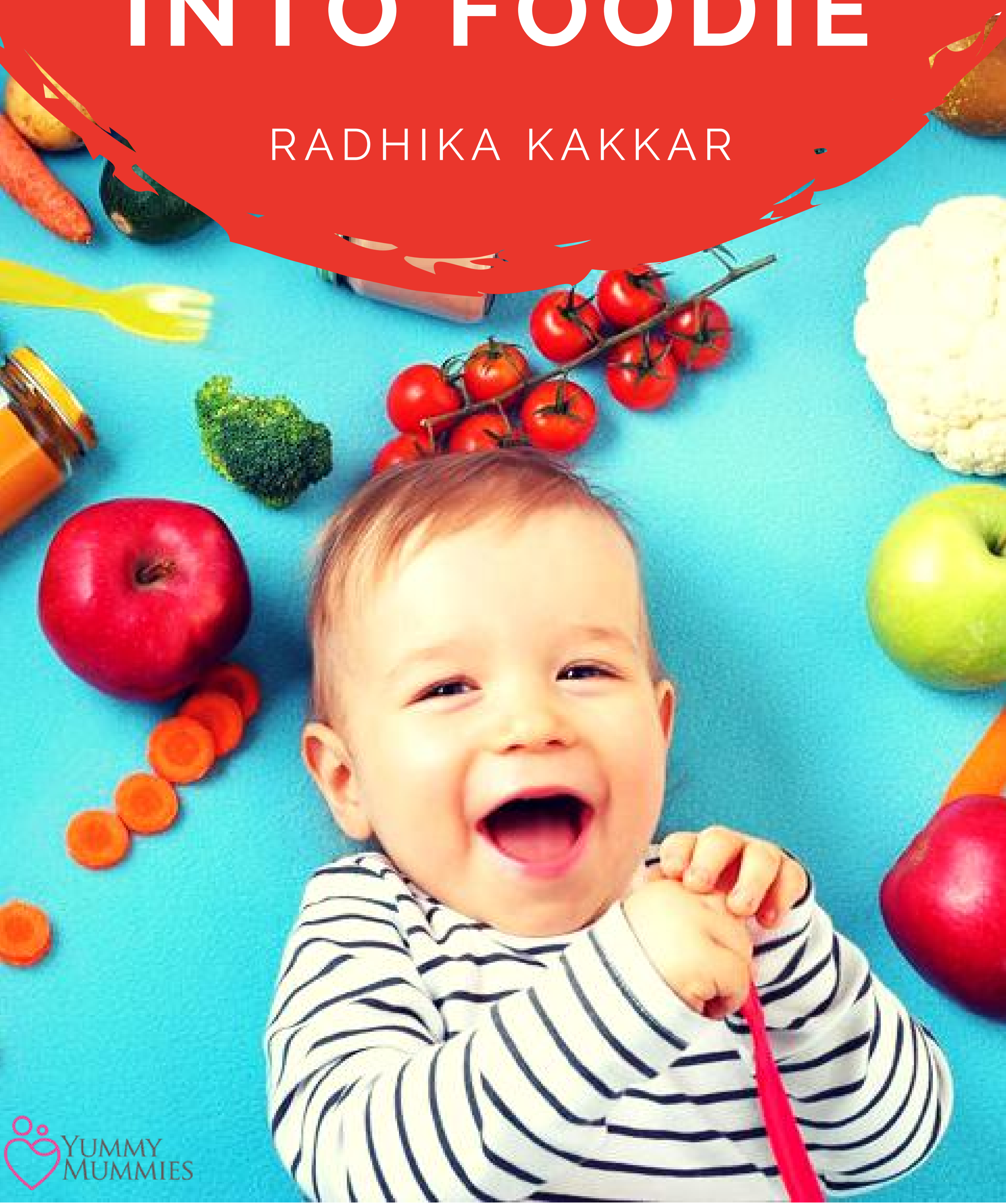


TURN YOUR FUSSY EATER INTO FOODIE

RADHIKA KAKKAR





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CONTENTS

About Yummy Mummy's	4
Introduction	6
Some thumb rules to turn Fussy eaters into Foodies	8
Soups	11
Milkshakes	16
Khichdi	21



ABOUT YUMMY MUMMY'S

Yummy Mummy's is a leading Parenting blog that caters to the needs of urban Moms. Unlike previous generations, most Moms today live away from extended family and thus don't have access to traditional wisdom and support. Yummy Mummy's hopes to fill that gap by providing appropriate guidance and by quelling the concerns of new parents. From healthy recipes to seasonal care tips, from potty training to the Montessori Method, Yummy Mummy's covers a wide range of parenting topics. Yummy Mummy is someone who doesn't lose interest in themselves and their appearance once they have a family and doesn't let the fact they are a mum become a reason not to bother with themselves anymore. All Moms are Yummy Mummy in their own ways. They are highly educated, Presentable, Bubbly, Fit and Beautiful and they try to LIVE up to the image of YUMMY MUMMY-a media created slang.

