 months**. It is an ideal travel food for babies.

How to make Soya Wheat Porridge Powder at Home?



Ingredients

Whole wheat 80 g.

Whole Soyabean 20 g.

Method of preparation

1. Clean whole wheat & soyabean separately.
2. Roast wheat and soyabean in hot sand.
3. Grind these separately and mix together.

4. Store the prepared instant food in an air-tight container.

Add hot water to a tablespoon of the powder when needed, any fruit puree can be added for sweetness for toddlers.

Nutritive value per 100 gms :

Calories 363

Protein 18 .1 g.

Iron 6 .3 mg.

Carotene 136 µg

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Broken Wheat Porridge Powder Recipe for Babies

The broken wheat **porridge** powder can be given from **8 months** onwards and is an ideal travel food for babies.

How to make Broken Wheat Porridge Powder at Home?



Ingredients :

Broken Wheat 40 g.

Moong dal 20 g. (I used greengram)

Groundnut 10 g.

Method of preparation :

1. Roast broken wheat, green gram dal and groundnuts
2. Powder these roasted ingredients separately.
3. Mix all the dry ingredients.
4. Store in dry and airtight container.

Add hot water to a tablespoon of the powder when needed.

Nutritive value per 100 gms :

Calories 385

Protein 12 .24 g.

Iron 3 .21 mg.

Carotene 35 .6 µg.

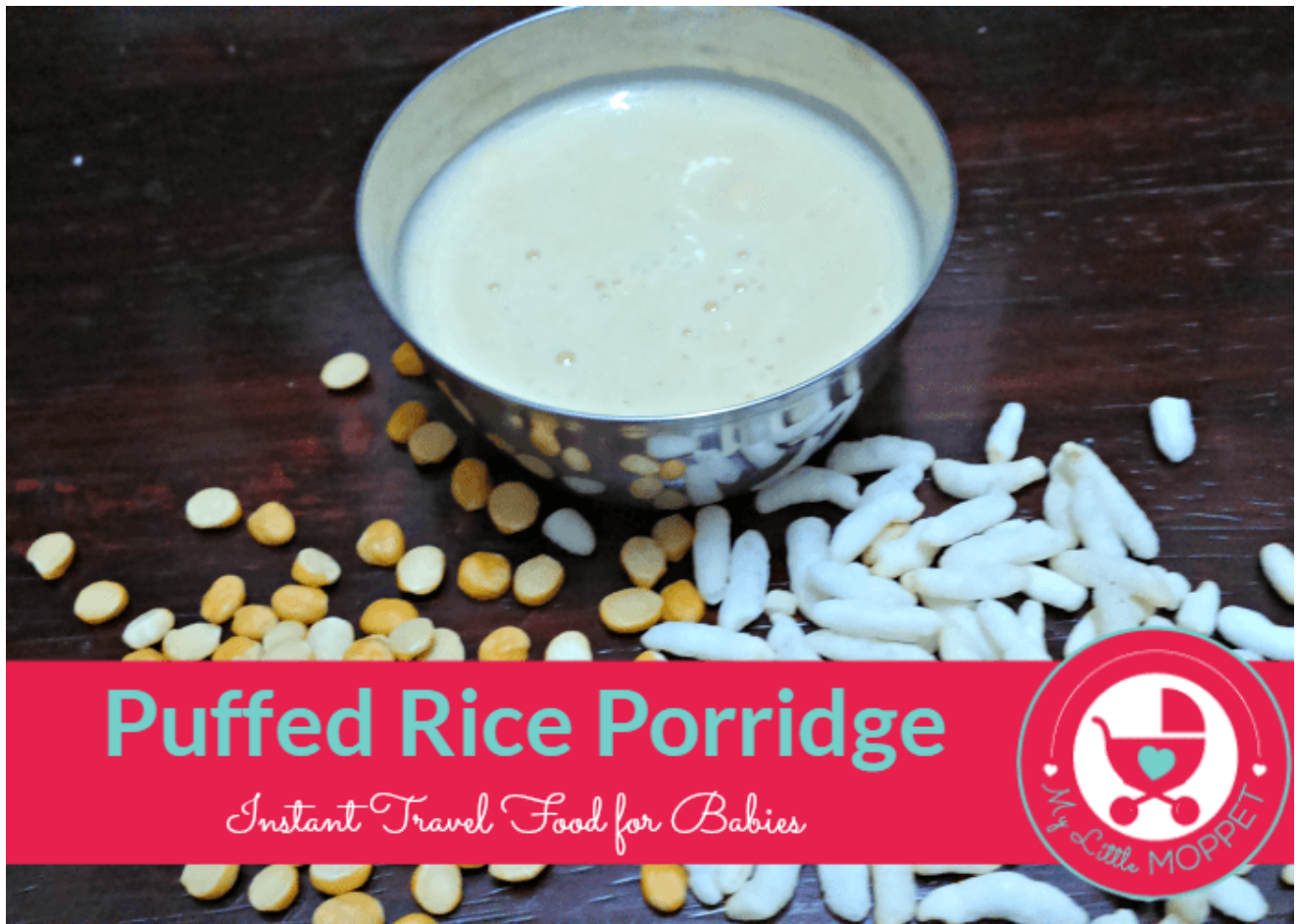
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Instant Puffed Rice Porridge for babies

