

INTRODUCTION

S nacks are an important part of your child's daily food intake. Well-planned healthy snacks can help not only to bridge the gap between meals and provide necessary nutrients, but also to encourage your child to develop good eating habits.

In consultation with my efficient team of chefs and nutritionists, I thought of bringing out a special book on Healthy Snacks for Kids. The book contains simple and healthy snack ideas that are quick to put together and eat, and also offer important nutrients and energy in each delicious bite. A total of 41 healthy snacks have been clubbed under four interesting sections: Filling Snacks - nutritionally well balanced mini meals just big enough to fill a child's tiny stomach; Jar Snacks - snacks that can be made in advance and stored; Finger Foods - interesting foods for little fingers; and Sweet Treats - delicious snacks to satisfy your child's sweet tooth in a healthy way.

We have used a range of healthy ingredients like soyabean, paneer, whole wheat bread, vegetables and fruits to create appetising snacks such as Crunchy Soyabean Snack, page 46, Pahadi Paneer Tikkas, page 62, and Strawberry Stew with Banana Custard, page 97. Healthy cooking methods like baking and steaming have helped re-invent traditionally fat-laden snacks such as Tandoori Paneer Pizzas, page 16, Nutritious Burger, page 27, Quick Mini Soya Dosas, page 86 and Nutritious Chaklis, page 50.

Different shapes and colours have been suggested to make the delicacies more appealing to the children, as done in *Potato Pops, page 64, Nutritious Idlis, page 24 and Fruit Ices, page 90 etc.* I am sure these healthy snacks will not only satisfy your child's frequent hunger pangs but also reduce mindless nibbling on calorie-laden snacks.

Happy and Healthy Snacking!

Regards



CONTENTS

FILLING SNACKS

	Curried Beans Pasta1	4
•	Tandoori Paneer Pizzas 1	6
•	Veggie Submarines1	8
•	Chapati Rolls2	1
•	Nutritious Idlis2	4
•	Nutritious Burger2	7
•	Russian Salad Bread Cups 3	0
•	Rosti Pizzas 3	2
•	Paushtic Parathas 3	5
•	Hakka Rice Noodles3	8
•	Whole Wheat Salad Wraps 4	0

JAR SNACKS

•	Whole Wheat, Walnut and Raisin Cookies	
•	Baked Puris	4
•	Crunchy Soyabean Snack	46
•	Granola Bars	48
•	Nutritious Chaklis	5(
•	Healthy Crunchies	52
•	Healthy Chivda	54
	Muesli	57
•	Cheese and Vegetable Straws	58

FINGER FOODS Green Peas Sandwich	 Steamed Corn with Tomato Salsa
 Crispy Rice Balls	SWEET TREATS Fruit Ices

Noodle Vegetable Cutlets



Using whole-wheat noodles and lots of wholesome vegetables make these cutlets a healthy treat for your little ones.

Preparation time: 10 minutes. Cooking time: 15 minutes. Makes 10 cutlets.

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½ packet (150 gm) instant atta noodles
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½ cup finely chopped mixed boiled vegetables (carrots, French beans, cauliflower etc)

 $\frac{1}{4}$ cup boiled green peas, lightly mashed

¼ cup boiled, peeled and mashed potatoes

¼ cup finely chopped spring onion whites

¼ cup finely chopped spring onion greens

½ tsp finely chopped green chillies

¼ cup finely chopped coriander

½ tsp chaat masala

Salt to taste

Other ingredients 1 tbsp oil for cooking

- 1. Cook the instant atta noodles in 100 ml boiling water without the tastemaker.
- 2. Combine all the ingredients including the noodles in a bowl and mix well using your hands.
- 3. Divide the mixture into 10 equal portions and shape into flat cutlets the palms on your hands.
- 4. Cook on a greased non-stick pan on both sides till golden brown using a little oil if required.

Serve hot.

Nutritive values per cutlet

Energy	Protein	Carbohydrates	Fat	Vitamin C	Iron	Fibre
29 cal	0.7 gm	3.0 gm	1.6 gm	5.2 mg	0.3 mg	0.5 gm



Banana Walnut Muffins



Offset unhealthy refined flour with nutrient-rich oats, banana and walnuts to make healthier muffins.

Preparation time: 5 minutes. Cooking time: 20 minutes. Makes 6 muffins. Baking temperature: 150°C (300°F). Baking time: 20 to 25 minutes.

¼ cup mashed bananas

2 tsp chopped walnuts

4 tbsp plain flour (maida)

½ tsp baking powder

¼ cup powdered sugar

2 tbsp quick cooking rolled oats

¼ tsp vanilla essence

¼ cup butter

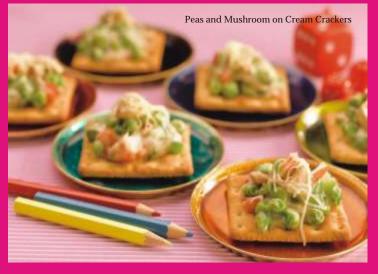
- 1. Sieve the flour with the baking powder. Keep aside.
- 2. Cream the butter and sugar till smooth and creamy with a wooden spoon.

- 3. Add the mashed bananas, vanilla essence and mix well.
- 4. Add the walnuts, flour mixture and oats and mix well.
- 5. Spoon the mixture into 6 greased and dusted muffin moulds.
- 6. Bake in a pre-heated oven at 150° C (300° F) for 15 to 20 minutes or until a knife or skewer inserted into the muffin comes out clean.
- Cool on a wire rack and unmould each muffin. Serve warm.

Nutritive values per muffin

Energy	Protein	Carbohydrates	Fat	Vitamin A	Potassium	Fibre
149 cal	1.8 gm	15.0 gm	9.1 gm	233.2 mcg	18.0 mg	0.3 gm





Snacks are an important part of your child's daily diet, helping not only to bridge the gap between meals and provide necessary nutrients, but also to encourage good eating habits.

This book contains simple and healthy snack ideas that are quick to put together and offer important nutrients. A total of 41 healthy snacks have been clubbed under four different sections - *Filling Snacks, Jar Snacks, Finger Foods* and *Sweet Treats*. Recipes have been planned using nutrient dense ingredients like soya beans, paneer, whole wheat bread, vegetables and fruits, and made healthy by using cooking methods like baking, steaming, etc.

The next time your child demands a snack, do reach out for these delicious and nutritious versions that will appeal to his taste buds and fulfil his nutrient requirements.

Happy and Healthy Snacking!



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.