Yummy Mummy's is also about taking care of your health (emotional and physical), taking care over how you look so that you look clean, tidy, updated with knowledge and pulled together every day. Keeping your own style and identity's. The blog puts a strong emphasis on parenting tips based on scientific facts, at the same time including the best of traditional wisdom.

Over the past few years, Yummy Mummies has grown to become a supportive group of mothers and has also expanded to include a health food store named Little Moppet Foods. We have an active community on Facebook, where Moms are free to post their doubts and get instant responses.

Frequent giveaways, contests and training courses add value to our readers and followers.

Follow Us on Facebook, Twitter, to get yummy recipes, workable diet charts and lots more!!

ABOUT THE AUTHOR



Radhika Kakkar is an experienced Corporate MoM of a 5-year-old daughter. She is also the founder of the successful parenting blog Yummy Mummy's.

Fondly known as the 'Yum Mom', Radhika regularly posts about child health, baby nutrition and kid-friendly recipes on her website. She also posts about Mom's health, Fashion, and lifestyle. Besides this, she runs the very active healthy 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! And look like a YUMMY MOM!!!!!!

You can get in touch with Radhika by emailing her at **writetomeradhika@gmail.com** or messaging her on Facebook:

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Visit her website **www.yummymummys.in**



INTRODUCTION

As a baby, my daughter, Vaani, was what you'd call "a good eater." She took to nursing like a Pro.. She loved purees from her first bite of pears—and ate pretty much anything we offered: beetroots, spinach, Broccoli. Finger foods were a hit. Bits of tuna, chicken, beans—she ate them all. I was proud. And then I was humbled.

Right around Vaani's second birthday, she stopped eating spinach. She quit carrots. She still ate corn—but only if it was off the cob. "Picky eating is a normal rite of passage," says Jill Castle, R.D., a pediatric nutrition expert in Nashville and a mom of four. "All toddlers at some point demonstrate some level of pickiness." Fortunately, fussy eating is usually a fleeting stage (true for Vaani, who, now 3, eats mostly anything). The thing is, your kid's dissing of what you're up dishing rarely has anything to do with the food itself. Knowing what's behind it, though, can help you push through a finicky phase much faster.

The reason your child's refusing:
Two words—**Miss Independent**.

What's happening?

If "**the PINK one**" is the typical answer you get when you ask your child whether she wants to wear the red or the blue frock, are you really surprised when she scoffs at what you're serving for dinner?

WORK WITH IT

The “**polite one bite**” rule is great, but leave it: “The goal is not to get them to eat the broccoli today but to help them actually like the broccoli long-term.” The idea is to have exposed them to a wide variety of flavors, my daughter now eats almost everything.” The best part of my daughter day is when she goes to Gymkhana to play with her friends. And that’s when I pack up a healthy snack in a Snack box. I usually found out that when children are playing its better to feed them there.

I have heard so many stories from mothers complaining that their kid refuses to eat everything on her plate, anxiety often kicks in, leading you to make desperate offers of healthy staples you know she’ll like: “How about a bowl of yogurt?” or “Let me get you a bowl of soup.”

Instead, consider giving her some control over the menu. At my house, make-your-own-meal nights are a hit. I put out bowls of fillings—rice, beans, shredded cheese and diced avocado—and let Vaani create her own culinary masterpiece. Giving her the opportunity to “make” her own dinner gets her excited and eager to eat up.

Reason she's refusing

It really does taste “yucky” to her

8 THUMB-RULES TO TURN FUSSY EATERS INTO FOODIE:

1.Introduce a new food paired with a familiar one

Robin Miller, host of Food Network's Quick Fix Meals With Robin Miller suggests that you present a plate filled with much-loved Matar Paneer, rice, and salad, but reserve a quarter of the plate for Matar Mushrooms too. This reduces the intimidation factor and boosts the odds of acceptance.

2. Plan an adventure or fun-filled Snack /Brunch/ Dinner Night

Call For a small party or get together in a garden.Invite mother-child duo to dance sing and play. Present food in the most colorful manner and ask children to sit in a circle eat together. This not only makes them hungry after laughing and playing but generally it's seen that group eating promotes happiness. Once in a while practice this.

3 .Serve one meal to the whole family

If your family is having Chicken gravy with rice for dinner, it may be tempting to make your fussy eater a cheese sandwich on the side—but it can fuel the problem.“Unfortunately, many well-meaning parents enable their child’s picky eating by making them special meals of their ‘safe’ foods night after night,” she says. “This won’t give the child an opportunity to widen his or her palate.” The meal should always include at least one food each child loves. Instead, there should be one meal served to the whole family. The meal should always include at least one food each child loves (even if it’s just bread), so they have something to eat if they aren’t ready to try the other foods.

