



# Recipe booklet for complementary feeding of children aged 6 to 23 months



**Integrated Agriculture Interventions for Improved Food and Nutrition  
Security in Selected Districts Of Southern Bangladesh**



**USAID**  
FROM THE AMERICAN PEOPLE



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# Table of contents

Introduction	3
Purpose of this recipe booklet	3
What is complementary feeding?	3
Dietary quality and nutrient adequacy	4
1. Chirar Polao	6
2. Vegetable Khichuri	8
3. Egg Suji	10
4. Pusti Gura	12
5. Egg Khichuri	14
6. Koliza (Liver) Khichuri	16
7. Sago alur bora	18
8. Pumpkin soup	20
9. Sujir halwa	22
10. Pumpkin coconut halwa	24
11. Ready to eat mix	26
References	28

## Introduction

Less than a fourth of the children in Bangladesh are given appropriate complementary foods. Complementary feeding frequently begins too early or too late, and foods are often nutritionally inadequate and un hygienically prepared. A little less than a fourth of children reportedly have a minimum acceptable diet<sup>1</sup>.

As part of the National Infant and Young Child Feeding (IYCF) Strategy, infants should be exclusively breastfed for the first six months of life to achieve optimal growth, development and health. Thereafter, to meet their nutritional requirements and growing needs of the body, infants should receive timely, age-appropriate, nutritionally adequate and safe complementary foods while continuing breastfeeding up to two years of age or beyond. The period during pregnancy and a child's first two years of life (1000 days) is considered a "critical window of opportunity" for prevention of growth faltering. Therefore, the transition from being exclusively breastfed to eating the family food is critical and plays a vital role in the survival, cognitive development and growth of young children.

### **Purpose of this recipe booklet**

The purpose of this book is to standardize and provide a set of improved complementary feeding recipes. It also gives information on the basic food groups, suitable food combinations, correct food handling, appropriate preparation methods, simple processing technologies as well as the schedule and frequency of feeding for children 6-23 months of age. The recipe book can be used as a learning tool by women farmers, extension workers at district and sub district level involved in nutrition and health based programs dealing with IYCF.

All the recipes have been adapted from the recipe booklet titled "Improved recipes for complementary feeding of children aged 6-23 months" as a part of the research 'Development of complementary feeding manual for Bangladesh' conducted by BBF with the technical support from National Food Policy Capacity Strengthening Programme-FAO and funding support from EU and USAID.

The booklet consists of 11 recipes which include main meals, snacks, soup and desserts.

### **What is complementary feeding?**

Complementary feeding is defined as giving additional food to an infant when breast milk alone is no longer sufficient to meet the nutritional requirements<sup>2</sup>. Good complementary foods are rich in energy, protein, vitamins, minerals as well as dietary fiber. They should be clean and safe, soft and easy for the child to eat and should not be too spicy and salty. Complementary foods should be culturally appropriate and simple to prepare. Ingredients must be locally available and affordable.

<sup>1</sup>BDHS 2011

<sup>2</sup>WHO and UNICEF, 2008

### **Dietary quality and nutrient adequacy**

Low quality complementary foods combined with inappropriate feeding practices and a lack of adequate information and knowledge by the mothers on the combination of basic food groups during this period (6-23 months of age) have been identified as one of the fundamental causes of childhood malnutrition.

Children need a variety of energy and nutrient dense foods because their stomachs are small. They cannot eat large amounts of foods at a meal. Therefore, mothers or caregivers should be provided with a variety of recipe options to prepare nutritious food using simple preparation methods. Complementary foods should be based on a principle of food-to-food enrichment with a variety of readily available local foods. Micronutrient intake can be increased by including fruits, vegetables and animal products to diversify complementary foods. Choosing food combinations that enhance micronutrient absorption (like sour foods that are rich in vitamin C) is also important.

# Recipe booklet for complementary feeding of children aged 6 to 23 months



## Chirar Polao

Chirar polao is a recipe providing different nutrients from all the three food groups. Rice flakes used, represents the cereal group, are easily digestible and is a rich source of carbohydrate which provides an immediate source of energy. Besides, rice flakes is also rich in B complex vitamins. Egg used in this recipe provides complete protein. It helps to build body tissues besides providing energy and micronutrients. Different vegetables used in this preparation are good sources of vitamins and minerals and dietary fiber. Oil used for seasoning serves as a concentrated source of energy, improves flavor and promotes the absorption of fat soluble vitamins ( e.g. beta carotene from carrot).