The Puffed Rice porridge can be given to babies from 7 months. It is an ideal travel food for babies.

How to make Instant Puffed Rice Porridge at Home?



Ingredients :

Puffed Rice 100 g.

Bengal Gram 30 g.

(Roasted & de-husked)

Method of preparation :

1. Prepare powder of puffed rice.
2. Grind roasted Bengal gram.
3. Mix all the powdered ingredients thoroughly.
4. Store in a dry airtight container.

Add hot water to a tablespoon of the powder when needed.

Nutritive value per 100 gms :

Calories 335

Protein 10 .96 g.

Iron 7 .26 mg.

Carotene 26 µg

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Instant Rice Porridge Powder Recipe

Rice **Porridge** powder can be given from **7 months** and it is an ideal travel food for babies.

How to make Instant Rice Porridge Powder at home?



Rice Porridge Powder

Ingredients :

Raw Rice powder 150 g.

Roasted Bengal gram Dal 50 g.

Method of preparation :

1. Wash & soak raw rice in water.
2. Remove water, dry under sun, grind it. Grind roasted

Bengal gram dal.

3. Mix the two powdered ingredients.

4. Store in a dry airtight container.

Add hot water to a tablespoon of the powder when needed.

Nutritive value per 100 gms :

Calories 351

Protein 10 .3 g.

Iron 1 .85 mg.

Carotene 32 .25 µg

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Maize Porridge Recipe for Babies

The Maize **Porridge** can be given to babies after **9 months**. It is an ideal travel food for babies.

This flour is also called as Makai Ki Atta or corn flour.

How to make Maize Porridge for babies at Home?



Maize Porridge

Ingredients :

Roasted Maize Powder 50 g.

Roasted Moong dal Powder 20 g.

Roasted Til Powder (gingelly or sesame seed) 10 g.

Method of preparation:

1. Mix all the ingredients thoroughly.

2. Store in dry and air tight container.

Nutritive value per 100 gms:

Calories 377

Protein 12 .28 g.

Iron 2 .87 mg.

Carotene 61 µg.

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Sorghum / Jowar Porridge Recipe for Babies

The sorghum or jowar porridge can be given after 8 months to babies. It is also an ideal travel food for babies.

Other Names of Sorghum

1. *Egyptian Millet* in English.
2. *Cholam* in Tamil.
3. *Jwari* in Marathi.
4. *Jola* in Kannada.
5. *Jonnalu* in Telegu.

How to make Sorghum / Jowar Porridge at home?



Ingredients :

Roasted Jowar Flour 45 g.

Roasted Bengal gram Powder 20 g.

Roasted Groundnut 10 g.

Method of preparation:

1. Mix all the ingredients thoroughly
2. Store in air tight container.

When needed add hot water to a tablespoon of powder, mix well and serve.

Updated on 1.02.2015

One of the readers had tried this porridge without Besan powder (as her baby didn't like the taste) and had turned out very tasty.