4. Stick to a regular eating schedule

Parents are responsible for what, when and where their child eats. “And the child is responsible for how much and whether they eat.” It is suggested that parents set the stage for better dinners by having regularly scheduled meals and snacks, spaced out by two or three hours with no grazing on food or drink (except water) in between. Meals should last for a maximum of 30 minutes, ideally at a table free of distractions. Mealtime is also about family time. Get together and eat. In this busy world, we should make sure that we all come to the table at least for one meal regardless of whether anyone wants to eat because mealtime is also about family time.

5. Involve kids in planning, shopping and preparing food

Having kids participate in planning, shopping and preparing meals can also be a huge help. The pediatrician says if the child has a hand in making or planning a meal, it's more likely he or she will eat it. You can also ask kids how food could be made yummiier. There can be a big change with something as simple as adding a little ketchup or cheese, cutting the veggies or meat in a new way, or separating different types of food so they don't touch. Ask them to accompany you to the supermarket so that they pick and choose different dressings which help you to analyze their taste –buds choices.

6. Focus on the positive

Dietician suggests parents lay off the pressure and try to emphasize the 'eating,' rather than the 'not eating.' This means stop coaxing, encouraging and negotiating! Instead, start praising when the child does take a bite.

7. Remember that change takes time

Pickiness tends to be at its peak from ages two to seven. Dietician says it can take up to 20 non-pressured exposures to a food—and a lot of parental patience—before a child is ready to try and/or accept a new food for the first time.

8. Know when to seek help

Sometimes, having a picky eater is a hassle, but other times, it's a real cause for concern.

"Parents should seek help when their child's weight or growth is compromised or they are excluding an entire food group," explains Pediatrician. "First, they should talk to their family physician, who should be aware of supports in the community."

The pediatrician says most kids get the nutrients they need overall, even if it looks like they are not eating very much on any given day.

However, when tendencies cross the borders of what's considered 'normal' and start affecting a child's growth, weight, mood and family meal times in a drastic way, it's time to seek help from a pediatrician and qualified pediatric dietitian. "Dealing with extreme picky eating can feel hopeless and isolating," she adds. "It also causes worry, stress and sometimes panics for parents, as well as anxiety, fear and social isolation for the child."

When a situation seems impossible, health professionals can help. Do you have a picky eater? How have you been trying to keep them—and the rest of your family—happy and healthy?

Well, I had one Fussy eater at home. Over the years trying these 8 ways have helped me turn my Fussy eater into a foodie. Not only this I tested and tried a lot of recipes on Vaani which helped in her growth overall. I recommend you also change a little. In spite of struggling, chaos, and force at home try using fun filled activities feeding kids at home. Play songs, Nursery rymes or lullabies while making your child eat. Who said that you can only make your child to EAT CARROTS, well you can even DRINK CARRORTS....who said Milkshakes are made with ICE and ICECREAMS... We can use Lukewarm MILK. Right???? the idea is to put Nutrition inside the body...

Let me share some of my twist in the recipes we all make at our homes. I Have a healthy and happy child. Being a hardcore Punjabi and a foodie I love to keep the food full of nutrition thanks to my four generation experience.

BROCOLLI SOUP

Now she loves broccoli and I can simply steam or boil it, season it with a little butter, salt and pepper and she loves to eat it as finger food. She also loves it on top of her pizzas and in her pasta. I feel the broccoli soup helped in converting her to the other side. This broccoli soup recipe is delicious, easy to drink for kids and hides any pungent taste that they may dislike.

Ingredients

2 cups Broccoli cut into small florets

½ cup carrots cut into dices

1 medium onion sliced

4 cups Chicken or vegetable stock

2 teaspoons olive oil

Salt and pepper to taste

2 tsp fresh cream

1 tsp Butter (optional)



Recipe

My Dryfruit Magic: Soak 5-6 Almonds, 2-3 walnuts, and 1-2 Pista in water overnight.