### Ingredients used and nutrient content

Ingredients	Quantity		Energy (kcal)	CHO (g)	Protein (g)	Fat (g)
	Amount (g)	Household Measurement				
Chira <sup>3</sup>	60	3 fistful	213	47.52	3.90	0.66
Egg	50	1 medium	70	0.00	7.25	4.50
Carrot <sup>4</sup>	25	1/3rd of a small carrot	9	1.50	0.23	0.08
Cow Pea	20	5 pc (4")	8	0.56	0.60	0.08
Spinach	10	4-5 leaves	3	0.09	0.30	0.05
Onion	20	1 medium	12	2.40	0.28	0.02
Spices: ginger, garlic	5	1tsp of ginger-garlic paste	-	-	-	-
Oil	10	2 tsp	90	0.00	0.00	10.00
Water	70	1/3rd glass	0	0.00	0.00	0.00
Total	265	-	404	52.07	12.56	15.39
Nutritive value per 100g cooked dish			175	22.64	5.46	6.69

Total cooked weight : 230 g (1 bowl)

Number of servings : 2

Total time required : 25 minutes

Cost per serving : 11 BDT

Iron source : Rice flakes, Egg, Spinach

#### Indications for use:

- Age group: 9-11 months and 12-23 months
- Texture: Soft and Semi solid

<sup>3</sup>If Dheki Chira is used, the quantity of water (for soaking) and soaking time should be increased.

<sup>4</sup>Other seasonal colorful vegetables e.g. pumpkin/amaranth/Indian spinach can be used

## STEPS IN PREPARATION OF CHIRAR POLAO



Step 1: Clean, wash and soak rice flakes (preferable in a colander for 10 minutes). Drain the flakes completely to remove all water.



Step 2: Wash and cut all vegetables and onion finely.



Step 3: Heat oil and saute onions. Then add vegetables together and stir well, add salt to taste.



Step 4: When vegetables become soft, add egg and mix thoroughly, Add soaked rice flakes (chira). Stir well to mix all ingredients and cook for five minutes.



Step 5: Add coriander leaves, saute for few minutes, chirar polao is ready to be served.



## Vegetable Khichuri

Vegetable khichuri is a nutritious recipe prepared using a mixture of rice, lentils, vegetables and oil. It is a main meal that provides sufficient calories to meet the energy requirement. Rice and pulse when mixed together provide good quality protein due to their mutual supplementation property besides providing energy in diet. Different vegetables used in this preparation, are not only rich sources of vitamins and minerals but also fiber. Addition of oil improves the energy density and acts as vehicle for absorption of carotene from vegetables.

### Ingredients used and nutrient content

Ingredients	Quantity		Energy (kcal)	CHO (g)	Protein (g)	Fat (g)
	Amount (g)	Household Measurement				
Rice	40	1 and 1/3rd fistful	139	31.56	2.6	0.16
Lentil	20	2/3rd fistful	63	8.64	5.54	0.16
Nuts(paste)	5	1tsp	29	0.74	1.125	2.33
Carrot <sup>5</sup>	15	1/4th of a small carrot	5	0.9	0.135	0.045
Cow pea	15	3 pc (4")	8	0.42	0.45	0.06
Spinach <sup>6</sup>	15	6-7 leaves	4	0.135	0.45	0.075
Oil	10	2 tsp	90	0	0	10
Onion	20	1 med	12	2.44	0.28	0.02
Spices: ginger, garlic paste and turmeric powder	5	1 tsp	-	-	-	-
Water <sup>7</sup>	370	1 and 2/3rd glass	0	0	0	0
Total (raw)	510	-	351	44.84	10.58	12.85
Nutritive value per 100g cooked dish			125	16.01	3.78	4.59

Total cooked weight : 280 g (1 bowl)  
 Number of serving : 3  
 Total time required : 25minutes  
 Cost per serving : 4 BDT  
 Iron source : Lentil, Nuts, Spinach

### Indications for use:

- Age group: 6-8 months + 9-11 months + 12-23 months
- Texture: Soft and Semi solid

<sup>5</sup>Other seasonal colorful vegetables can be used.

<sup>6</sup>Other leafy vegetables can be used.

<sup>7</sup>70 ml water is needed for soaking rice and lentil, remaining is used in cooking.

## STEPS IN PREPARATION OF VEGETABLE KHICHURI



Step 1: Clean and wash rice and pulse. Then soak it for 10 minutes in a bowl. Take colander, drain the soaked rice and pulses in it.



Step 2: Wash, peel and cut all vegetables, chop onion finely.



Step 3: Take a large frying pan, heat the oil, now add onion, garlic and ginger into it and fry them by stirring for a minute, then add a little bit of turmeric powder.



