



# how to mix **nutrition** with love ?

Healthy Recipes for your Kids



Super Speciality Hospital



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## Introduction

Nutrition is the foundation stone in the growth and development of children and has a direct impact on their well being. Also as parents we must inculcate good eating habits in our children such that they reap the benefits of leading a healthy life as adults. Eating a Healthy diet provides with all the essential nutrients required by the body for growth and development. Encourage them to eat a variety of foods to get all the nutrients to be healthy.



## The 5 Power Secrets for kids:

1. **Don't skip breakfast:** Breakfast is the most important meal of the day. Eating a healthy breakfast gives your child all the energy to work and play as well as the vitamins and minerals they need for good health.
2. **Power of 5- a- day serving:** Five servings of fruits and vegetables a day is a great way to begin a healthy lifestyle. So encourage your child to have different color fruits and veggies daily.
3. **Smart snacking:** Your child needs three well balanced meals plus at least two nutritious snacks. Children run out of fuel in the late morning and late afternoon which can lead to low blood sugar levels and diminished concentration. Let your child nibble or graze on nutritious snacks in-between meals.
4. **Perk up Proteins:** Children are in their growing age hence their need for proteins are high. Include protein rich foods like milk and its products, lentils, soya beans, eggs, nuts, meat and fish in your child's diet.
5. **Fluids a must:** Encourage your child to drink plenty of fluids like water, juices, soups, buttermilk, milk etc.

This booklet gives you recipes from soups and shakes to nutritious snacks and tiffin for your child. Let your family feast on delicious recipes that are easy to create, fantastic for health and great to relish.



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# RECIPES

## SOUPS

- Green Pea Soup
- Cheese Soup
- Broccoli Soup
- Mulligatwani Soup
- Tomato Barley Soup
- Veg Noodle Soup

## SHAKES AND SMOOTHIES

- Fig and Apricot Shake
- Oats, Dates and Almond Shake
- Apple Cinnamon Shake
- Kiwi Strawberry Smoothie
- Cucumber Lemonade Chiller

## TIFFIN SNACKS

- Healthy Burger
- Popeye Pizza
- Oats Idli with Yellow Pumpkin Dip
- Paneer Pie
- Checker Board Sandwich
- Frankies

## SNACKS

- Jowar Onion Puri
- Broccoli Tikki
- Khatti Meethi Tokri
- Paneer Lollypop
- Cheesy Wheels
- Sesame Noodles

## DESSERTS

- Marmalade Pancake
- Orange Cheese Cake
- Apple and Cheese Toast
- Peach Mousse
- Semolina Cake
- Chocolate Banana Burger



peas are much more than a satisfying factor as they are packed with high protein, and also great source of Vitamin C and k.





# GREEN PEA SOUP

No. of serving: 1 | Portion Size: 1 bowl

Calories: 240 Cal | Protein: 6gms

## INGREDIENTS

- 5 gm, Butter
- 10 gm, Onion
- 10 gm, Carrot
- 100 gm, Fresh peas
- a sprig, Mint / Coriander
- a pinch, Sugar (optional)
- to taste, Salt
- a dash, Pepper
- 250 ml, Vegetable stock
- 5 gm, Refined flour (maida)
- 30 ml, Milk
- 15 gm, Cream (for garnishing)

## METHOD

1. Heat the butter in a saucepan. Sauté the chopped onion & carrot
2. Add shelled peas, mint/coriander, seasoning & stock. Cook covered for 30 mins
3. Sieve / liquidize & strain the soup & return to the rinsed pan
4. Make a paste of the flour & the milk & add to the soup
5. Cook for 5 mins stirring constantly
6. Serve garnish with a swirl of cream







# CHEESE SOUP

No. of serving: 1 | Portion Size: 1 bowl

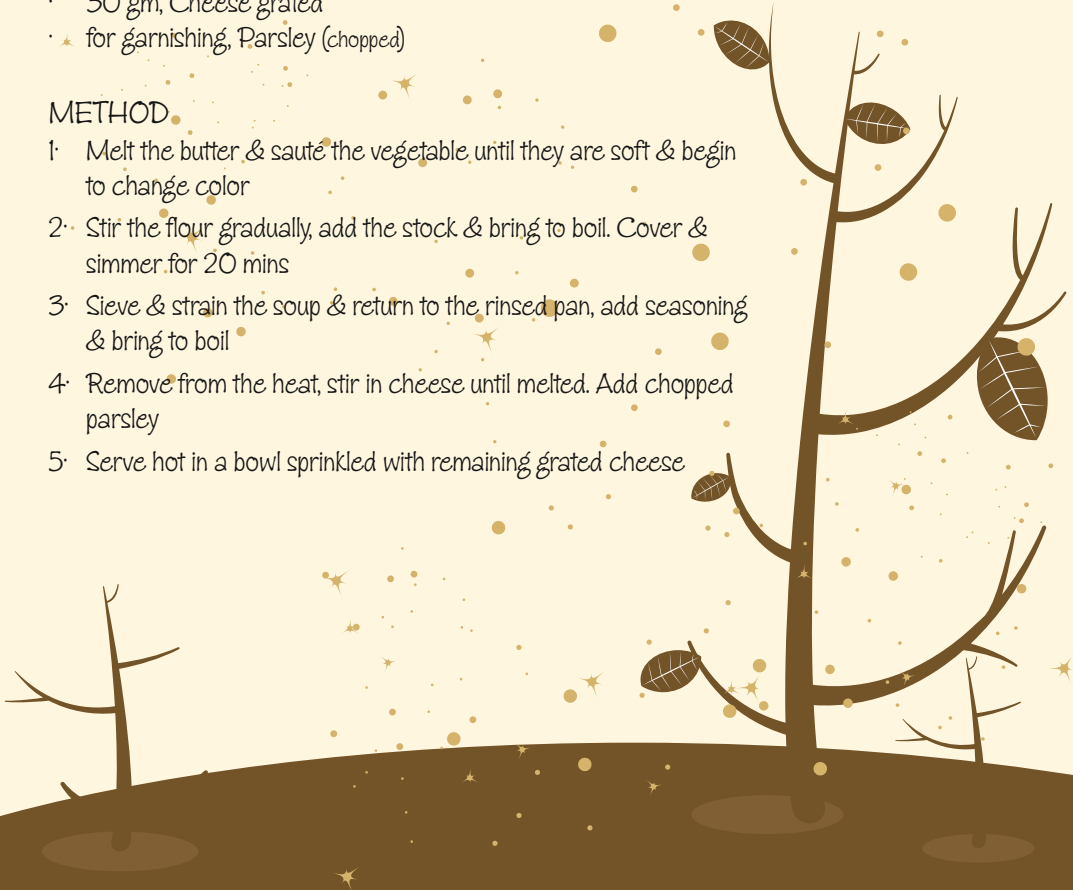
Calories: 255 Cal | Protein: 12gms

## INGREDIENTS

- 10 gm, Butter
- 30 gm, Onion
- 20 gm, Carrot
- 20gm, French Beans (chopped)
- 5 gm, Refined flour / maida
- 250 ml, Vegetable stock
- ¼ tsp, Salt
- a dash, Pepper
- 30 gm, Cheese grated
- for garnishing, Parsley (chopped)

## METHOD

1. Melt the butter & sauté the vegetable until they are soft & begin to change color
2. Stir the flour gradually, add the stock & bring to boil. Cover & simmer for 20 mins
3. Sieve & strain the soup & return to the rinsed pan, add seasoning & bring to boil
4. Remove from the heat, stir in cheese until melted. Add chopped parsley
5. Serve hot in a bowl sprinkled with remaining grated cheese





broccoli is packed with goodness and a powerful antioxidant and also a good source of iron, folate and excellent source of vitamin c and potassium.