Nutritive value per 100 gms:

Calories 388

Protein 11 .80 g.

Iron 4 .06 mg.

Carotene 43 .75 µg.

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Bajra / Kambu Powder Recipe for Babies

Bajra or Pearl Millet is a grain that is common in several parts of India, particularly the west. However, today, it is quite the forgotten grain as people consume mostly rice and wheat, even if they opt for unprocessed versions. The fact is that it is extremely healthy, even for babies! It's a good source of fiber and rich in vitamins and minerals.



Other Names for Pearl Millet

1. *Kambu* in Tamil
2. *Sajje/ kambu* in Kannada.

3. *Sajjala* in Telugu.

4. *Kambam* in Malayalam

Today, we have the recipe for a Bajra/Kambu Powder Mix for babies. It can be given after **8 months** and is the perfect travel food.

Bajra/Kambu Powder Mix for Babies



Ingredients :

- 50 g Bajra/Pearl Millet
- 20 g Moong dal
- 10 g Til/Sesame seeds (optional)

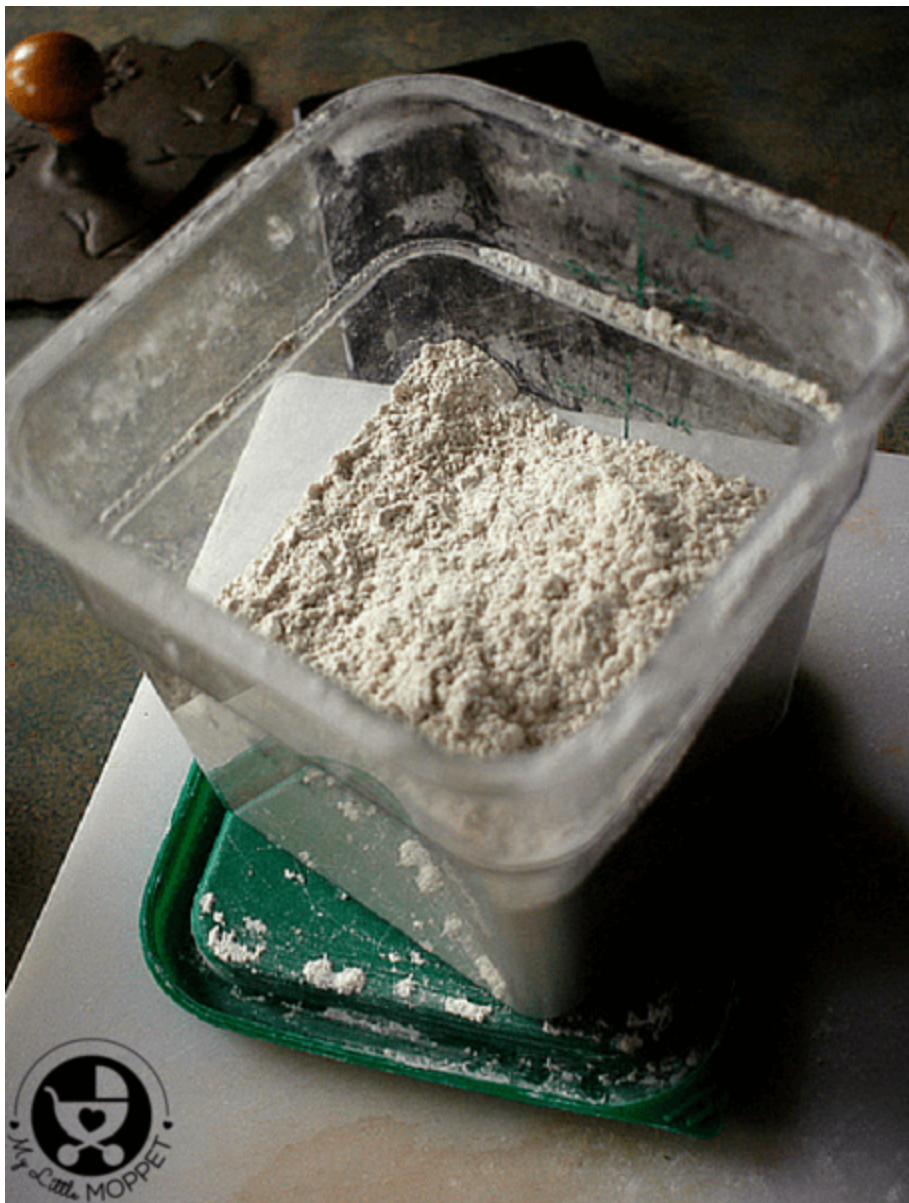
Method:

