#1. MINI IDLY WITH SAMBAR

Idly is the food for all age from 8 months to 80+ ages. Idly and sambar is most famous south Indian breakfast. As it is steam cooked it is considered one of the healthiest foods.

**What you require**

- Raw idly rice – 250 gms
- Urad dal – 50 gms
- Fenugreek seeds – 5 to 10 gms
- Salt – to taste

**Method**

- Soak rice and dal with fenugreek seeds separately for 5 hours
- Grind rice and dal separately to smooth batter consistency
- Mix salt to the batter and wait overnight to ferment
- Once fermented, fill each hole of the mini idli plate with three by four of this batter. Steam cook these in an idli cooker till the idlis are done. (it takes around 10 to 15 minutes)

**SAMBAR RECIPE**

Sambar can be prepared in many varieties like with coconut, fresh grind masala, just with sambar powder etc. Here I will share with you a quick sambar variety.
What you require

- Toor dal /moong dal – 1 cup
- Garlic pods – 10 nos.
- Green chilies – 1
- Red chilies – 1 (optional)
- Tomato – 2 nos.
- Onion – 1 big
- Jeera and pepper – ½ spoon
- Curry leaves – a few
- Oil – 3 spoons
- Hing – ½ spoon
- Any vegetable of your choice – ¼ cup
- Tamarind – small lemon size
- Turmeric – ¼ spoon

Method

- Soak the tamarind in ¼ cup of water and extract the juice and keep aside
- Cook the dal in pressure cooker for 3-4 whistles, by adding minimum water, turmeric and few drops of oil. Keep it ready.
- In a pan add oil or ghee add jeera and pepper. When it splits add crushed garlic.
- Add onion, chilies and curry leaves and sauté for few minutes.
- When onion turns light brown add chopped tomato.
- Once tomatoes are added, add sambar powder salt and the vegetable of your choice with tamarind extract water. Let the vegetables cook.
- Add the cooked and mashed dal to the cooking vegetable
- Let it boil for 5 minutes
- Garnish coriander leaves
- If desire add two spoons of ghee on the top
- Serve with idly, dosa, pongal or vada.

#2. JOWAR PANIYARAM WITH COCONUT CHUTNEY
Jowar/ sorghum is healthy, rich in fiber and iron. Jowar paniyaram is an easy recipe to prepare as breakfast.

**Ingredients**

- Jowar – 1 cup
- Idli rice – 1 cup
- Urad dal – ¼ cup
- Red chilies – 2 nos.
- Hing – ¼ spoon
- Onions- 2 nos.
- Salt – to taste

**Method**

- Soak jowar, rice and dal separately for at least 7 hours
- Grind all together in mixer grinder
- Two hours before you prepare the paniyaram, grind red chilies, hing, and onions to a coarse paste and add it to the paniyaram batter and mix well.
- In a paniyaram or unniyappam pan sprinkle oils and pour batter. Carefully prepare the paniyarams till both sides are done.

**#3. HEALTH MIX KOZHUKATTAI**
Health mix powders are really healthy and can be bought from supermarkets.

**What you require**

- Health mix powder – 1 Cup
- Dry fruits /dry fruits powder – 3 spoons
- Coconut – 3 spoons
- Salt – a pinch
- Jaggery powder/syrup – 5 spoons

**Method**

- Prepare dough with warm water by mixing with a pinch salt dry fruits powder and coconut, it must be loose.
- Press the dough between your palms and make shapes as given in the picture.
- Place the kozhukattai in the idly cooker and cook them for 5 minutes.
- Once cooked eat it with jaggery mixed with ghee.

#4. SPROUTED GREEN GRAM AND MILLETS RICE DOSA
A very health and tasty breakfast combined with a cereal and millet. It is very good for growing kids and elders too. This dosa do not require any side dish or dip. But if you desire you can try have groundnut chutney with this.

What you require

- Green gram – 1 cup
- Varagu rice – 1 cup
- Idly rice – ¼ cup (can be lesser than that)
- Urad dal – 4 spoons
- Salt – to taste
- Cumin – ½ spoon
- Hing – ½ spoon
- Green chilies – 2 nos

METHOD

- Soak the green gram overnight and in the morning drain the water and tie them in a muslin cloth. It will sprout by the noon itself.
- Soak idli rice, varagu rice, urad dal together for 4 to 5 hrs.
- Grind rice, dal and sprouted green gram together. Add salt at the end.
- One hour before preparing dosa add chopped green chilies, hing and cumin.
- Prepare dosa with this batter
- Can serve dosa alone or with jaggery or groundnut chutney.