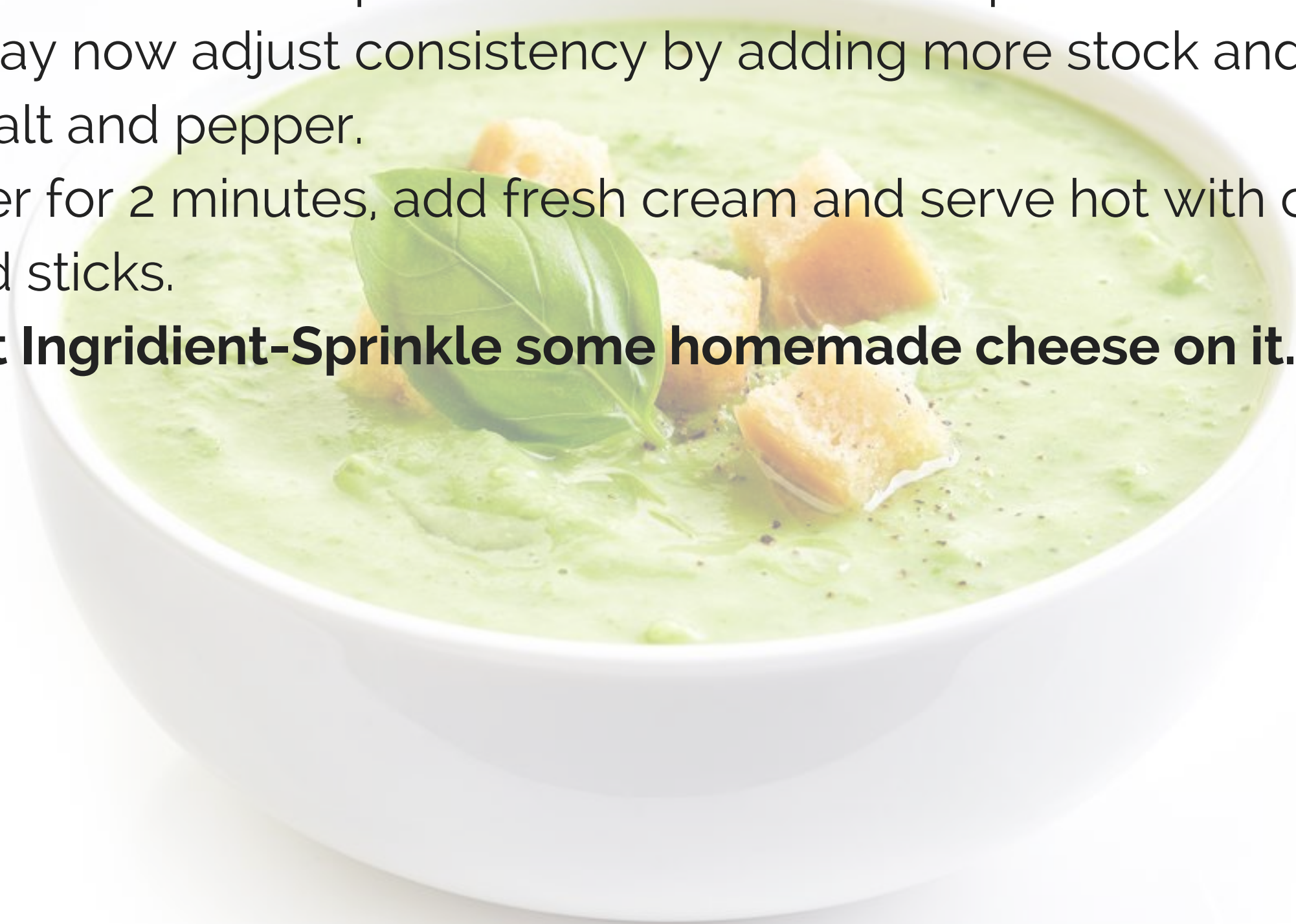
It is a task to feed Nuts (Superfoods) to toddlers. Try this way it will help you in keeping your kid healthy. If you still feel they are still hard. Pressure cook for 2-3 whistles to make a runny puree with Milk in a blender and mix with any soup or Dal.

Now let's get back to the Broccoli Soup Recipe:

- Heat olive oil in a large pan.
- Add onions and sauté till they become soft.
- Add carrots and sauté for some more time.
- Add broccoli and sauté well.

BROCOLLI SOUP

- Add salt and pepper to taste.
- Sauté well for 3-4 minutes till you get nice smell and vegetables look shimmery.
- Add stock and bring to a boil.
- Simmer uncovered for 10-15 minutes and remove from fire. Let it cool for few minutes.
- Use a hand blender to blend or put in a blender to make a fine puree.
- Heat a little butter in pan and add blended soup and mix well.
- You may now adjust consistency by adding more stock and also check salt and pepper.
- Simmer for 2 minutes, add fresh cream and serve hot with croutons or bread sticks.
- **Secret Ingridient-Sprinkle some homemade cheese on it.**



CARROT SOUP

Carrot tomato soup for kids and the whole family- We as a family love soups especially during all season. My 5 years old daughter loves tomatoes and carrots and this soup is among her favorites among with corn soup. I have been giving this carrot tomato soup to her since she was about a year old.

This is a very simple tomato soup which can be made in a jiffy and is very nutritious as well as delicious.

We can use Red carrots or Orange depending upon the season. This soup does not require any sautéing and anyone can make it. This soup can also be frozen to be used later.

Since this carrot tomato soup is for babies, so we are not adding any salt to this. This soup can be given to babies after 6 months once carrots and tomatoes have been introduced individually. You may also add homemade ghee in place of butter.

My Dryfruit Twist: Soak 5-6 Almonds, 2-3 walnuts and 1-2 Pista in water overnight.

It is a task to feed Nuts (Superfoods) to toddlers. Try this way it will help you in keeping your kiddo healthy. If you still feel they are still hard. Pressure cook for 2-3 whistles to make a runny puree with Milk in a blender and mix with any soup or Dal.