# BROCOLLI ALMOND SOUP

No. of serving: 2 | Portion Size: 2 bowls

Calories: 255 Cal | Protein: 11gms

## INGREDIENTS

- 400 gms, Broccoli
- 1, Onion (chopped)
- 2, Celery stalk (chopped)
- 2 cloves, Garlic (chopped)
- 1 cup, Milk
- 10-12, Almonds (roasted & sliced)
- to taste, Salt & pepper
- 1 tbsp, Cream (optional)

## METHOD

1. Soak the broccoli in salt water for 10-12 mins
2. Drain, wash & keep aside
3. To 2 cups of water add broccoli, onion, garlic & celery & bring to boil
4. Cook for 5 mins
5. Cool this mixture & liquidize until smooth
6. Add milk, salt, pepper & mix well. Bring to boil
7. Stir in almonds slivers
8. Garnish with cream & serve hot



Nutty and earthy in flavor, lentils have a high nutritional value, are packed with dietary fiber, protein and valuable nutrients including folate and magnesium.





# MULLIGATWANY SOUP

No. of serving: 1 | Portion Size: 1 bowl

Calories: 200 Cal | Protein: 8gms

## INGREDIENTS

- 20 gm, Lentils
- 5 gm, Butter
- 20 gm, Carrot
- 20 gm, Onions
- 20 gm, Apple
- ½ tsp, Curry powder
- 240 ml (1 cup), Vegetable stock water
- to taste, Salt
- a dash, Pepper powder
- 15 gm, Cooked rice
- 1 tsp, Lemon juice
- a few for the garnish, Coriander/ parsley leaves

## METHOD

1. Wash and soak dal for 20 min.
2. Melt butter in a saucepan and add the chopped vegetables and the peeled and chopped apple. Fry until they are soft and just begin to color (3-4 min). Stir in the curry powder and fry for 2-3 seconds only.
3. Add the lentil, stock and seasoning and bring to a boil. Cover and simmer it for 30 min.
4. Sieve/ liquidize and strain the soup and return to the rinsed pan.
5. Add the cooked rice. Bring back to a boil for 2-3 min.
6. Add lemon juice and serve sprinkled with chopped coriander/ parsley.





Barley is a versatile and nutritious grain enriched with vitamin A, folate, protein and selenium





# TOMATO BARLEY SOUP

No. of serving: 3 | Portion Size: 3 bowls

Calories: 146 Cal | Protein: 3.7gms

## INGREDIENTS

- 100 gm, Chopped onions
- 100 gm, Chopped celery
- 100 gm, Chopped carrots
- 2 tsp, Minced garlic
- 2 tsp, Vegetable oil
- 400 ml, Veg broth
- 2, Diced tomatoes
- 100 gm, Tomato juice
- 60 gm, Uncooked barley
- a dash, Grounded black pepper
- to taste, Salt

## METHOD

1. In a large saucepan over medium heat, combine the onions, celery, carrots, garlic and oil and sauté for 5-10 minutes, or until all the vegetables are almost tender.
2. Then add the veg broth, fresh tomatoes, tomato juice, barley, salt and ground black pepper
3. Stir thoroughly and bring to boil. Reduce heat to low and simmer for 35-40 minute, or until barley is tender.







A refreshing soup with fresh tomatoes which provide valuable amount of antioxidants, as well as lycopene which protects against certain types of cancer



# VEGETABLE NOODLE SOUP

No. of serving: 4 | Portion Size: 4 bowls

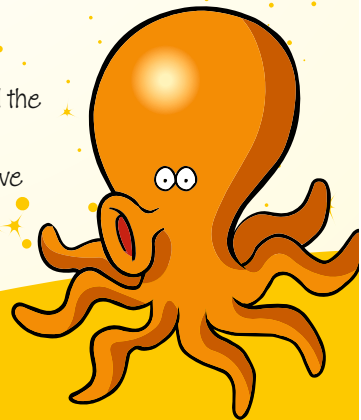
Calories: 266 Cal | Protein: 10.6gms

## INGREDIENTS


- 2 tbsp, olive oil
- 1, Onion (roughly chopped)
- 3, cut into large chunks, carrots
- 100 gm, beans
- 200 gms, tomatoes
- 1 tbsp, tomato puree
- 1 tsp, dried oregano
- 50 gm, washed and thinly sliced, bell pepper
- 1.5 l, vegetable stock
- 50 gm, whole wheat noodle
- 100 gm, red kidney beans (boiled)
- 2 tbsp, parsley
- 50 gm, freshly grated cheese
- to taste, Salt & Ground black pepper

## METHOD

1. Heat the olive oil in a pan add onions and cook over a low heat for about 5 minutes.
2. Add carrots, beans, chopped tomatoes, bell pepper, tomato puree, dried oregano and stir.
3. Pour in the vegetable stock or water and bring to the boil. Stir well, cover the pan and simmer for 30 minutes, stirring occasionally
4. Add the noodles to the pan and bring quickly to the boil, stirring. Lower the heat and simmer, uncovered for about 8 minutes until the noodle is done.
5. Stir in the boiled kidney beans. Heat for 2-3 minutes, then remove the pan from the heat and stir in the parsley
6. Serve hot, sprinkle with grated cheese.





A close-up photograph of a smoothie in a clear glass jar. The smoothie is a light brown color with small, dark red specks, likely from raspberries. Three slices of dried figs are arranged in a fan shape on top of the smoothie. The figs have a yellowish interior and a dark purple exterior. The jar is set against a blurred background of green foliage.

This shake makes a good start for the day, packed with iron, fibre, natural sugar and protein; these dry fruits will provide with energy and also satiate hunger.