#5. PINAPPLE SANDWICH

Have you tried fruits sandwich?

This is one of those quick bread recipes. It is so tasty that your kiddo will ask for one more.
You have to prepare a simple chutney as spread to give it a tastier twist. This chutney can be used for other dishes like idli, dosa etc. too.

I personally don’t recommend store bought sauces and dips.

**What you require**

- Brown bread – 4 slices
- Butter – 50 gms
- Sweet corn – ½ cup
- Capsicum chopped– ½ cup
- Chutney – 50 gms
- Big onion – 2 nos
- Italian herbs – a few
- Cheese – 100 gms
- Pineapple – 100 gms
- Pepper powder – to taste (optional)

**METHOD FOR CHUTNEY**

- Soak 5 red chilies for half an hour.
- In a mixer add ½ kg of tomatoes along with soaked red chilies make a fine puree.
- In a pan add 5 spoon of sesame oil, add mustard. When it splits add a few garlic pods.
- When garlic turns to golden brown add the tomato puree and turn the stove to low flame.
- Add salt and 1 spoon of jaggery to the cooking puree.
- It must turn to semi solid consistency.
- The chutney is ready now. This is not only as bread spread you can have it with idly, dosa and chapathis too.

**METHOD FOR MAKING SANDWICH**

- Chop the vegetables into small cubes including pineapple.
- Cook the sweet corn separately.
- Spread the butter on one side of the one bread and in other bread spread the chutney/bread spread.
- Top one of the breads with vegetables, sweet corn and pineapple.
- Grate a little cheese on the top and add Italian herbs on the top of the cheese.
- Close the bread with other bread.
- Roast in sandwich maker or dosa tawa.

These sandwiches do not require any dip. It is tasty as such.

**#6. CORN DOSA WITH TOMATO CHUTNEY**
What you require

- Dried corn – 1 cup
- Idli rice – 1 cup
- Urad dal – 2 spoons (optional)
- Mysore dal – ¾ cup
- Red chilies – 3 nos
- Hing – ¼ spoon
- Tomato – 2 nos
- Salt – as needed

METHOD

- In a mixer or flour mill break the corn to rava sized granules. It can can be bigger than rava too.
- Soak broken corn, rice, mysore dal, red chilies and urad dal for 4 to 5 hours.
- In a grinder grind the soaked ingredients
- It is not a must to grind to very fine paste like batter.
- Add tomatoes at the last 5 minutes before you stop the grinder.
- Add salt and hing and mix well.
- Sprinkle oil on dosa tava and make dosas with this batter.
- Coconut chutney is the best combination for this corn dosa

#7. PANCAKE WITH FRUITS
What you require
- Pancake flour – 1 cup
- Milk – 1 cup
- Egg – 1
- Oil – 2 Spoons

METHOD
- Beat an egg well and mix it to the pancake flour
- Add one tsp. oil and milk to the flour and mix well
- Add milk little by little to make the batter into a dosa batter. The consistency.
- In a dosa pan just pour one ladle of pancake batter. Do not spread then it must be like kalldosa.
- When holes appear immediately turn to other side. Cook both sides
- Serve it with maple syrup or with dates syrup.

#8. CARROT AND BROKEN WHEAT UPMA

What you require
- Grated carrot – 1 cup
- Broken wheat – 1 cup
- Ginger – a pinch (grated)
- Turmeric – a pinch
- Cumin – ½ spoon
- Coconut – 2 Spoons (for kids above 1 years, avoid if you pack it for travelling).
- Oil – 3 spoons

METHOD
- In a pan add oil when it heats add cumin.
- Once cumin splits add ginger and carrot give a nice toast
- Add 3 cups of water, when water boils add the broken wheat.
- Cook well. Add coconut if you want and add a little oil on the top once it’s done.
#9. PIZZA DOSA WITH ANY DIP

**What you require**

- Dosa batter – 1 cup
- Mixed vegetables – ½ cup (corn is must can add capsicum, carrot, paneer, cabbage)
- Sambar powder – 1 spoon
- Pepper – ¼ spoon
- Mixed herbs – ¼ spoon
- Pizza cheese – ½ cup

**METHOD**

- Chop the vegetables finely and keep aside.
- Cook the sweet corn and keep it ready.
- Now mix the vegetables, sweet corn, sambar powder, pepper powder and mixed herbs. The pizza topping is ready.
- In a pan spread a ladle of dosa batter. Now spread the prepared toppings on the dosa. Close and cook it on low flame for two minutes.
- When it is half cooked grate cheese on the top of the topping.
- Close it and wait for two more minutes remember the flame should be very low.
- Yummy and healthy pizza dosa is ready.