1. Clean and de-husk the millets.
2. Roast the millet, moong dal and til seeds separately.

3. Once cool, grind each ingredient separately. Finally, mix all the powders together.



4. Store the powder mix in a clean, dry and airtight container.



To make the cereal for your baby, put a tablespoon of the powder mix in a bowl and add hot water. Stir well and serve.

You can also buy our Instant Bajra Moongdal Powder from [here](#).

Nutritional value per 100 grams :

Calories 385

Protein 12 .53 g.

Iron 5 .71 mg.

Carotene 82 µg.

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Bajra / Kambu Powder

Recipe Type: Health Powder

Cuisine: Indian

Author: Hemapriya

Prep time: 2 hours

Cook time: 5 mins

Total time: 2 hours 5 mins

Give your baby the benefits of one of India's oldest grains, bajra, with this easy to make Bajra/Kambu Powder Mix.

Ingredients

- Bajra 50 g.
- Moong dal 20 g.
- Til/Sesame seeds 10 g. (optional)

Instructions

1. Clean and de-husk the bajra.
2. Roast the bajra, moong dal and til seeds separately.
3. Once cool, grind each ingredient separately. Finally, mix all the powders together.
4. Store the bajra powder mix in a clean, dry and airtight container.
5. To make the bajra cereal for your baby, put a tablespoon of the powder mix in a bowl and add hot water. Stir well and serve.

Poha / Rice Flakes Porridge Powder Recipe

Poha or Riceflakes **Porridge** can be given from **6 months** after introduction of all basic foods. It is an ideal Travel food for babies.

How to make Poha or Riceflakes Porridge powder at home?



Poha Porridge Powder

Ingredients :

Poha / Rice Flakes 100 g.

Moong dal 30 g.

Method of preparation :

1. Roast Poha and Moong dal separately.
2. Grind the ingredients individually and mix thoroughly.

3. Store in a dry airtight container.

*Add hot water to a tablespoon of the powder when needed, **fruit purees** can be added for sweetness.*

Nutritive value per 100 gms :

Calories 346

Protein 10 .73 g.

Iron 16 .28 mg.

Carotene 38 µg

*This is one of the post for the **Travel Series**, do check out other articles on tips for travelling with kids, instant recipes for babies and toddlers, kids friendly travel destinations, kids travel accessories.*

Moongdal Ragi Powder Mix Recipe

The Moongdal Ragi **Porridge** Powder can be given after **7 months** and is an ideal travel food for babies.

How to make Moongdal Ragi Porridge Powder at home?

Ingredients :

Roasted Ragi Powder 65 g.

Moong Dal 30 g.

Groundnut 15 g.

Method of preparation :

1. Roast Moong dal and Groundnuts separately.
2. Roast the ragi powder in a kadai till aroma arises and then add them to the moong dal and groundnut powder.
3. Powder these roasted ingredients separately.
4. Mix thoroughly.
5. Store in dry airtight container.

How to cook the instant porridge?

- Take about 4 Table spoons of mix.

- Add 100 ml of boiled hot water to get a thick consistency. Please stir continuously as you mix water with the powder to prevent lump formation
- Add a teaspoon of ghee to increase the energy content.
- Feed the infant with the spoon.
- The instant porridge can also be fed to the child after reconstituting with dal, water, gravy, milk etc.
- Mashed fruit (Banana, Chiku, Papaya, Mango, etc.could also be added to the food).

No time to prepare this powder at home? Don't worry, we prepare it hygienically and ship it to your doorstep

Nutritive value per 100 gms :

Calories 366

Protein 14 .56 g.

Iron 3 .8 mg.

