

| Time | Narration |
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| 00:00 | Welcome to the spoken tutorial on delicious recipes for kids parties. |
| 00:08 | In this tutorial, we will learn about: |
| 00:12 | Points to consider while preparing children's meals. |
| 00:18 | Preparation of some healthy vegetarian recipes for them. |
| 00:23 | Childhood is a period of rapid growth and development. |
| 00:29 | Both physical and mental development takes place during this period. |
| 00:37 | Hence, it is important that children should consume adequate nutrients. |
| 00:44 | They should be encouraged to eat healthy foods from a young age. |
| 00:50 | Their diet should be nutrient dense covering all the food groups. |
| 00:58 | The meals should be colourful and appealing to them. |
| 01:03 | We will now see some delicious healthy recipes which can be given to children. |
| 01:10 | The first recipe is tangy fox nuts (Makhana - Hindi) Bhel. |
| 01:16 | The ingredients required to make this recipe are: |
| 01:21 | 3/4 cup Fox nuts (Makhana - Hindi). |
| 01:23 | ¼ cup chopped tomato. |
| 01:27 | ¼ cup chopped onion. |
| 01:30 | 2 tablespoons chopped raw mango. |
| 01:34 | 2 tablespoons roasted peanuts. |
| 01:38 | 2 tablespoons lemon juice. |
| 01:41 | 2 tablespoons of washed coriander leaves. |
| 01:45 | You will also need: |
| 01:47 | ½ teaspoon chaat masala. |
| 01:51 | ½ teaspoon red chili powder. |
| 01:54 | Take salt according to your taste. |
| | Procedure: |
| 01:58 | Dry roast the fox nuts (Makhana – Hindi) in a pan on medium flame until they become crunchy. |
| 02:06 | Once roasted, remove them from the pan and let it cool down for a few minutes. |
| 02:14 | Add the rest of the ingredients to it one by one. |
| 02:18 | Mix everything well and serve. |
| 02:22 | The next recipe is Paneer (unsalted Indian cottage cheese – Bracketed text is only for International languages) kebab. |
| 02:27 | Ingredients required for this recipe are: |
| 02:31 | 50 grams or 2 tablespoons of grated paneer (unsalted Indian cottage cheese – Bracketed text is only for International languages). |
| 02:36 | 100 grams or 4 tablespoons of curd. |
| 02:42 | ½ chopped onion. |
| 02:44 | ½ chopped capsicum. |
| 02:47 | Handful of washed coriander leaves. |

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| 02:50 | 2 tablespoons of roasted semolina. |
| 02:55 | Spices required to make this recipe are: |
| 02:59 | ¼ teaspoon cumin powder. |
| 03:03 | ¼ teaspoon red chilli powder. |
| 03:07 | ¼ teaspoon pepper powder. |
| 03:11 | You will also need 2 tablespoons of oil or ghee |
| 03:17 | and salt according to taste. |
| 03:21 | Procedure: For this recipe we need thick curd. |
| 03:26 | For this, put the curd in a strainer and place a bowl beneath it. |
| 03:33 | Cover and keep it aside for 2 to 3 hours. |
| 03:39 | Transfer the thick curd from the strainer to a bowl. |
| 03:44 | Add chopped vegetables, grated paneer (unsalted Indian cottage cheese – Bracketed text is only for International languages) and spices into it. |
| 03:51 | Mix everything well and make round kebabs. |
| 03:56 | Coat it in roasted semolina from all sides. |
| 04:01 | Keep these kebabs in the refrigerator for 20 to 30 minutes. |
| 04:08 | Heat oil in a pan and shallow fry the kebabs. |
| 04:13 | Cook on medium flame on both sides until they turn light golden brown. |
| 04:20 | Paneer (unsalted Indian cottage cheese – Bracketed text is only for International languages) kebabs are ready. |
| 04:24 | Our third recipe is spinach drink. |
| 04:29 | To make this recipe you will need: |
| 04:32 | ½ cup or handful of washed spinach |
| 04:37 | 1 small banana |
| 04:40 | ½ apple |
| 04:42 | 1 and ½ tablespoon curd |
| 04:46 | Procedure: Boil 1 glass of water in a vessel. |
| 04:51 | Once the water boils, add the spinach and cook for a minute. |
| 04:57 | Drain the water and keep the spinach aside to cool. |
| 05:02 | Wash, peel and chop the fruits. |
| 05:06 | Add the chopped fruits, spinach and curd to a mixer jar. |
| 05:12 | Grind this into a smooth paste. |
| 05:16 | You can add ¼ cup of water to adjust the consistency. |
| 05:22 | Transfer this into a glass and serve. |
| 05:26 | You can even garnish it with some grated apples. |
| 05:31 | The last recipe is green gram wrap. |
| 05:36 | To make this recipe you will need: |
| 05:40 | 30 grams or ½ cup of green gram. |