Step 4: Now add rice, lentils and nuts. Fry for one minute and add water in it. Keep it to boil, then cover the pan and keep it to simmer until the rice gets cooked.



Step 5: When the rice and lentils are nearly cooked, put all vegetables in it. Cook for a few more minutes. When all ingredients are properly cooked, it's ready to be served.

## Egg Suji

Egg suji is a main meal for children and is a combination of semolina, egg, ash gourd, molasses and oil. Semolina is a nutritious recipe prepared to feed children of our country as one of the first meals for complementary feeding. It is a good source of calorie, protein and also provides small quantities of fiber. Besides providing calorie, egg also supplies all the essential amino acids (complete protein), iron, essential fatty acids, and vitamin A,D, E, and B complex vitamins. Ash gourd consists of adequate amounts of moisture, and fiber and bulk. The minerals and vitamins include calcium, iron, phosphorus, thiamin, riboflavin, niacin and vitamin C. Molasses contributes to some iron and enhances energy density. Oil helps to meet high energy requirements and aids absorption of fat soluble vitamins.

### Ingredients used and nutrient content

Ingredients	Quantity		Energy (kcal)	CHO (g)	Protein (g)	Fat (g)
	Amount (g)	Household Measurement				
Semolina	30	2 tbsp	104	21.18	3.27	0.42
Egg	50	1 med pc	70	0.00	7.25	4.50
Ash gourd <sup>8</sup>	15	1 pc (2"x1"x0.5")	1	0.15	0.06	0.02
Carrot	10	1/5th of a small carrot	4	0.60	0.09	0.03
Molasses <sup>9</sup>	15	1.5 tsp	58	14.33	0.08	0.00
Oil	5	1 tsp	45	0.00	0.00	5.00
Water(added)	165	3/4th glass	0	0.00	0.00	0.00
Total (raw)	290	-	281	36.26	10.75	9.97
Nutritive value per 100g cooked dish			156	20.14	5.97	5.54

Total cooked weight : 180g (1 bowl)

Number of servings : 3

Total time required : 30minutes

Cost per serving : 6 BDT

Iron source : Molasses, Egg

### Indications for use:

- Age group: 6-8 months + 9-11 months + 12-23 months
- Texture: Soft and Semi solid

<sup>8</sup>Other vegetables e.g. Green papaya, gourd can also be used here.

<sup>9</sup>Sugar can also be used instead.

## STEPS IN PREPARATION OF EGG SUJI



Step 1: Heat a tawa (flat pan), roast semolina for minutes and now sprinkle water in it.



Step 2: Wash and chop vegetables, put in semolina.



Step 3: Cook slowly, stirring all the time until it comes to the boil and thickens.  
Add egg, stir quickly and mix well.



Step 4: Add molasses and oil. Cook for a while then remove from the heat.

## Pusti Gura

Pusti gura has been formulated for children aged 6-8 months. This is a nutritious main meal composed of rice flour, green gram flour, peanut, molasses/sugar, oil, banana/carrot powder. Rice and pulses are excellent sources of energy and B complex vitamins. Besides, a mixture of rice-pulse-nuts has a mutual supplementary value that improves protein quality. Roasting of rice, green gram and nuts improves flavor and digestibility, helps to reduce bulk and provides a concentrated source of nutrients. Sugar and oil adds energy in it, improves flavor and taste. All of ingredients except oil (and sugar, if used) provide good amounts of iron. This recipe can be served as a snack or as a main meal.

This recipe can be used as a ready mix. Rice, pulse and nuts mixture can be stored for about a month and can be readily combined with vegetables or fruits like banana, papaya, pumpkin, carrot powder or any other seasonal fruits or vegetables.

### Ingredients used and nutrient content

Ingredients	Quantity		Energy (kcal)	CHO (g)	Protein (g)	Fat (g)
	Amount (g)	Household Measurement				
Rice	30	2 tbsp	104	23.67	1.95	0.12
Green gram	20	1 and 1/3 <sup>rd</sup> tbsp	64	8.96	4.74	0.26
Nuts	15	1 tsp	88	2.22	3.38	6.99
Molasses	10	1 tsp	38	9.55	0.05	0.00
Oil	5	1 tsp	45	0.00	0.00	5.00
Carrot powder <sup>10</sup>	5	1 tsp	129	1.95	0.40	0.05
Banana <sup>11</sup>	10		12	2.37	0.10	0.05
Water	220	1 glass	0	0.00	0.00	0.00
Total	315	-	362	48.72	10.62	12.47
Nutritive value per 100g cooked dish			129	17.40	3.79	4.45

Total cooked weight : 280 g (1 bowl)  
 Number of servings : 3  
 Total time required : 5-8 minutes  
 Cost per serving : 6 BDT  
 Iron source : Molasses, Peanut, Green Gram.