Carotene 38 .18 µg.

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Instant Ragi Porridge Powder Recipe

The Instant Ragi **Porridge** Powder can be given after **7 months** and is an ideal travel food for babies.

How to make Instant Ragi Porridge at home?



Instant Ragi porridge

Ingredients :

Roasted **Ragi Powder** 100 g.

Roasted Bengal gram Powder 50 g.

Method of preparation :

1. Mix the powdered ingredients thoroughly.
2. Store in dry airtight container.

*Add hot water to a tablespoon of the powder when needed, **fruit puree** can*

be added for sweetness.

Update: You can check out the method of preparation of the Instant Ragi Porridge in this video. The same method is used for preparing all of our Instant Mixes.

<https://youtu.be/5iVQ2svDwxA>

Nutritive value per 100 gms :

Calories 341

Protein 12 .36 g.

Iron 5 .76 mg.

Carotene 65 .66 µg

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Instant Soya Rice Porridge Powder Recipe

This instant soya rice **porridge** can be given after **8 months** and is an ideal travel food for babies.

How to make Instant Soya Rice Porridge Powder at home?



Ingredients :

- Rice 30 g.
- Soyabean 20 g.

Method of preparation :

1. Roast rice and Soyabean separately.
2. Grind rice and Soyabean and mix together.
3. Store in an air tight bottle.

How to cook the instant porridge?

- Take about 4 Table spoons of mix.
- Add 100 ml of boiled hot water to get a thick consistency. Please stir continuously as you mix water with the powder to prevent lump formation
- Add a teaspoon of ghee to increase the energy content.
- Feed the infant with the spoon.
- The instant porridge can also be fed to the child after reconstituting with dal, water, gravy, milk etc.
- Mashed fruit (Banana, Chiku, Papaya, Mango, etc.could also be added to the food).

No time to prepare this powder at home? Don't worry, we prepare it hygienically and ship it to your doorstep

Nutritive value per 100 gms :

Calories 390

Protein 11 g.

Iron 2.29 mg.

Carotene 85 µg

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and toddlers, kids friendly travel destinations, kids travel accessories.

Instant Groundnut Poha Porridge Powder Recipe

This instant groundnut poha porridge powder can be given after 8 months and is an ideal travel food.

How to make Groundnut Poha Porridge Powder at Home?



Poha & Groundnut Porridge Powder

Ingredients :

Poha (Rice Flakes) 100 g.

Bengal gram 30 g.

Groundnut 20 g. (Roasted)

Method of preparation:

1. Roast Poha (roast them to a light brown but do not overburn them) and grind.
2. Grind roasted Groundnut (without skin) & Bengal gram separately.
3. Mix all thoroughly. Store in dry airtight container.

*Add hot water to a tablespoon of the powder when needed, **fruit purees** can be added for sweetness.*

Nutritive value per 100 gms:

Calories 381

Protein 12 .39 g.

Iron 15 .63 mg.

Carotene 22 .6 µg

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Groundnut Wheat Porridge Powder Recipe

The Wheat Groundnut Powder porridge can be given from **8 months** and is an ideal travel food for babies.

How to make Groundnut Wheat Porridge Powder at home?

Ingredients :

Wheat 60 g.

Green gram dal or Moong Dal 25 g.

Groundnut 15 g.

Method of preparation :

1. Roast wheat , green gram dal and groundnuts
2. Powder these roasted ingredients separately.
3. Mix thoroughly.
4. Store in dry and airtight container.

How to cook the instant porridge?

- Take about 4 Table spoons of mix.
- Add 100 ml of boiled hot water to get a thick consistency. Please stir continuously as you mix water with the powder to prevent lump formation
- Add a teaspoon ghee to increase the energy content.
- Feed the infant with the spoon.
- The instant porridge can also be fed to the child after reconstituting with dal, water, gravy, milk etc.
- Mashed fruit (Banana, Chiku, Papaya, Mango, etc.could also be added to the food).

No time to prepare this powder at home? Don't worry, we prepare it hygienically and ship it to your doorstep

Nutritive value per 100 gms :

Calories 381

Protein 17 .13 g.