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| 05:45 | 4 to 5 pieces of paneer (unsalted Indian cottage cheese – Bracketed text is only for International languages). |
| 05:49 | 2 tablespoons curd. |
| 05:52 | ½ sliced carrot. |
| 05:55 | 1 small sliced onion. |
| 05:59 | ½ sliced capsicum. |
| 06:02 | You will also need: Handful of shredded cabbage. |
| 06:07 | 1 green chilli. |
| 06:10 | Pinch of turmeric. |
| 06:13 | ¼ teaspoon chilli powder. |
| 06:16 | Salt to taste. |
| 06:18 | 2 teaspoons of oil. |
| 06:21 | Procedure: Wash and soak green gram overnight. |
| 06:26 | Next day, drain the water and transfer it into a mixer jar. |
| 06:31 | Grind it into a smooth batter by adding a green chilli and ½ a glass water. |
| 06:39 | Transfer this batter into a bowl. |
| 06:43 | Add salt and mix well. |
| 06:46 | Keep this aside for later use. |
| 06:50 | I will now tell you how to make the filling. |
| 06:54 | In a bowl add 2 tablespoons curd and whisk until smooth. |
| 07:00 | To this add turmeric, chilli powder and salt. |
| 07:05 | Mix everything well and add paneer (unsalted Indian cottage cheese – Bracketed text is only for International languages) pieces. |
| 07:10 | Coat the pieces well. |
| 07:12 | Keep this aside for 20 minutes. |
| 07:17 | After 20 minutes, heat oil on a pan. |
| 07:21 | Shallow fry the paneer (unsalted Indian cottage cheese – Bracketed text is only for International languages) pieces until they turn golden. |
| 07:26 | Keep these aside to cool. |
| 07:30 | Simultaneously heat 1 teaspoon of oil in a pan. |
| 07:36 | Add all the chopped vegetables. |
| 07:39 | Fry these vegetables for 5 to 10 minutes until they turn soft. |
| 07:46 | Add a pinch of salt and remove from heat. |
| 07:51 | Remember not to add salt in the beginning else the vegetables will become soggy. |
| 07:58 | Keep this aside for later use. |
| 08:02 | We will now see how to make a wrap. |
| 08:05 | Heat oil in a pan. |
| 08:07 | Pour one spoonful of batter that we had prepared earlier. |

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| 08:13 | Spread the batter uniformly like a dosa. |
| 08:18 | Cook until both sides are cooked. |
| 08:21 | This will take 3 to 4 minutes. |
| 08:25 | Transfer the prepared dosa onto a plate. |
| 08:30 | Place the fried vegetables and paneer pieces on the dosa. |
| 08:35 | Roll the dosa and serve hot. |
| 08:39 | All these recipes are rich in protein , |
| 08:44 | good fats , |
| 08:46 | calcium , |
| 08:48 | folate and magnesium . |
| 08:53 | They are also rich in iron , |
| 08:56 | potassium |
| 08:58 | and phosphorus . |
| 09:01 | This brings us to the end of the tutorial. Thank you for joining. |