# FIG AND APRICOT SHAKE

No. of serving: 1 | Portion Size: 1 glass

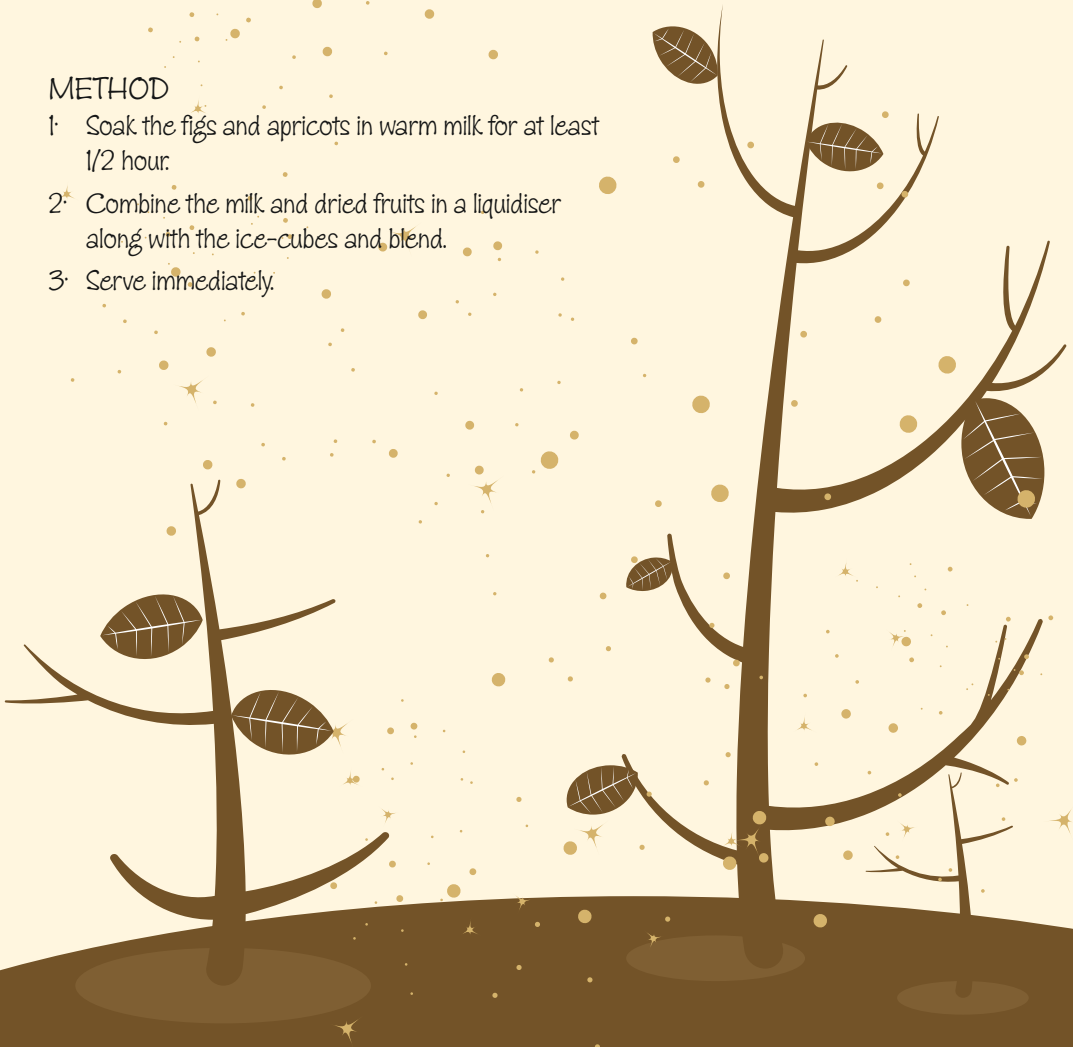
Calories: 192 Cal | Protein: 8.5gms


## INGREDIENTS

- 5 slices, Dried figs (anjeer)
- 4, deseeded, dried apricots (kummani / jardalu)
- 1 cup, Milk
- 4-5, Ice cubes

## METHOD

1. Soak the figs and apricots in warm milk for at least 1/2 hour.
2. Combine the milk and dried fruits in a liquidiser along with the ice-cubes and blend.
3. Serve immediately.



A close-up photograph of a glass filled with a thick, brown, creamy smoothie. The smoothie is topped with several dark, wrinkled raisins and sliced almonds. The glass is set against a red background. The smoothie has a textured appearance with some visible chunks of oats or fruit.

Easy to prepare and a tasty  
nutritious breakfast drink loaded  
with protein and vitamins &  
minerals, for your kid.



# OATS-DATE-ALMOND MILKSHAKE

No. of serving: 1 | Portion Size: 1 glass

Calories: 258 Cal | Protein: 11gms




## INGREDIENTS

- 1½ tbsp, Roasted Oats
- 2 pcs, Seedless dates (chopped)
- 15 gms, Almonds (chopped)
- 1 glass, Cold Milk
- 1 teaspoon, Honey or powdered sugar
- a pinch, Cinnamon

## METHOD

1. Place all ingredients in a liquidizer jar & blend until smooth.
2. If the mixture feels little thick, add 2-3 ice cubes & blend again.
3. Pour into a tall glass & serve.





A satiating fruity in-between  
snack.....that can be made in a jiffy.  
The antioxidants from soya,  
fiber from apples and the milk gives  
you enough calcium and protein.



# APPLE CINNAMON SOYA SHAKE

No. of serving: 4 | Portion Size: 4 glasses

Calories: 221 Cal | Protein: 7gms

## INGREDIENTS

- 3, apples (chopped)
- 1 cup chilled, soya milk
- 2 cups chilled, milk
- ½ tsp, cinnamon powder
- to taste, Sugar

To Serve ice-cubes

## METHOD

1. Blend the apple and sugar in a blender to a smooth purée using a little milk.
2. Add the cinnamon powder, soya milk and milk and blend again.
3. Pour into glasses and top with ice cubes. Serve chilled.

# Substitute apple with mangoes





Kiwi is a powerhouse of nutrition, low in calories but high in fiber and brimming with Vitamin C.



# KIWI STRAWBERRY SMOOTHIE

No. of serving: 1 | Portion Size: 1 glass

Calories: 185 Cal | Protein: 3gms

## INGREDIENTS

- 1, Banana
- 6, Strawberry
- 1, Kiwi
- 1 small cup, Frozen yoghurt
- 120 ml, blended pineapple & orange juice

## METHOD

1. Place the banana, strawberries, kiwi, yoghurt and pineapple & orange juice in the blender.
2. Blend it smooth and serve chilled.





Cool refreshing drink rich in vitamin C,  
with the freshness of cucumber.





# CUCUMBER-LEMONADE CHILLER

No. of serving: 2 | Portion Size: 2 glasses

Calories: 185 Cal | Protein: 2gms

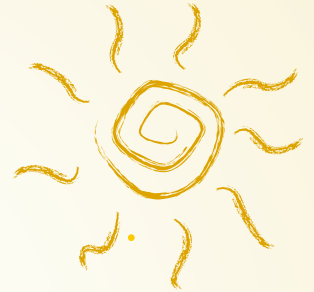
Nutrition Bonus: Vitamin C (32% daily value).


## INGREDIENTS

- 3 cucumbers
- 1 tbsp, fresh mint (chopped), plus 4 sprigs for garnish
- 1 cup water
- 1 tbsp lemon juice
- 2 tbsp honey

## METHOD

1. Cut 12 thin slices of cucumber for garnish.
2. Peel and chop the rest of the cucumber; transfer to a food processor; add mint and puree. Pour the puree through a fine-mesh strainer set over a medium bowl. Press on the solids to extract all the juice. Add water, lemon juice and honey to the cucumber juice; stir until the honey is dissolved. Pour into 2 glasses and garnish with cucumber slices and mint sprigs.



A dynamic photograph showing a thick, white, creamy liquid (lassi) being poured from a large glass pitcher into two smaller glasses. The liquid is splashing and creating a frothy head. The two glasses in the foreground are already filled with the same liquid and topped with a dusting of ground pistachios and a few whole pistachios. The background is a plain, light color.

Traditional Indian Drink  
which is calcium rich  
and also good for  
strengthening the  
immune system.



# SWEET PUNJABI LASSI

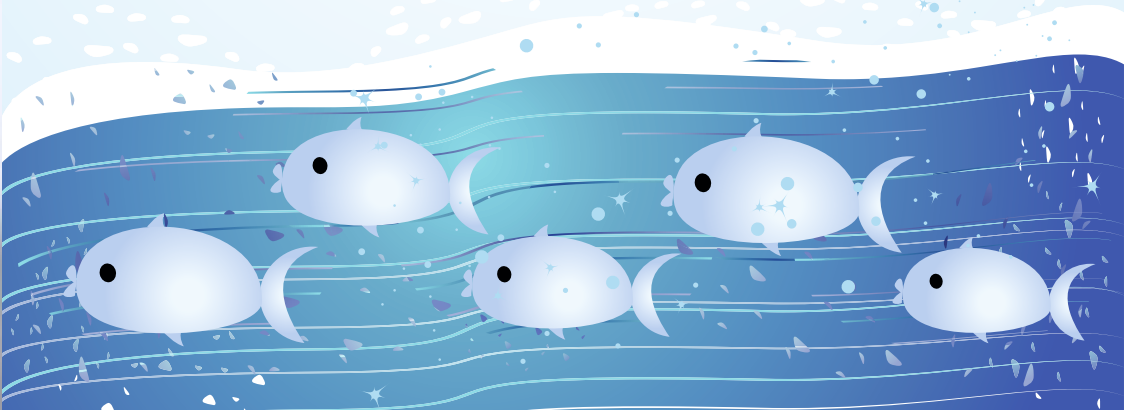
No. of serving: 2 | Portion Size: 2 glasses  
Calories: 232 Cal | Protein: 8gms

## INGREDIENTS

- 200 gm, Chilled curd
- 2 tsp, Sugar
- 200 ml, Water
- ½ tsp, Cardamom powder
- 1 pinch, Saffron
- 6-7, Almonds
- 2-3, Shelled Pistachios
- 1 tsp, Rose Water
- Ice cubes

## METHOD

- 1 Take the yoghurt, cardamom powder, water and sugar in a blender.
- 2 Serve in tall glasses.
- 3 Add crushed ice cubes, garnish with some cardamom powder and sliced almonds.
- 4 Serve the lassi.