#### Indications for use:

- Age group: 6-8 months + 9-11 months + 12-23 months.
- Texture: Semi solid

<sup>10</sup>Other seasonal vitamin A rich fruits e.g. ripe papaya, mango, cooked pumpkin can be added.

<sup>11</sup>Other seasonal vitamin C rich fruits e.g. orange can also be used here

## STEPS IN PREPARATION OF PUSTI GURA



Step 1: Roast rice, nuts and green gram separately and grind to fine powder



Step 2: Mix rice powder, green gram powder, carrot powder, nut powder and molasses in a pot. Add oil and water in it then cook for few minutes.



Step 3: Peel and mash banana and then add in the cooked pusti gura before feeding to children.

## Egg Khichuri

Egg khichuri is a nutritious main meal that provides multiple nutrients due to a varied combination of food groups. Cereals are rich in carbohydrates that provide energy, abundant protein, fat, minerals and vitamins. In this recipe, lentils provide plenty of protein in the diet. Although lentils are deficient in methionine they are rich in lysine whereas cereals are rich in methionine and a poor source of lysine. Hence, cereals when consumed with pulses, improves the protein quality due to mutual supplementation. Eggs are a rich source of protein and are packed with essential nutrients for maintaining good health, particularly vitamin D, vitamin B12, selenium and choline. Among protein foods, eggs are the richest mix of essential amino acids. Yellow and orange color vegetables boost the vitamin and mineral content of this recipe. Addition of oil enhances the bio availability of fat soluble vitamins (e.g. beta carotene from pumpkin).

### Ingredients used and nutrient content

Ingredients	Quantity		Energy (kcal)	CHO (g)	Protein (g)	Fat (g)
	Amount (g)	Household Measurement				
Rice	75	2 and ½ fistful	261	59.18	4.88	0.30
Lentil	30	1 fistful	95	12.96	8.31	0.24
Potato	50	1 med	33	7.00	0.60	0.10
Egg	50	1 med	7	0.00	6.65	5.80
Pumpkin <sup>12</sup>	20	1 pc (1"X0.5"X 1.5")	4	0.26	0.28	0.06
Spinach <sup>13</sup>	20	8-10 leaves	5	0.18	0.60	0.10
Oil	20	4 tsp	180	0.00	0.00	20.00
Spices: Ginger, garlic and turmeric powder	5	1tsp of ginger-garlic paste and a pinch of turmeric powder	-	-	-	-
Onion	40	2 med	24	4.88	0.56	0.04
Water	550	2.5 glass	0	0.00	0.00	0.00
Total (raw)	855	-	681	84.46	21.88	26.64
Nutritive value per 100g cooked dish			118	14.66	3.80	4.63

Total cooked weight : 576 (1 bowl)

Number of servings : 5

Total time required : 30 minutes

Cost per serving : 5 BDT

Iron source : Spinach, Egg, Lentil

### Indications for use:

- Age group: 6-8 months + 9-11 months + 12-23 months
- Texture: Semi-Solid

<sup>12</sup>Other yellow-orange color vegetables e.g. carrot can also be used here.

<sup>13</sup>Other dark green leafy vegetables can be used here.

## STEPS IN PREPARATION OF EGG KHICHURI



Step 1: Clean and wash rice and pulse. Then soak it for 10 minutes in a bowl. Take colander, drain the soaked rice and pulses in it and keep them aside.



Step 2: Wash, peel and cut all vegetables, chop onion finely.



Step 3: Take a large frying pan, heat the oil, now add onion, garlic and ginger in it and fry them by stirring for a minute, then add little bit of turmeric powder.



Step 4: Add rice and lentils. Saute for one minute and add water. Bring boil, then cover the pan and simmer until the rice gets cooked.



Step 5: When the rice and lentils are nearly cooked, put in all vegetables. Cook for few more minutes.



Step 6: When rice, lentils and vegetables are cooked well, add egg and mix well by stirring. Cook for few more minutes. Egg khichuri is ready to be served.



## Koliza (Liver) Khichuri

Koliza khichuri is a culturally acceptable, delicious and nutritious main meal item. In this particular recipe, koliza has been introduced due to its high quality of different nutrients e.g. protein, iron, B complex vitamins, vitamin A as well as energy which are required for child growth and tissue repair. Cereals and pulses are the main source of energy. Liver and vegetables contribute to meet the vitamin and mineral requirement. Oil added for seasoning and fat from other ingredients improves energy density; they also help to make food more palatable and to absorb fat soluble vitamins.

