

8 Butter Milk Recipes for Toddlers and Kids

The beauty of butter milk is that you can make a variety of flavored variations of this simple drink. So that's why I have decided not to stop at one and share with some of the other favorites.

Here are the butter milk varieties you can try for your kid this summer.

#1. The Basic Jr.

Let us start with a very basic buttermilk.

Ingredients

- Buttermilk - 1 glass
- Salt - to taste

Method

The basic buttermilk is good for beginners as it is just seasoned with salt. You can start off with this simple drink.

#2. The Basic Sr.

This variety is what the adults call their basic. Like the previous one, this is easy to prepare too.

Ingredients

- Buttermilk -1 glass
- Black Salt - to taste
- Coriander leaves – a few leaves

Method

Here all you have to do is season the buttermilk with some black salt and add some chopped coriander leaves.

When you are giving small children make sure the leaves are chopped really fine or omitted to avoid choking.

#3. Chaas, taak or chaach

Cumin powder is good for digestion. Apart from that it cures cold, cough and boosts the immune system.

Fenugreek powder aids digestion, reduces gas and bloating. It is also good for the skin and hair. It is good for summer as it helps to cool the body down.

Asafoetida or devil's dung is also beneficial for the digestive system and is used in treating a host of digestive disorders.

Ginger is also a friend of your tummy. Apart from that it is also known for its anti-inflammatory properties. It is also used to cure cold and cough.

Ingredients

- Curd – ¼ cup or butter milk – 1 cup

- Water - ¾ cup
- Cumin powder- ¼ teaspoon
- Fenugreek powder - a pinch
- Asafoetida - a pinch
- Ginger (crushed) - a small piece
- Salt - to taste

Method

Blend all the ingredients together till it has mixed well. Serve in a kid friendly glass.

#4. Mint flavored butter milk

Mint leaves help to cure indigestion and irritable bowel syndrome. It also used as a remedy to cure seasonal allergies, respiratory disorders, chest congestion and cold.

Ingredients

- Curd – ¼ cup or butter milk - 1 cup
- Water - ¾ cup
- Mint leaves - a few leaves
- Salt - to taste
- Pepper – a pinch (optional)

Method

Puree the mint leaves. Blend the rest of the ingredients together till it has mixed well.

No garnish if the kid is younger than 3. For older kids, feel free to add a sprig of mint for a fancy restaurant feel.

#5. Curry leaf flavored butter milk

Ingredients

- Curd - ¼ cup or butter milk - 1 cup
- Water - ¾ cup
- Curry leaf powder - ½ teaspoon

Blend the ingredients together and what you have now, is sheer goodness in a glass as it combines the goodness of buttermilk with the benefits of curry leaves.

Curry leaf powder can either be purchased or homemade. If you want to make it home then I will share with you the recipe I use.

Curry leaf powder recipe:

- Curry leaves (just the leaves) - 1 cup
- Urad dal - 1.5 teaspoon
- Bengal gram - 1.5 teaspoon
- Red chillies - according to spice level (I use 2)
- Pepper corn - 2 teaspoon
- Cumin seeds - 1.5 teaspoon

- Salt - to taste

Wash and dry the curry leaves.

Dry roast all the ingredients except the leaves and salt. Keep it aside for it to cool. Next dry roast the curry leaves, ensure it doesn't burn. Once it turns crisp take it off the heat. Finely powder it with the rest of the ingredients and salt.

#6. Sambharam

Ingredients

- Curd - 1/4 cup or buttermilk - 1 cup
- Water - 3/4 cup
- Curry leaves - a few leaves
- Ginger - a small piece
- Green chilli - a small piece
- Salt - to taste

Method

Crush the curry leaves, ginger, green chilli in a mortar and pestle. Mix the curd and water and blend well. Add the crushed ingredients and season with the salt.

You can modify the level of heat based on your child's age and preference. Don't make it too spicy.

#7. Lemony butter milk

Ingredients

- Curd - 1/4 cup or buttermilk - 1 cup
- Water - 3/4 cup
- Lemon - 1/2
- Ginger - a small piece
- Salt - to taste

Method

Roughly crush the ginger. Mix curd and water. Add the ginger to the mix. Add the juice of half a lemon and season it with the salt.

#8. Cumin flavored butter milk

This made its way into the list because this kept me going during my pregnancy days.

Surprisingly my little one seems to love it too. It is easy to prepare and a delight for the senses.

Ingredients

- Curd - 1/4 cup or buttermilk - 1 cup
- Water - 3/4 cup
- Roasted cumin powder - 1/4 teaspoon
- Salt - to taste

Method

Blend all the ingredients together. Enjoy.

Precautions while giving buttermilk for toddlers and kids:

If you are introducing buttermilk for the first time, make sure your kiddo is not allergic to it.

Feel free to change the spice levels according to the age of your child. You can also add ice cubes during the blending process for older kids.