#10. MASALA EGG BREAD TOAST WITH KETCHUP
**What you require**

- Bread – 1 packet
- Egg – 2 no’s
- Green chilies – 2 no’s
- Garam masala powder – 1 spoon
- Ginger garlic paste – 2 spoons
- Milk – 2 glass
- Turmeric – a pinch
- Salt as needed

**METHOD**

- Remove the sides of the bread and cut them in to triangle shapes.
- In a bowl add all the given ingredients except bread
- Beat all the ingredients nicely
- Dip the bread in the egg mixture and toast in the dosa pan by sprinkling a few drops of oil.
- Turn both the sides and toast well

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**#11. FRIED IDLY**

**What you require**

- Idli – 3 nos
- Onions – 1
- Capsicum – ½ Cup chopped
- Ginger – a pinch
- Tomato sauce – 2 spoons
- Chili flakes – ¼ spoon
- Ghee or oil

**METHOD**

- Cut the idli in square shapes, chop the onions finely.
- In a pan add ghee, chili flakes, and ginger. Sauté them till raw smell goes.
- Add onion. Once it turns to golden brown add tomato sauce.
• Add capsicum and saute till it cooks.
• Finally add the idli pieces and toss them well till all the masalas are coated well on the idli pieces.

#12. AAPAM WITH COCONUT MILK

What you require

• Raw rice – 1 cup
• Idly rice – 1 cup
• Coconut – ¼ cup
• Cooking soda – a pinch
• Fenugreek – 2 spoons
• Urad dal – ¼
• Oil for cooking
• Salt as needed

METHOD

• Soak raw rice, idly rice, uraddal and fenugreek for 5 hours.
• In a grinder grind the soaked items into a smooth batter by adding coconut and salt to taste.
• Wait at least 18 hours to ferment.
• With the help of a big ladle mix the batter with a pinch of cooking soda
• In a dosa pan or aapam pan make spongy aapam
• Serve it with coconut milk

RECIPE FOR COCONUT MILK

• With one cardamom and 1 big cup of coconut grind them and extract the coconut milk.
• Then add little water to same coconut paste and extract the milk, follow this for three times.
• Coconut milk is ready. If desire you can add a pinch of dry ginger powder.

#13. WHEAT FLOUR-RAVA DOSA WITH COCONUT CHUTNEY
What you require

- Wheat flour – 6 spoons
- Rice flour – 5 spoons
- White rava – 4 spoons
- Green chili – 1
- Ginger – ½ spoons
- Pepper crushed or whole – 1 spoon
- Cumin – 2 spoons
- Cashew – chopped 2 spoons
- Oil as needed for cooking
- Water – 5 cups
- Salt as needed

Method

- Mix all the ingredients except cashew in 5 cups of water.
- Heat the dosa pan and place a few cashews randomly on the pan.
- Sprinkle a little oil, then pour the mixed batter to form a circle on the edges of the pan. (not from center from edges of the pan)
- Wait till it become brown colour then turn it and cook for few more minutes.
- Rava dosa is ready now serving it with coconut chutney.

#14. PEARL MILLET SWEET AADAI WITH OR WITHOUT COCONUT MILK

What you require

- Pearl millet flour – 1 cup
- Gram flour – 1 cup
- Powdered jaggery – 1 cup
- Ghee for cooking
- Coconut milk – 1 cup (can increase to make loose batter)
- Cardamom – 2 (powdered)

METHOD

- Mix all the ingredients and make a batter thicker then dosa batter.
- Heat the dosa pan sprinkle a little ghee
- Now take small quantity of batter and pour on the heated pan. Slowly spread like small dosa.
- Cook in very low flame and sprinkle a few more drops of ghee if needed.
- Turn to other side and cook for few more minutes till done
- Sweet dosa is ready

#15. FOXTAIL MILLET PONGAL AND RIDGE GOURD KOOTU

What you require
- Foxtail millet rice – 1 cup
- Moong dal – ½ cup
- Ginger chopped or crushed – ½ spoon
- Green chili – ½
- Ghee – ½ cup
- Cumin – 2 spoons
- Pepper balls – 1 spoon
- Cashew – 4 spoons
- Curry leaves – a few
- Salt as needed

METHOD
- In a cooker measure four cups of water. Boil this well with crushed ginger and chilli.
- Wash the dal and rice and add them to the boiling water, mix well. Add the needed salt and close the cooker.
- Wait for six to eight whistles.
- In pan or kadai add ghee. Add pepper, cumin, curry leaves and cashew to this.
- Add this temper to cooked pongal and mix well.