Healthy burgers, is an ideal snack to prevent your little ones from binging on high-fat junk foods. It is loaded with veggies and is so delicious that your child will not refuse it!







# HEALTHY BURGERS

No. of serving: 6

Calories: 225 Cal | Protein: 4gms

## INGREDIENTS

### for The Cutlets

- 2 tsp, Oil
- 2 ¼ cups, finely chopped mixed vegetables (carrots, french beans, potato and cabbage)
- ¼ tsp, turmeric powder (haldi)
- to taste, Salt
- 1 tbsp, whole wheat flour or plain flour
- 1 tbsp, Coriander (finely chopped)
- 1 tsp, green chilli paste
- ¼ tsp, oil for greasing

### Other Ingredients

- 6, brown bread buns
- 6 tbsp, low-calorie mayonnaise
- 2 tbsp, tomato ketchup
- 12, lettuce leaves
- 6, Sliced onions
- 12, Cucumber slices
- 12, tomatoes slices
- to taste, Salt



## METHOD

### for the cutlets

1. Heat the oil in a deep non-stick pan and add the mixed vegetables, turmeric powder and salt. Cover and cook on a slow flame till the vegetables are cooked, stirring once in between.
2. Sprinkle the flour on the vegetables, mix and cook again for a few minutes.
3. Mash the vegetables lightly, add the coriander and green chilli paste and mix well. Cool slightly.
4. Divide the mixture into 6 equal portions and shape each portion into a round, flat cutlet.
5. Grease a non-stick tava lightly with oil and cook each cutlet till they turn light brown in colour from both the sides.

### How to proceed

1. Cut each bun horizontally into two and toast them lightly on a tava.
2. On the lower half of each bun spread 1 tbsp of mayonnaise, 1 tsp of the tomato ketchup and place 2 lettuce leaves over it.
3. Place a cutlet on it and top with 1 onion slice, 2 cucumber slices, 2 tomato slices and sprinkle a little salt over it.
4. Finally sandwich it with the remaining half of the bun and press it lightly.
5. Repeat with the remaining ingredients to make 5 more burgers.



Bright vibrant spinach is full of minerals and vitamins and a must to all kids' diet.



# POPEYE PIZZA

No. of serving: 1 (6"pizza)

Calories: 225 Cal | Protein: 13gms

## INGREDIENTS

- 1, Pizza base, 6" in diameter
- 1 cup, Spinach (boiled & chopped)
- 1, Onions (finely chopped)
- 2, Medium sized capsicums (chopped)

for the marinade

- 1 tsp, Chilli sauce
- 1 tsp, Vinegar
- 1 tsp, Soya sauce
- 2 tbsp, Tomato sauce
- ½ tsp, Sugar
- to taste, Salt

for the white sauce

- 2 tbsp, Flour
- 1 cup, Milk
- ½ tsp, Garlic paste
- 1 tbsp, Butter
- to taste, Salt and pepper

for the topping

- 75 gm, Mozzarella cheese, grated
- 75 gm, Cottage cheese, grated

## METHOD

1. Mix all the ingredients of the marinade.
2. Marinate the chopped onion and capsicum in this mixture for about 30-45 min.
3. For the white sauce, heat the butter. Fry the garlic paste in it and sauté the flour.
4. Add milk and stirring continuously cook to make a thick white sauce.
5. To this add the spinach, salt and pepper.
6. Spread the marinated mixture on each pizza base.
7. On this spread a thick layer of the white sauce.
8. Sprinkle cheese & paneer and bake.
9. Serve hot.







Healthy snacks with the benefits of oats, to give your child all the energy he needs.







# OAT IDLIS WITH PUMPKIN DIP

No. of serving: 6 (2 piece in each serving)

Calories: 207 Cal | Protein: 7gms

## INGREDIENTS

- 1 cup, Instant oats
- 4-5 tbsp, Yogurt
- ½ tsp, Baking soda
- to taste, Salt
- ½ cup, Semolina
- ½ cup, Finely diced veggies
- 1 cup, Water

## METHOD

- Dry roast the oats for 5-6 minutes. Cool and grind into a coarse powder.
- Mix the oats powder, semolina, vegetables, yogurt and salt.
- Slowly add water till the mixture achieves a batter-like consistency and add soda.
- Pour into greased idli moulds and steam for 8-10 minutes.

# YELLOW PUMPKIN DIP

## INGREDIENTS:

- 200 gm, Pumpkin
- to taste, Salt
- a sprig, curry leaves
- 100 gms, Yogurt
- ¼ tsp, Mustard seeds
- ½ tsp, Oil

## METHOD

1. Steam or boil 200gm finely grated yellow pumpkin in a cup of water for 2-3 minutes.
2. Squeeze out the excess water.
3. Mix the pumpkin with ½ cup thick yogurt and add salt to taste.
4. In a small pan heat ½ tsp oil. Add ¼ tsp mustard seeds. When the seeds start to splutter add a few curry leaves. Pour the tempering on the yogurt.





Cottage cheese or paneer is packed full of proteins and minerals that help protect your body, bones, and health while also keeping that belly full and content.



# PANEER PIE

No. of serving: 2

Calories: 508 Cal | Protein: 25gms

## INGREDIENTS

- 1 cup, Matar paneer or any other paneer preparation
- 3 slices, Bread
- ½ cup, Milk
- 1, Egg
- 50 gms grated, Cheese
- a pinch, Cinnamon
- to taste, Salt & pepper

## METHOD

1. Dry out the matar paneer to the extent you can.
2. Whisk the egg.
3. Take out 2 tbsp of the egg and mix with the cheese.
4. Whisk together the rest of the egg with the milk.
5. Mix in salt, pepper and cinnamon.
6. Dip bread in the milk- egg mixture.
7. Put 1 slice at the bottom of a small, square baking dish.
8. Put in half the amount of matar paneer.
9. Layer another slice of bread, then the matar paneer, and bread again.
10. Top with the cheese- egg mixture.
11. Bake at 150C for 30 minutes.