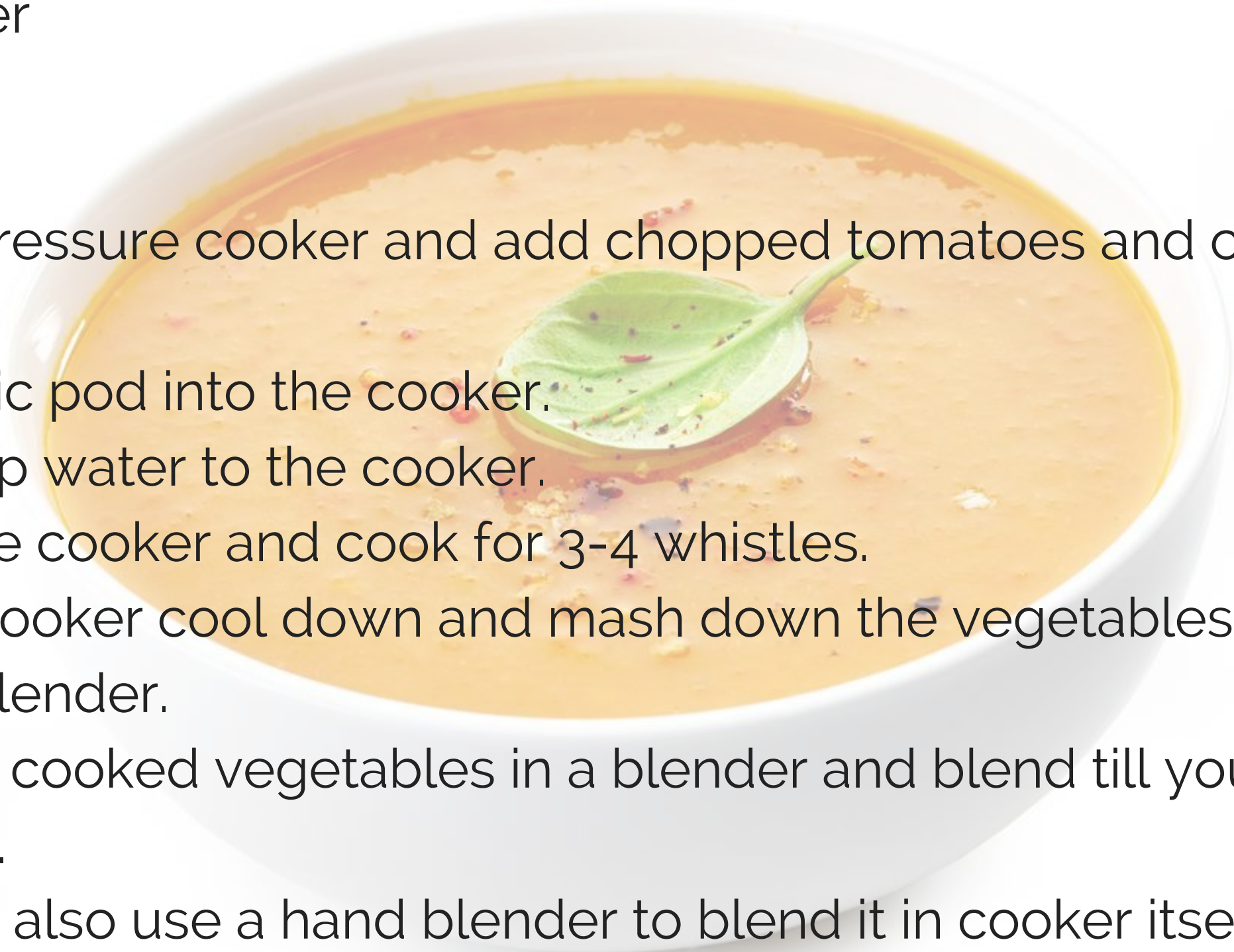
CARROT SOUP

Ingredients

3 large tomatoes – chopped into pieces
1 long red carrot – chopped into small pieces
1 clove garlic
1 pinch black pepper
1 tsp butter
1 cup water

Recipe

- Take a pressure cooker and add chopped tomatoes and carrots to it.
- Add garlic pod into the cooker.
- Add 1 cup water to the cooker.
- Cover the cooker and cook for 3-4 whistles.
- Let the cooker cool down and mash down the vegetables using a masher/blender.
- Take the cooked vegetables in a blender and blend till you get a fine puree.
- You may also use a hand blender to blend it in cooker itself.
- Now use a strainer to strain the soup.
- Add pepper and butter and heat the soup to blend everything.
- Serve the soup warm.
- **Secret Ingredient-Sprinkle some homemade cheese on it.**