You can also read the Thinai halwa or foxtail millet halwa

RIDGE GOURD KOOTU

Very simple and quick side dish for pongal. This goes well with plain rice too.

What you require
- Ridge gourd – chopped 1 cup
- Tomato – ½ chopped
- Sambar powder – 1 spoon
- Any dal of your choice – 2 spoons
- Salt as needed

METHOD
- Pressure cook all together for two whistles.
• Mash well with wooden spoon and serve with pongal.
• If needed can add little ghee

#16. SCRAMBLED EGG WITH BUTTER FRUIT

What you require

• Egg – 2
• White pepper powder – half spoon
• Salt a pinch
• Turmeric a pinch

METHOD

• Beat two eggs white with all the other ingredients.
• Sprinkle little oil in dosa pan and pour the beaten egg.
• Cook on both the sides.
• Serve the egg and butter fruit as breakfast.

• Kids below one year should avoid egg white and make this recipe with yolk only

# 17. POORI AND CHANNA MASALA

What you require

• Wheat flour – 1 cup
• Salt as needed
• Oil for cooking poori
• Shape molds – star and flower

Method

• With required water prepare the dough for poori.
• Make small balls and roll out pooris. Now place the shape mould on the top of the rolled dough and cut out shapes.
• Take out carefully and fry as you do with regular pooris.
CHANNA MASALA

- Soak the channas for eight hours or overnight.
- Pressure cook the channa for 8 whistles.
- In a mixer jar add half cup coconut, 2 cashew, ½ spoon garam masala powder, 1 red chili, and 1 tomato make them into fine paste.
- In a pan add two spoons of oil and add mustard. When it splits add the masala paste.
- Cook the masala paste by adding salt and turmeric.
- Add the cooked channas at the last stage and cook for five more minutes.
- Serve poori with channa.

#18. RICE UPPMA (ARISI UPMA) WITH PULIKULAMBU

What you require for rice upma mix

- Raw rice – 1 kg
- chana dal – 100 gms

METHOD

- Wash both rice and dal dry them in room temperature.
- Powder them like rava texture when it is light wet.
- Again sun dry them for 1 hour and store it in an airtight container.
- Use as and when required to make rice upma

METHOD TO PREPARE RICE UPPMA

Ingredients

- uppma mix – 1 cup
- Grated coconut – ¼ cup
- Crushed pepper – 2 spoons
- Oil or ghee – ¼ cup
- Salt as needed
- Water – 3 cups
- Mustered – 1 spoon
- Green chilli – 2 nos

METHOD

- In a kadai roast the uppma mix with two spoons of oil
In a pressure cooker heat oil and add mustard. When it splits add coconut, crushed pepper and green chilies. Fry them for a minute.

Add three cups of water. When water boils add the uppma mix.

Wait for three to four whistles

Serve it with coconut chutney or pulikulambu.

**PULIKLAMBU RECIPE**

- Soak lemon size tamarind in water for 15 minutes.
- Chop onions and half green chilli.
- Extract the tamarind juice and mix it with two cups of water.
- Add salt, a pinch of jaggery, sambar powder and chopped onion and green chilies to the tamarind juice.
- Pulikulambu for uppma is ready.
- If desired can heat this but should not boil them.

#19. RAGI DOSA WITH GROUNDNUT CHUTNEY

**INGREDIENTS**

- Dosa batter – 1 Cup
- Ragi flour – 1 Cup
- Chopped nuts of your choice – ¼ cup (can add dry fruits powder too)
- Salt or jaggery – as needed
- Ghee – 3 spoons

**METHOD**

- Mix ragi powder in two cups of water without any lumps, can be little watery.
- Mix the ragi batter, jaggery, chopped nuts/powder to dosa batter.
- Let the mixed batter sit for half an hour.
- Heat dosa pan and sprinkle a little ghee. Take a ladle of mixed batter and pour them as you do for rava dosa. (Pour near to the edges of the pan)
- Cook in low flame. Flip to other side carefully and if needed add ghee little by little.
- Serve it with coconut chutney.

#20. INSTANT WHEAT DOSA FOR 8 PLUS MONTH BABIES
What you require

- Sprouted Wheat flour – 5 spoons
- Sprouted green gram flour – 2 spoon
- Rice flour – 1 spoon
- Salt a pinch
- Oil or ghee for cooking

METHOD

- Mix all the flours and salt in water without any lumps, the batter is ready now.
- The batter must little thin but not watery.
- Heat the dosa pan and pour a ladle of mixed batter. Sprinkle oil and cook it by closing with a lid. This will help to get a spongy dosa.
- Serve with coconut chutney