# CHECKER BOARD SANDWICHES

No. of serving: 2 | Portion size: 3 squares

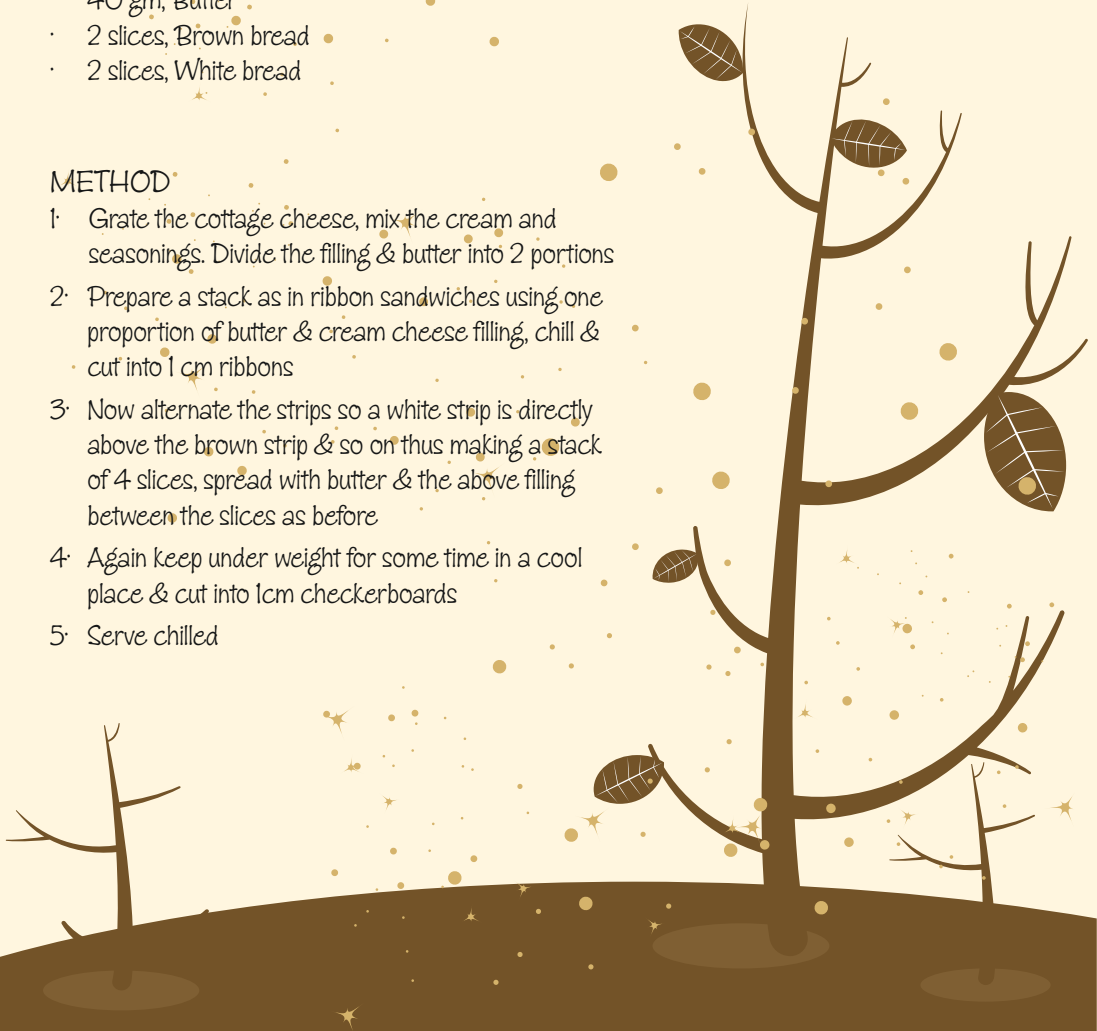
Calories: 248 Cal | Protein: 4gms

## INGREDIENTS

- 30 gm, Cottage Cheese
- 30 gm, Cream (whipped)
- 1/4 tsp, Mustard powder
- 1/4 tsp, Black pepper powder
- 40 gm, Butter
- 2 slices, Brown bread
- 2 slices, White bread

## METHOD

- 1- Grate the cottage cheese, mix the cream and seasonings. Divide the filling & butter into 2 portions
- 2- Prepare a stack as in ribbon sandwiches using one proportion of butter & cream cheese filling, chill & cut into 1 cm ribbons
- 3- Now alternate the strips so a white strip is directly above the brown strip & so on thus making a stack of 4 slices, spread with butter & the above filling between the slices as before
- 4- Again keep under weight for some time in a cool place & cut into 1cm checkerboards
- 5- Serve chilled









# FRANKIES

No. of serving: 4

Calories: 192 Cal | Protein: 3gms

## INGREDIENTS

- 30 gm, Chana dal (washed)
- 30 gm, Moong dal (washed)
- 30 gm, Udad dal (washed)
- 1 inch, Ginger
- 1, Green chilli
- to taste, Salt

## For stuffing

- 1, Onion, Green chillies & Tomatoes
- 2, Boiled potatoes
- 100 gm, Boiled peas & Paneer
- few sprigs, Coriander leaves
- to taste, Salt, Chilli powder
- to taste, Coriander powder
- 3 tsp, Oil

## METHOD

1. Wash and soak the dal together for 5-6 hours. Grind them with ginger and green chillies. Add salt to the batter and keep aside for ½ an hour.
2. Chop onion, green chillies and tomatoes. Peel and mash potatoes. Cut paneer in small cubes.
3. Heat 2tsp oil in a pan. Put onion and green chillies and stir fry for 2-3 min. Put potatoes, peas, paneer, tomatoes and coriander leaves and mix well.
4. Heat 1tsp oil on tawa. Ladle on a scoop of batter and cook on both sides. Add a serving of stuffing and roll the frankies.
5. Serve hot with green chutney or tomato sauce.



Traditional cereal jowar is gluten free and is a good source of protein and iron.





# JOWAR ONION PURIS

No. of serving: 6 puris

Calories: 80 Cal | Protein: 2.5gms

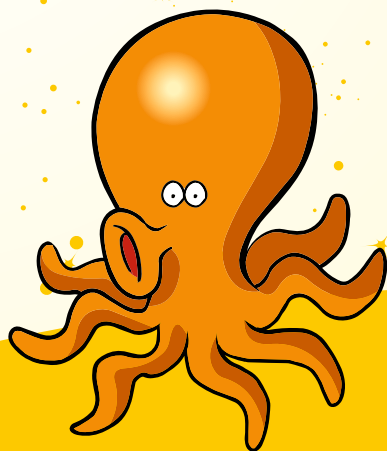


## INGREDIENTS

- 60 gms, Jowar flour
- 50 gm, Onion (Chopped)
- 10 gm, Black sesame seeds (kala til)
- to taste, Salt
- 2 tsp, Oil

## METHOD

1. Combine all the ingredients and knead into firm dough using as much water as required.
2. Divide the dough into 6 equal portions and roll out each portion into a thin circle.
3. Place these circles on a greased baking tray and prick all over using a fork.
4. Bake in a pre-heated oven at 180°C for 10 to 15 minutes or till the puris are golden brown and crisp, turning them around once.
5. Cool and store in an air-tight container. These will stay fresh for 3-4 days.







Powerhouse of nutrients,  
broccoli can be a healthy snack option  
for kids as it is full of  
Vitamin C and A , Iron and Folic acid.



# BROCCOLI TIKKIS

No. of serving: 5

Calories: 146 Cal | Protein: 4.5gms

## INGREDIENTS

Other ingredients

- 4 tsp, Oil
- 50 gm, Onions (Chopped)
- 2 tsp, Garlic & Green chillies (finely chopped)
- 200 gm, Broccoli, finely chopped
- 100 gm, Potatoes (boiled, peeled and mashed)
- 2 tbsp, Corn flour
- to taste, Salt

for the stuffing

- 50 gm grated, paneer
- 25 gm grated, cheese

For the stuffing

- Combine the paneer and cheese in a bowl and mix well.
- Divide the mixture into 5 equal portions and keep aside.