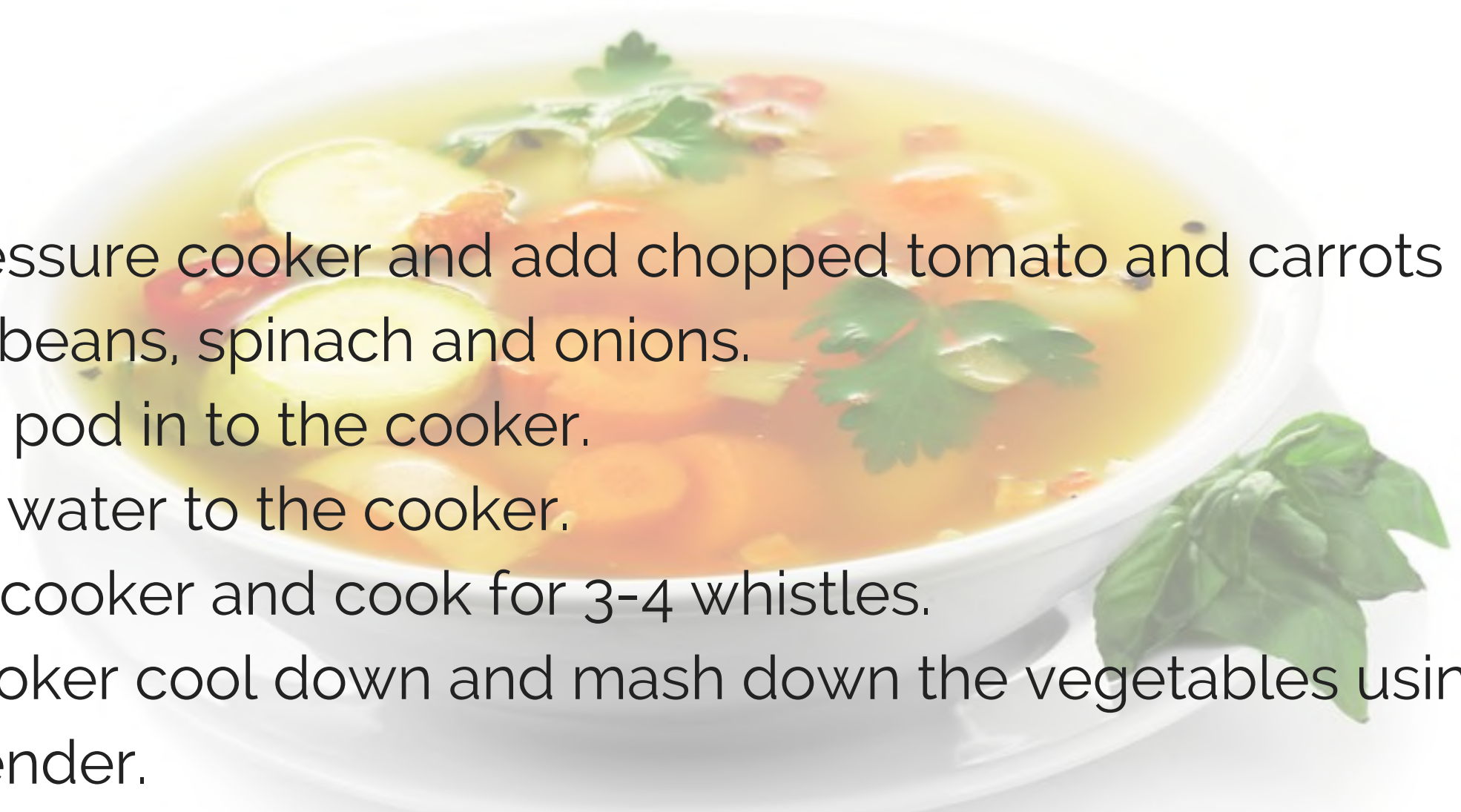
MIX VEGGIES SOUP

Ingredients

- 1 large tomato – chopped into pieces
- 1 long red carrot – chopped into small pieces
- 6-7 leaves of Baby Spinach
- 3-4 Beans twigs
- 1 onion chopped into pieces
- 1 clove garlic
- 1 pinch black pepper
- 1 tsp butter
- 1 cup water

Recipe

- Take a pressure cooker and add chopped tomato and carrots to it.
- Later add beans, spinach and onions.
- Add garlic pod in to the cooker.
- Add 1 cup water to the cooker.
- Cover the cooker and cook for 3-4 whistles.
- Let the cooker cool down and mash down the vegetables using a masher/blender.
- Take the cooked vegetables in a blender and blend till you get a fine puree.
- You may also use a hand blender to blend it in cooker itself.
- Now use a strainer to strain the soup.
- Add pepper and butter and heat the soup to blend everything.
- Serve the soup warm.
- **Secret Ingredient- Sprinkle some homemade cheese on it.**



