

# FUN FOOD FOR CHILDREN



[www.tarladalal.com](http://www.tarladalal.com)

**TARLA DALAL**  
INDIA'S #1 COOKERY AUTHOR

## • INTRODUCTION •

No more boring breakfasts, soggy tiffin boxes and unhealthy snacks for your children.

Healthy food makes your child's body and mind healthier, so your child will have more energy to enjoy learning and playing!

Here's book created just for you! It is full of easy to follow recipes that are fun to make as well as scrumptious to eat. It has been designed and developed to help all busy mothers cater to their children's fussy food habits.

This book helps you plan delicious treats for your children at all times of the day. It includes an array of recipes for breakfast, school time munchies, after school treats, sweets and delicious drinks.

Have fun cooking these recipes for your children and watch their faces light up as they enjoy them!

Happy cooking.

*Tarda Datal*

## • CONTENTS •

### BREAKFAST DELIGHTS

Power Poha .....	8
Broken Wheat Upma .....	9
Yummy Apple Porridge .....	11
Quick Rawa and Vegetable Dhoklas ..	12
Quick Vegetable Idlis .....	13
Protein Parathas .....	14
Banana Walnut Pancakes .....	15
Power Packed Cereal .....	17

### SCHOOL TIME MUNCHIES

Pita Pockets .....	20
Nutritious Patties .....	23
Cheesy Noodle Vegetable Cutlets .....	24
Delicious Sandwiches .....	26
Chatpata Chat .....	27
Green Peas Sandwiches .....	28

Spinach and Carrot Rice .....	30
Cheese and Oatmeal Cookies .....	31
Spicy Chapati Rolls .....	33
Tricolour Rice .....	35

### AFTER SCHOOL TREATS

Sunken Submarines .....	39
Easy Cheesy Vegetable Pasta .....	41
Corn Filled Bread Tartlets .....	42
Crispy Peanut Potato Chaat .....	44
Rice Noodles and Vegetable Medley ..	45
Buttery Corn on the Cob .....	48
Cooked Rice Pancakes .....	49
Baked Potatoes .....	51
Spinach and Cheese Pancakes .....	54
Peppy Penne .....	57
Corn and Potato Fritters .....	58

Masala Fries .....	59
Chilli Bean Quesidillas .....	61
Oriental Noodle Rosti .....	63
Spicy Submarines .....	66
Pizza in a Pan .....	68

#### SWEET TREATS

Granola Bars .....	71
Walnut Butterscotch Bars .....	73
Fruit and Jelly Cups .....	76
Easy Chocolate Mousse .....	78
Almond Pistachio Praline Triangles..	79
Jam Treats .....	80
Orange Raisin Muffins .....	82
Pina Colada Doughnuts .....	83
Speckled Bubble Bars .....	86
Super Snack Bars .....	88
Mango Ice-cream .....	89

Strawberry Ice-cream .....	90
Yoghurt Lollies .....	91
Chocolate Yoghurt Lollies .....	91

#### DRINKS

Apple Lemon Fizz .....	92
Peach Dream .....	93
Banana Yoghurt Shake .....	94
Chocolada Shake .....	95

#### CHUTNEYS AND RELISHES

Sweet and Sour Tomato Relish .....	96
Cucumber Relish .....	97
Sweet Chutney .....	98
Green Chutney .....	99

#### BASIC RECIPES

Hot and Sour Sauce .....	100
Chocolate Truffle Sauce .....	101
Eggless Mayonnaise .....	102

## ☹ POWER PACKED CEREAL ☹

*Makes an excellent high carbohydrate breakfast for kids.*

Preparation time : 5 minutes. Cooking time : 30 minutes. Makes approx. 450 grams.

2 cups rolled oats

¼ cup sunflower seeds (optional)

1 tbsp sesame seeds (til)

½ cup wheat germ or cornflakes

½ cup brown sugar

½ cup mixed chopped nuts (cashewnuts, walnuts, almonds)

3 tbsp vegetable oil

¼ tsp vanilla essence

¼ tsp salt

2 tbsp raisins

1. Mix the oats, sunflower seeds, sesame seeds, wheat germ, brown sugar and chopped nuts in a bowl.

2. Mix the oil,  $\frac{1}{4}$  cup of water, vanilla essence and salt and whisk together. Add to the above dry ingredients.
3. Spread the mixture in a baking tray and bake at  $160^{\circ}\text{C}$  ( $320^{\circ}\text{F}$ ) for 20 to 30 minutes, turning occasionally, until crisp and golden. Cool.
4. Add the raisins and store in an air-tight container.  
Serve with milk and fruits.



**POWER PACKED CEREAL**

# 🌀 CRISPY PEANUT POTATO CHAAT 🌀

*A delicious after school treat.*

Preparation time : 5 minutes. Cooking time : 20 minutes Serves 4.

4 large potatoes, boiled  
½ cup roasted peanuts  
1½ tsp chaat masala  
1 tsp chilli powder  
½ tsp turmeric powder (haldi)  
1 tsp cumin seed (jeera) powder  
½ tsp sugar  
1 tbsp lemon juice  
3 tbsp oil  
salt to taste

1. Peel and cut the potatoes into even sized cubes.
2. Heat the oil in a non-stick pan, add the potatoes and sauté them over medium heat, stirring occasionally till they are crisp and golden brown in colour.



3. Add the peanuts and sauté for 1 to 2 minutes.
4. Add all the other ingredients and mix well. Serve hot.

**HANDY TIP:** If you want to use raw potatoes, peel and cut them into even sized pieces and deep fry them over a medium flame. Proceed as per the recipe.



**CRISPY PEANUT POTATO CHAAT**

Spicy Chapati Rolls



No more boring breakfasts and soggy tiffin boxes for your children. Here's a book created for all the busy mothers to cater to their children's fussy food habits. **Fun Food For Children** is a comprehensive cookbook to help you plan many delicious treats for your children at all times of the day. It includes an array of recipes for Breakfast, School Time Munchies, After School Treats, Sweet Treats, Drinks and Chutneys & Relishes.

All the recipes in this book are easy to follow and are sure to appeal all the kids. Have fun cooking these recipes for your children and watch their faces light up as they enjoy them.

*Tarla Dalal*



**Mrs Tarla Dalal** is India's best selling author in any field, with over 3 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, '**Cooking & More**', which is the best selling cookery magazine in India, under her own name.

ISBN 978-818646933-0



9 788186 469330