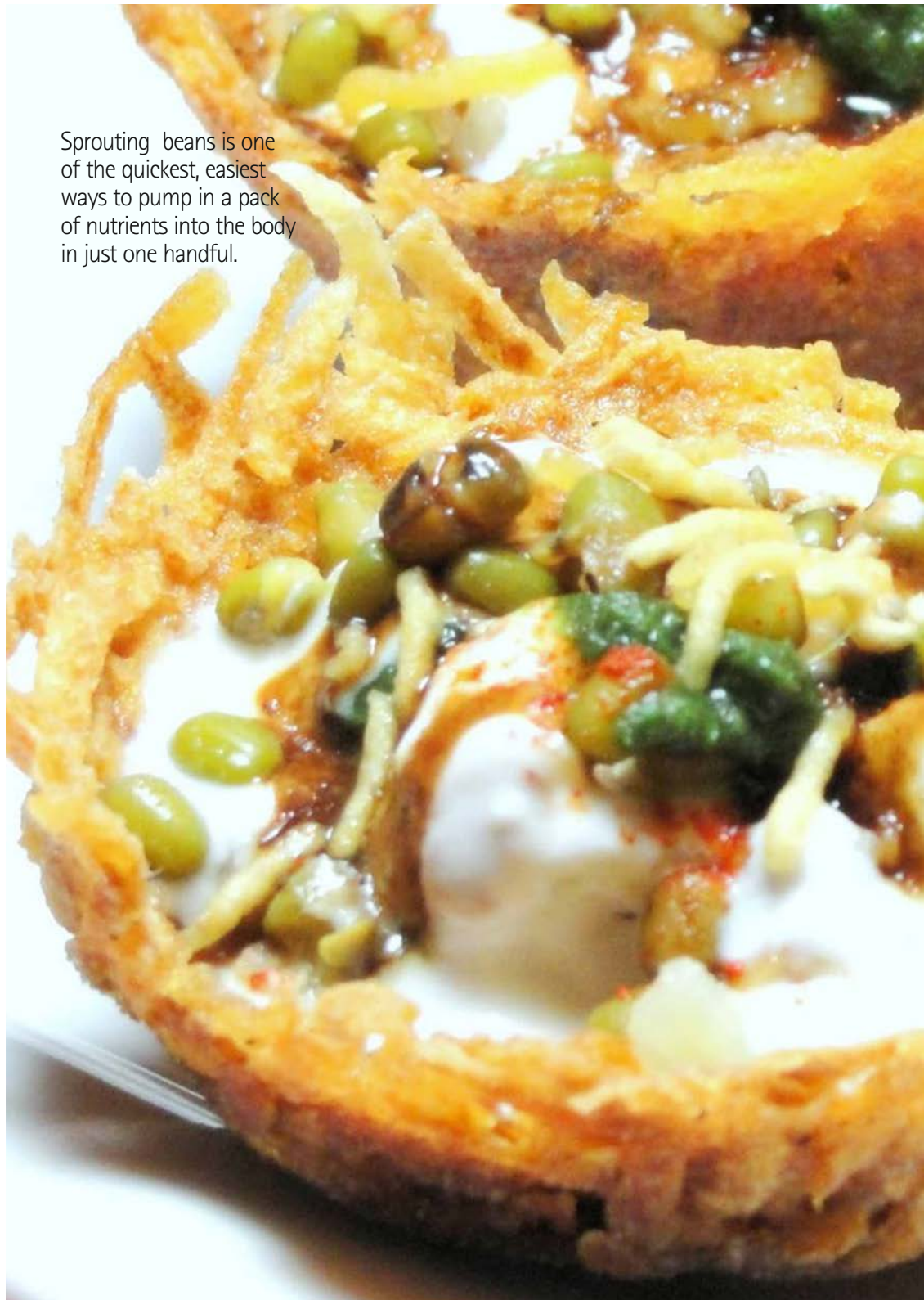
## METHOD

1. Heat 1 tsp of oil in a broad non-stick pan; add the onions, garlic and green chillies and sauté on a medium flame till the onions turn translucent.
2. Add the broccoli and sauté on a medium flame for another 4-5 minutes or till the broccoli is almost cooked.
3. Remove from the flame, add the potatoes, corn flour and salt and mix well.
4. Divide the mixture into 5 equal portions and shape each portion into flat rounds.
5. Lightly press each round in the centre to make a depression.
6. Place a portion of the prepared stuffing in the centre of each round and roll again to make flat round tikkis.
7. Heat oil in non-stick tava and cook the tikkis, till they turn golden brown in colour from both sides.
8. Serve hot with tomato ketchup.





Sprouting beans is one of the quickest, easiest ways to pump in a pack of nutrients into the body in just one handful.





# KHATTI MEETHI TOKRI

No. of serving: 4 (2 per serving)

Calories: 228 Cal | Protein: 6gms

## INGREDIENTS

for the stuffing

- 8 slices, Bread
- 1 tbsp, Tomato Ketchup
- 2 tbsp, Olive oil
- 1/4 tsp, Chilli flakes
- 1/4 tsp, Oregano
- 1/4 tsp, Pepper
- 1/4 tsp, Chaat masala

Filling

- 1/4 cup, Moong sprouts (steamed)
- 1/4 cup, Pomegranate seeds
- 1/2, Onion (Finely chopped)
- 1 tbsp, Coriander leaves (chopped)
- 1/4, Cucumber (chopped)
- 2 tbsp, Ready made imli chutney
- 1 tsp, Lemon juice

## METHOD

1. Keep the bread on a rolling board (chakla). With the help of a rolling pin, press applying pressure and roll out the bread thinly.
2. Mix olive oil with all seasonings. Take a 3-4" diameter steel bowl (big size katori) and cut out a round from the bread. Apply olive oil on them.
3. Take a muffin tray, place bread rounds in them to get a tokri with folds. Place them on the high rack. Grill for 6-7 minutes or till evenly browned on the edges.
4. Mix all ingredients of the filling. To serve, put some filling in the tokri and dot with tomato ketchup.









# PANEER LOLLIPOP

No. of serving: 8 (2 piece per serving)

Calories: 175 Cal | Protein: 7gms

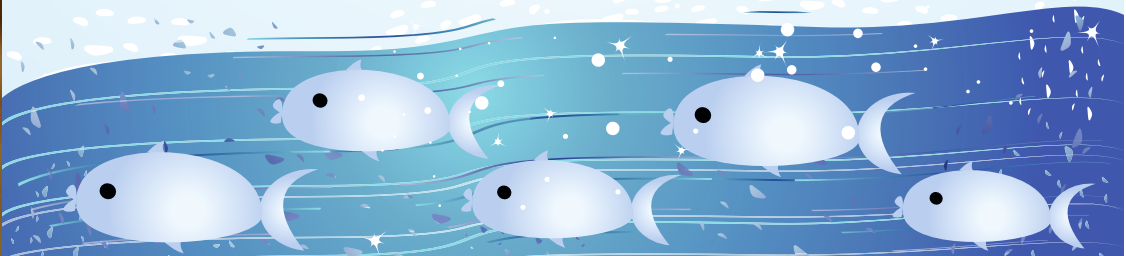
## INGREDIENTS

for the stuffing

- 200g, Cottage cheese
- 4 cloves, Garlic
- 2, Green chillies
- 3 medium sized, Potatoes
- ½ tsp, White pepper powder
- to taste, Salt
- 16, Babycorn
- 1 inch piece, Ginger
- 1 medium sized, Onion
- ¼ medium bunch, Coriander leaves
- ½ tbsp, Soy sauce
- 50gm, Refined flour
- 2 ½ tbsp, Cornstarch
- to deep fry, Oil

## METHOD

1. Grate paneer and mash well. Peel, wash and finely chop ginger and garlic. Peel, wash and finely chop green chillies. Wash, trim and finely chop coriander leaves. Boil potatoes in sufficient water. Drain, cool, peel and mash boiled potatoes.
2. Add chopped ginger, garlic, green chillies, onion, coriander leaves, soy sauce, white pepper powder, salt, mashed potatoes and cornstarch to the mashed paneer and mix thoroughly.
3. Divide the paneer mixture into sixteen equal portions. Roll each portion into a smooth ball and pierce the thicker side of a babycorn into the paneer ball. Press the paneer ball lightly between your palms to secure it firmly on the babycorn.
4. Heat sufficient oil in a wok, roll the prepared lollipops in flour, shake to remove excess flour and deep fry for 3-4 min on medium heat, or until crisp and golden brown, turning occasionally.
5. Remove, drain onto an absorbent brown paper and serve hot with sauce.