MILKSHAKES

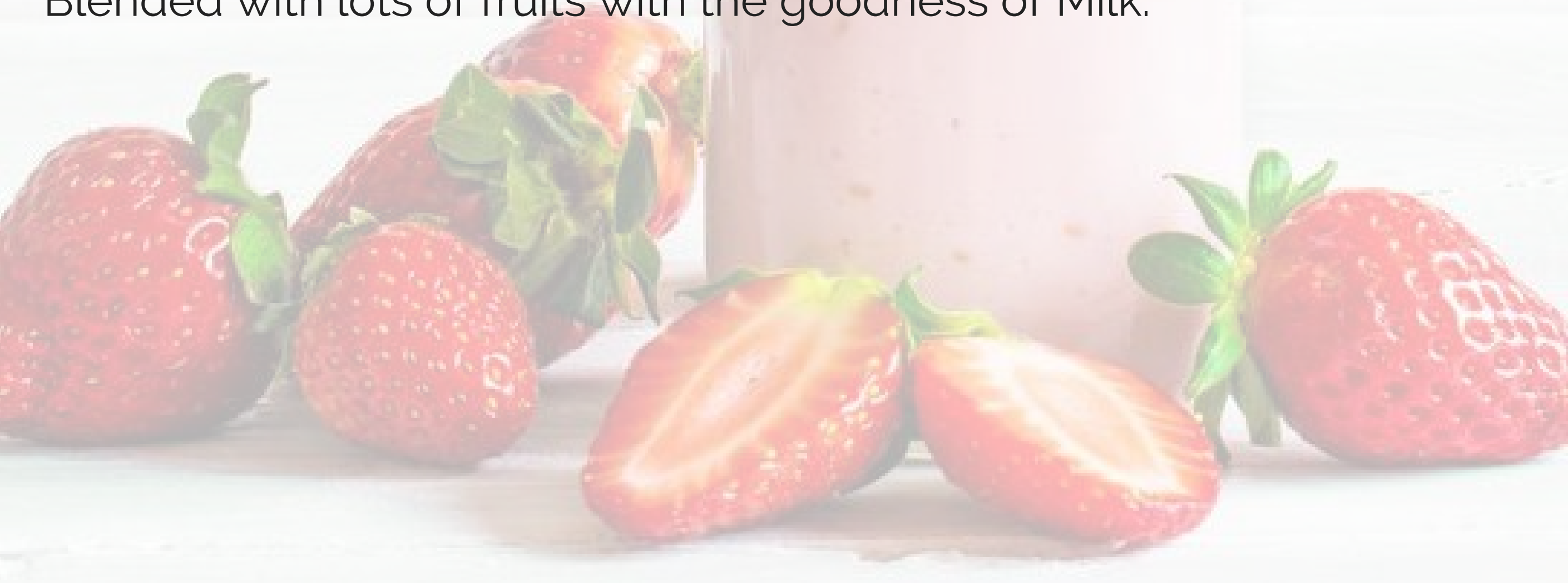
Does your kid ask for a different flavor of milkshake every day? Are you looking for some yummy milkshake recipes to please your little one? Or does your kid create a fuss while eating fruits? If your answer to these questions is yes, then you have come to the right page!

Milkshakes are a must-have for kids- as they are wholesome and full of nutrients. Most kids love milkshakes. You will never see any kid fussing to drink a glass of milkshake. You can add different fruits to this glass of goodness to pamper your kid's taste buds in a healthy way.

Does your kid have a runny nose most of the time? Who said milk shakes to kids are to be served with Ice and Ice-creams?

I mean when my daughter was 7 months old I started giving her all the fruits in Milkshakes. I never added Ice not even used Cold milk. The idea of Nutrition is simple. She got all the nutrition required for a balanced diet without even catching a cold or having Fever.

Yummy Mummy's Recipe of Milkshake is packed with superfoods, Blended with lots of fruits with the goodness of Milk.



OVERNIGHT PREPARATION

Dry fruits Mixture:

I generally soak 2-3 Almonds, 1-2 walnuts, 1-2 Raisins, 2-3 blueberries, 2-3 red berries, 1-2 strands of Kesar in water or Milk. In the morning remove the skin of almonds and blend all the dry fruits in Milk or water. Make a runny mixture. You can add this mixture to all the Milkshakes, yogurt, Curries, Soups or even vegetables.

Doctors tip:

The book's author is an Indian. So all the recipes are suited for Indian climate. If you are living in Northern India in Summers you can decrease the number of dry fruits according to temperature and in Winter you can increase the number of Dry fruits. Avoid taking cold milk generally, take lukewarm Milk.

OREO MILKSHAKE

Ingredients:

A packet of Oreo biscuits

Dry fruits Mixture

½ cup of milk

¼th cup of chocolate syrup

How To:

- Crush the Oreo biscuits coarsely.
- In a blender jar add all the ingredients. Churn until smooth.

YUMMY STRAWBERRY MILKSHAKE

Ingredients:

1 cup of water

1 cup of milk

6 strawberries, chopped

Dry fruits Mixture

1/4th cup of sugar

6 ounces of strawberry crush

How To:

- Add water, milk, sugar, and strawberry crush to the blender jar.
- Blend for a minute.
- Now add dry fruit mixture. Blend again and serve the yummy strawberry milkshake recipe for kids.

