

## Spices and Herbs you can add in 6+ Months baby food:

Name	How to Introduce
Cummin Powder	Roast the cumin seeds, make the powder and you can add pinch of it to Moong Dal, Khichdi, Vegetable oats, Daliya, Soups, vegetable purees and plain curd or You can saute in ghee also while making porridge.
Coriander Powder	Add pinch of it to Vegetable Khichdi, Vegetable oats.
Cinnamon Powder	Apple porridge, pancakes, oats porridge, Ragi Porridge, pancakes, Khichdi
Cardamom Powder	Oats porridge, Makhana porridge
Fennel Powder	Oats porridge, Makhana porridge, Poha Porridge, Wheat Daliya Primarily when you want to make sweet flavour by adding fruits this will enhance the taste.
Pepper Powder	Make the powder and you can add pinch of it to Moong Dal, Khichdi, Vegetable oats, Daliya, Soups, vegetable purees.
Fenugreek Powder	Vegetable Khichdi

Mustard Seeds	Upma, Khichdi
Turmeric Powder	Depends on quantity of food, you can add into soups, khichdi, daal porridge, vegetable oats
Asafoetida	Just a pinch you can add to Khichdi, Mashed Daal porridge
Mango Powder	Very little you can add to Daal porridge
Mint Paste	You can add it to Soups, vegetable purees, Khichdi, plain curd
Garlic Paste	Make the paste and you can add pinch of it to Moong Dal, Khichdi, Vegetable oats, Daliya, Soups, vegetable purees. If you don't want to add paste then you can add whole while cooking food and once food is ready you can remove it. This will add the flavour to food
Ginger Paste	Make the paste and you can add pinch of it to Moong Dal, Khichdi, Vegetable oats, Daliya, Soups, vegetable purees, vegetable Rice porridge If you don't want to add paste then you can add whole while cooking food and once food is ready you can remove it. This will add the flavour to food
Smooth Tamarind pulp	If you want to add little tangy flavour to any dish like sambhar then you can add smooth pulp and mix it nicely

Nutmeg Powder	Very little(pinch of) you can add to oats, Poha porridge, Makhana porridge, Rice porridge, dry fruits powder(8+ M)
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You can do your own Research and add the recipies you make for your baby Accordingly.  
If in doubt about any please consult with your doctor for best advice.

Please find the recipes videos in my Instagram and YouTube channel:

[https://www.instagram.com/mommy\\_sanju/](https://www.instagram.com/mommy_sanju/)

<https://www.youtube.com/@MommyGK>

- **Sanju Shekhawat**