# CHEESY WHEELS

No. of serving: 15 pieces

Calories: 160 Cal | Protein: 5.3gms

## INGREDIENTS

for the stuffing

- 30 rounds, Salted biscuits (preferably Monaco)
- 5 tbsp, Maida
- 1 cup, Cold milk
- ½ cup, Bread crumbs
- for frying, Oil
- to taste, Salt & ground black pepper

for the filling

- 200gm, Cottage Cheese, grated
- 1, Small onions
- 1, Green chillies
- 1 ½ tsp, Coriander leaves
- 1, Carrot, grated
- to taste, Salt

## METHOD

1. Mix all the ingredients for the filling and keep aside.
2. Make a smooth batter from the maida, milk, pepper and salt.
3. Take 2 biscuits and make a sandwich using the cheese mixture as the filling.
4. Dip the sandwich in the batter to coat well. Roll in bread crumbs.
5. Repeat this procedure for the remaining biscuits.
6. Refrigerate the wheels for a minimum of 1 hour.
7. Deep fry till golden brown.
8. Serve with tomato sauce.





Powerful sesame seed, this tiny seed offers so much more than a distinct nutty flavor. It is a powerhouse of organic minerals, especially calcium, and is an alkaline food that supports bone and general health





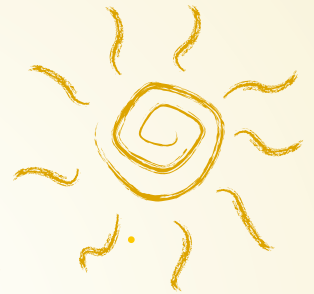
# SESAME NOODLES

No. of serving: 1

Calories: 400 Cal | Protein: 11gms

## INGREDIENTS

- 30 gm, whole-wheat spaghetti
- 1 tsp, soy sauce
- 1 tbsp, Olive oil
- 1 tbsp, lime juice
- 1 bunch, Spring onion (sliced & chopped)
- 50 gms, peas
- 1, medium red bell pepper (thinly sliced)
- 25 gms, toasted sesame seeds
- to taste, salt & Pepper



## METHOD

1. Bring a large pot of water to a boil. Cook spaghetti until just tender, according to package directions. Drain; rinse under cold water.
2. Meanwhile, whisk soy sauce, sesame oil, canola oil, lime juice, spring onions, salt & pepper to taste. Add noodles, peas and bell pepper; toss to coat.
3. To serve, mix in sesame seeds and garnish with the remaining spring onions.



Yummy quick to prepare dessert which the kids love to have.





# MARMALADE PANCAKES

No. of serving: 4

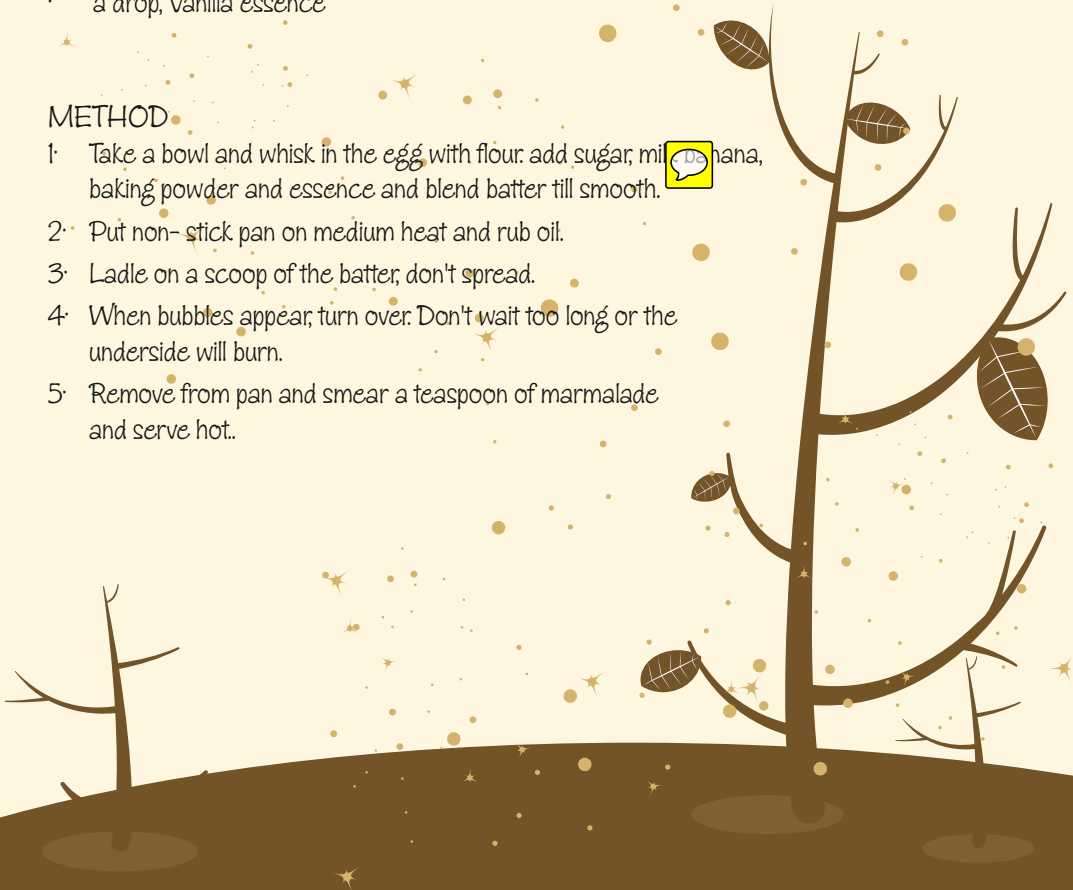
Calories: 190 Cal | Protein: 8gms

## INGREDIENTS

- 100 gm, Whole wheat flour
- 2, Eggs
- 1 tsp, Baking powder
- 4-5 tsp, Sugar
- ½, Overripe banana
- 150 ml, Milk
- Refined oil to grease the pan
- 4 tsp, Orange marmalade
- a drop, Vanilla essence

## METHOD

1. Take a bowl and whisk in the egg with flour, add sugar, milk, banana, baking powder and essence and blend batter till smooth.
2. Put non-stick pan on medium heat and rub oil.
3. Ladle on a scoop of the batter, don't spread.
4. When bubbles appear, turn over. Don't wait too long or the underside will burn.
5. Remove from pan and smear a teaspoon of marmalade and serve hot..





Oranges are a smart choice for a healthy snack or as part of a meal. These tasty fruits are high in nutrition while remaining low in calories. Can be eaten raw or squeeze them to make orange juice.