CHOCOLATE AND PEANUT BUTTER MILKSHAKE

You Will Need:

½ cup of milk
¾th cup of sugar
2 ounces of baking chocolate, grated
1 Tbsp of vanilla essence
Dry fruits Mixture
½ cup of peanut butter

How To:

- Put all the ingredients into a blender jar and churn until smooth.
- Garnish with grated chocolate and serve delicious chocolate milkshake recipe for kids.

STRAWBERRY AND BANANA MILKSHAKE

Ingredients:

2 cups of milk
1 cup of strawberries, chopped
4 Tbsp of sugar
Dry fruits Mixture
2 bananas, chopped

How To:

- Add the milk, bananas, strawberries, and sugar into a blender jar.
- Churn well until smooth.
- Pour into a glass and serve immediately.

CHIKOO (SPADOILLA) AND BANANA MILKSHAKE

Ingredients:

2 cups of milk
1 cup of chikoo, chopped
4 Tbsp of sugar
Dry fruits Mixture
2 bananas, chopped

How To:

- Add the milk, bananas, chikoo and sugar into a blender jar. Churn well until smooth

MANGO MILKSHAKE

Ingredients:

2 cups of milk
1 cup of Mango, chopped
4 Tbsp of sugar
Dry fruits Mixture

How To:

- Add the Milk, Mango and sugar into a blender jar.
- Churn well until smooth.
- Pour into a glass and serve immediately

KHICHDI RECIPES FOR KIDS

Khichdi is basically wholesome, complete for all ages, which is a mixture of some dal or lentils, vegetables, and rice. It is one of the staples in our home and one of the first foods that I gave to my daughter.

It can be prepared in so many ways that we make it at least once every week or fortnight. It is also a comfort food and whenever my daughter is unwell, khichdi is what makes her feel good. Some of my khichdi recipes which you can use as lunch or dinner. Preferably serve it with a bowl of curd or Greek yogurt.



UPMA OR SUJI KHICHDI

Ingredients:

Suji/Rava - ½ cup

Onion - 1 small

Tomato - 1 small

Mixed Vegetables - ¼ cup

Ginger - 1 tsp finely chopped

Turmeric powder - a pinch

Cumin seeds - ¼ Tsp

Salt - to taste (not recommended for babies below 1 year)

Water - 1.5 cups

Ghee - 1 to 2 tsp

Grounded Cashews and groundnut powder -1 Tsp

Preparation

- In a pan, roast the suji with little ghee until nice aroma comes. Set aside.
- Finely chop onions & tomatoes. Wash and chop the vegetables. Pressure cook or steam cook the vegetables until soft. Keep aside.

How to:

- Heat ghee in a pan, add cumin seeds. Let it crackle. Then add onions along with ginger and sauté it till slightly browned. Add grounded cashews and groundnut powder.
- Then add tomatoes & fry until mushy and raw smell of tomato leaves.
- Now add the mixed vegetables & turmeric powder. Sauté the veggies for a minute. In the meantime, boil the water until rolling boil and add the boiled water to the pan carefully.
- Now add roasted suji with continuous stirring. Be careful while adding, as it might spluttering. Keep mixing until the suji gets absorbed all water.
- Cook covered the suji or rava in low flame for 5 minutes or until its cooked completely. Add ghee fried cashews if desired and switch off the flame.

PLAIN KHICHDI

Ingredients:

1 tbsp moong dal (washed and soaked in water half hour)

1 tbsp rice dal (washed and soaked in water half hour)

Pinch of turmeric

1 tsp of Dalia

Pinch of salt

Pinch of Hing

How To:

- Put everything in a pressure cooker with 1 cup water.
- Let it cook for 3-4 whistles.
- If you feel you want to thin it add some hot water as required.
- Mash with a spoon or blend it in a blender and give it to your child.
- Add a tsp of melted ghee or butter.



VEGETABLE KHICHDI FOR KIDS

Ingredients:

1 tbsp moong dal (washed and soaked in water half hour)

1 tbsp rice dal (washed and soaked in water half hour)

Pinch of turmeric

1 tsp of Dalia

Pinch of salt

Pinch of Hing

2 stick of beans

½ carrot

½ onion

2-3 pieces of pumpkin

How To:

- Put everything in a pressure cooker with 1 cup water.
- Let it cook for 3-4 whistles.
- If you feel you want to thin it add some hot water as required.
- Mash with a spoon or blend it in a blender and give it to your .child.
- Add a tsp of melted ghee or butter



This is a SAMPLE of our Super Secret eBook that will soon be up for sale! However, here's a wonderful opportunity for you to get it at 30% off!.

Just follow us on our Facebook, Instagram, Twitter, YouTube channels and this super-awesome deal is yours!