Iron 4 .61 mg.

Carotene 50 .65 µg

*This is one of the post for the **Travel Series**, do check out our tips for travelling with kids, instant recipes for babies and toddlers, kids friendly travel destinations, kids travel accessories for Hassle Free Travel with Kids.*

Green Gram Wheat Porridge Powder Recipe

The Green gram wheat **porridge** powder can be given after **6 months** after the introduction of wheat and green gram separately. It is an ideal travel food for babies.

How to make Greengram Wheat Porridge Powder at Home?



Ingredients :

- Whole wheat 25 g.
- Whole moong (green gram) 10 g.

Method of preparation :

1. Clean whole wheat & whole green gram properly.
2. Roast wheat & green gram separately in hot sand.
3. Grind these individually, and mix together.
4. Store the prepared instant food mix in a dry and airtight bottle.

*Add hot water to a tablespoon of the powder when needed, **fruit Purees** can be added for sweetness. If you're short on time, you can skip making the*

powder and buy our *Instant Moong Dal Wheat Porridge Powder*.

Nutritive value per 100 gms :

- Calories 343
- Protein 15 .3 g.
- Iron 5 .3 mg.
- Carotene 72 .59 µg

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Homemade Wheat Porridge Powder Recipe

This Wheat Porridge Powder can be given from 8 months of age and is a ideal travel food for babies.

How to make Wheat porridge powder at home?



Wheat Porridge Powder

Ingredients :

- Wheat 100 g.
- Roasted Bengal gram Dal 30 g.
- Groundnut 20 g.

Method of preparation :

- Clean and roast wheat and groundnut separately (*Remove the outer skin of groundnut*).
- Grind roasted bengal gram dal and roasted groundnut and wheat separately to a fine powder.

- Mix all the ingredients thoroughly.
- Fill in dry air tight container and store.

When needed, to tablespoon of the food mix add hot water , mix well and serve.

Nutritive Value Per 100 gms :

- Calories 386
- Protein 11 .64 g.
- Iron 3 .75 mg.
- Carotene 51 .5 µg

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Makhana/Lotus seeds Porridge for Babies during Travel

So here comes the much awaited NO COOK Recipes. Many readers were emailing to ask to post any easy to make no cook recipe that is ideal to feed the baby during travelling. As I was exploring many options, one of the readers, Nidhi Sinha suggested this Makhana Porridge or Makhana Kheer or Lotus Seeds porridge recipe and it came out great and very easy to make too.

Lotus seeds are very healthy and nutritious for the babies and this powder is very easy to carry during travel and feed the baby. Please don't forget to follow the [3 Day Rule](#) before introducing any new foods for the baby.

How to make Makhana Porridge/Makhana Kheer for babies?

Ingredients

- 100 gms of Makhana
- 1 teaspoon of jaggery (for sweet version - makhana kheer for babies above 1 year)
- 1/2 teaspoon of jeera (for savoury version)

Method

1. Makhana seeds can be bought in any grocery store, make sure there is no added ingredients.



2. Cut them into half to check for worms



3. Dry roast them to a golden brown.





4. Powder the roasted seeds.



5. Sieve it to a fine powder .



6. Store them in an airtight container.

7. When needed, to a 2 tablespoon of powder add 30 ml of warm water , mix without lumps and serve.

8. For older babies, a pinch of salt and jeera powder can be added to enhance the taste.

Update: It seems that many babies didn't like the bland taste, as per my Facebook page fans, so here is a solution. For the savory version, add a pinch of jeera or ajwain powder. For the sweet version, add fruit purees for babies under one year and a spoon of jaggery syrup for toddlers.

How can you give your baby different types of Makhana Porridges ?

Makhana can be bland for babies, you can try out these yummy combinations listed below

1. **Banana Makhana Cereal**
2. **Organic Makhana Wheat Dalia Porridge Mix**
3. **Organic Makhana Kheer**

Nutritional benefits of Makhana/ Lotus seeds for Babies

100 gms yield about 350 calories of energy.

1 ounce of lotus seeds has approximately 5 gms of proteins.

They are very good source of protein, magnesium, potassium and phosphorous.



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