# ORANGE CHEESE CAKE

No. of serving: 2

Calories: 256 Cal | Protein: 9.8gms

## INGREDIENTS

- 5-6, Biscuit crumbs
- 1 tsp, Honey
- 1 tbsp, Butter
- 1 tbsp, Yogurt
- ½ tbsp, Jelly powder
- 2 tsp, Boiling water
- 100 gm, Cottage cheese
- 2 tbsp, Orange juice
- 1 orange, Orange segment
- ½ tsp, Orange rind
- sprig, Mint leaves

## METHOD

1. Mix honey, biscuit crumbs and butter and put it in a pie dish and chill until set.
2. Dissolve jelly powder in boiling water, add orange juice and stir. Leave until it begins to set.
3. Add cottage cheese and yogurt. Mix well.
4. Pour into pie dish. Chill until set.
5. Decorate the top with orange segments, orange rind and mint leaves.



"An apple a day keeps the doctor away" are a power food; packed with vitamins C, A, and flavonoids.





# APPLE AND CHEESE TOAST

No. of serving: 2

Calories: 355 Cal | Protein: 15gms

## INGREDIENTS

- 2, Large apples (cut into thick slices)
- 120 gm, Cottage cheese, grated
- 4, Whole wheat bread slices
- 1 tbsp, Lemon juice
- 200ml, Orange juice (tetra pack)
- 8, Cashew nuts (toasted & coarsely crushed)
- ½ tsp, Cinnamon powder
- 1 tbsp, Honey

## METHOD

1. Pre-heat an oven to 180C.
2. Sprinkle 1 teaspoon of lemon juice on the apple slices.
3. Heat a non-stick pan and gently poach the apple slices in the orange and lemon juices for about 10 min or until soft; turning them over carefully to cook evenly.
4. Toast the bread slices and trim the sides. Mix together the cottage cheese and crushed cashew nuts. Spread the mixture on the toasted bread and arrange the cooked apple slices on top. Sprinkle the cinnamon powder and place the toasts under a hot grill or in the pre-heated oven until light golden.
5. Drizzle the honey on the hot toasts, cut into desired shapes and serve.





The peach -- a classic sign of summer,  
Sweet, juicy, and good for you, this classic summer  
fruit is also surprisingly versatile.





# PEACH MOUSSE

No. of serving: 2

Calories: 303 Cal | Protein: 12.7gms

## INGREDIENTS

- 8-10, Ripe peaches, stoned and sliced
- 100 gm, Yogurt
- 3, Egg whites
- 4 tbsp, Honey
- 2 tbsp, Corn flour

## METHOD

1. Reserve a few peach slices for garnishing.
2. Whisk the egg whites lightly. Mix together the peaches, reserving a few slices for garnishing, egg whites, yogurt, honey and corn flour, and puree the mixture in a blender.
3. Pour into a non-stick pan and cook on low heat, stirring continuously, for eight to ten minutes, or till thick and smooth.
4. Pour into serving bowls & place in a refrigerator to chill for about an hour.
5. Decorate with the reserved peach slices and serve immediately.







# SEMOLINA CAKE

No. of serving: 16 pieces

Calories: 151 Cal | Protein: 3.8gms

## INGREDIENTS

- 1 cup, Semolina
- ½ cup, Whole wheat flour
- ½ cup, Maida
- ½ cup, Yogurt
- ¼ tsp, Saffron
- 1½ tsp, Baking soda
- 1 cup+ 2 tbsp, Powdered sugar
- ¼ cup, Milk
- ½ cup, Oil
- ½ tsp, Green cardamom powder
- 1 tbsp, Cashews or pine nuts

## METHOD

1. Pre- heat oven to 200C. Grease a 8-9" baking tin.
2. Sift together semolina, maida, wheat flour, soda and baking powder. Set aside.
3. In a big bowl combine yogurt, oil and sugar. Stir until sugar is dissolved.
4. Add semolina mixture, saffron, green cardamom and milk to get a soft dropping consistency. Beat with an electric beater at medium speed for 5 minutes.
5. Pour batter into the prepared baking tin. Sprinkle cashews and pine nuts on top. Bake for 30 min, or until a wooden pick inserted in the centre comes out clean.



Banana is an energy booster rich in vitamins and minerals and cocoa is full of healthy flavanoids and good for memory, this makes it a yummy and healthy dessert.





# CHOCOLATE BANANA BURGER

No. of serving: 8

Calories: 104 Cal | Protein: 3gms

## INGREDIENTS

- 100 gm, Raw almonds
- 2 tbsp, Cocoa powder
- 2 tbsp, Honey
- a pinch, Salt
- 1, Banana
- 1, Apple

## METHOD

1. Place almonds, cocoa powder, honey and salt in a high powered blender or food processor. Blend to a paste.
2. Slice bananas and peel apple.
3. Assemble your burger with one slice banana, cocoa patty, apple peel and another banana slice.
4. Insert a toothpick to serve.



**EXPERIENCE  
THE GOODNESS  
OF FRUIT POWER.  
EVERYDAY.**



## SHAKES MANGO

- Mangoes are essentially natives of exotic, tropical places where the sun and other elements seek to create a pure delicacy.
- Real Shakes are made with the best quality mangoes sourced from orchards around the world.
- These luscious mangoes are blended with fresh milk to create this truly divine nutritious offering.
- Mango, also known as the 'king of fruits' is rich in pro-biotic dietary fibre, vitamins (A,C,E,B6), minerals (K,Cu) and poly-phenolic flavonoid antioxidant compounds.



## SUPERFRUITS

Superfruits are those special fruits which are not only rare but also SUPER nutritious. Superfruits are known to be exceptionally rich in nutrients. Real's range of Superfruit variants includes **GOJI BERRY & GUAVA, STRAWBERRY & PLUM.**

### Superfruits are characterized by:

- **High Antioxidant Activity**
- **Proven Health Benefits** - Studies suggest that lycopene in Pink Guava prevents skin damage from UV rays, while Strawberry & Plum are low in calories and help build immunity against various diseases.
- **Excellent Nutritional Value** - Goji Berry is a nutritional powerhouse. It contains all the essential amino acids, highest concentration of protein in any fruit, vitamin C, carotenoids, 21 trace mineral & 15 times the amount of iron found in spinach. While Guava is rich in dietary fibre, vitamin-A, beta-carotene & lycopene. Superfruits Strawberry & Plum are known to contain phyto-nutrients, minerals, vitamins, flavonoids and poly-phenolic antioxidants.





# RÉAL FRUIT WITH ACE POWER

Réal's range of nutritious fruit offering includes 14 fruit variants. Some of the classic fruit variants that serve the best of health in your daily glass of fruit are **Réal ORANGE, MIXED FRUIT** and **PINEAPPLE**. These fruits are very essential for your child's daily nutrition and aid in growth & development over the years.

The essence of the Réal FRUIT POWER in the variants such as the Réal Orange, Réal Mixed Fruit & Réal Pineapple lies in the presence of essential nutrients Vitamin A, Vitamin C & Vitamin E. Each glass of these three nutritious variants helps your child build a healthy immune system and keeps him healthy & happy.

## KNOW YOUR RÉAL FRUIT POWER

**Vitamin A - 38% RDA**  
Delivery - nourishes the eyes and the skin of your child. It is important in the formation of your child's bones and teeth, protects him against cold, influenza, and respiratory infections.

**Vitamin C - >100% RDA**  
Delivery - is an antioxidant that is required for your child's tissue growth, repair and healthy gums. It protects your child against the harmful effects of pollution, infection, and enhances immunity.

**Vitamin E - 19% RDA**  
Delivery - is an antioxidant, this supplement repairs tissue of your child, improves his athletic performance and aids leg cramps.











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