### Ingredients used and nutrient content

Ingredients	Quantity		Energy (kcal)	CHO (g)	Protein (g)	Fat (g)
	Amount (g)	Household Measurement				
Rice	30	1 fistful	104	23.67	1.95	0.12
Lentil	10	1/3 <sup>rd</sup> fistful	32	4.32	2.77	0.08
Chicken liver (koliza) <sup>14</sup>	20	1 small pc	23	0.14	3.38	0.96
Potato	20	½ of a med potato	13	2.80	0.24	0.04
Pumpkin <sup>15</sup>	15	1 pc (1"x0.5"x1")	3	0.20	0.21	0.05
Onion	20	1 med	12	2.44	0.28	0.02
Spices: Ginger, garlic and turmeric powder	5	1tsp of ginger-garlic paste and a pinch of turmeric powder	-	-	-	-
Oil	10	2 tsp	90	0.00	0.00	10.00
Water	270	1 and 1/5 <sup>th</sup> glass	0	0.00	0.00	0.00
<b>Total</b>	<b>395</b>	<b>-</b>	<b>277</b>	<b>33.57</b>	<b>8.83</b>	<b>11.27</b>
Nutritive value per 100g cooked dish			132	15.98	4.20	5.36

Total cooked weight : 210 g (3/4th bowl)

Number of servings : 3

Total time required : 30 minutes

Cost per serving : 5 BDT

Iron source : Liver, Lentil

### Indications for use:

- Age group: 6-8 months + 9-11 months + 12-23 months
- Texture: Semi solid

<sup>14</sup>Alternate use: beef, chicken, fish.

<sup>15</sup>Other seasonal colorful vegetables e.g. Tomato/Carrot can be used here instead of pumpkin.

## STEPS IN PREPARATION OF LIVER (KOLIZA) KHICHURI



Step 1: Clean and wash rice and pulse. Then soak it for 10 minutes in a bowl. Drain the soaked rice and pulses in it and keep aside.



Step 2: Wash, peel and cut all vegetables, chop onion finely.



Step 3: Take a large frying pan, place it over heat. Heat the oil, add onion, garlic and ginger and fry them by stirring for a minute, then add a pinch of turmeric powder.



Step 4: Add rice and lentils. Fry for one minute and add water in it. Keep it to boil, then cover the pan and keep it to simmer until the rice gets cooked.



Step 5: When the rice and lentils are nearly cooked, put in vegetables and koliza (liver). Cook for few more minutes. When rice, lentils and vegetables are cooked well, koliza khichuri is ready to be served.

## Sago alur bora

Sago alur bora is a nutritious snack as its good combination of the three food groups. Sago represents cereal group that provides sufficient amount of carbohydrate and energy to the diet. Egg used in this preparation is a complete protein and contains all essential amino acids necessary for maintaining healthy body functioning. Vegetables are rich in vitamins, minerals and fiber, therefore they boost normal immunity functions of the body. Oil used for frying provides energy to diet and promotes absorption of fat soluble vitamins from vegetables (like vitamin A from carrot, amaranth etc.). Fat also makes the food more tasty and palatable.

### Ingredients used and nutrient content

Ingredients	Quantity		Energy (kcal)	CHO (g)	Protein (g)	Fat (g)
	Amount (g)	Household Measurement				
Sago	45	3 tbsp	158	39	0	0
Potato	100	2 med	67	14.00	1.20	0.20
Egg	50	1 med pc	70	0.00	7.25	4.50
Cow pea <sup>16</sup>	20	4 pc (4 <sup>''</sup> )	8	0.56	0.60	0.08
Amaranth <sup>17</sup>	30	1 and ½ fistful	9	0.15	1.35	0.09
Carrot <sup>18</sup>	20	½ of a small carrot	7	1.20	0.18	0.06
Oil	10	2 tsp	90	0.00	0.00	10.00
Water <sup>19</sup>	50	1/3rd cup	0	0.00	0.00	0.00
Total	325	-	408	55.11	10.67	15.02
Nutritive value per 100g cooked dish			167	22.49	4.36	6.13

Total cooked weight : 245g (9 pieces)

Number of serving : 3

Total time required : 20 minutes

Cost per serving : 8 BDT

Iron source : Amaranth, Spinach, Egg

### Indications for use:

- Age group: 12-23 months
- Texture: Solid and soft

<sup>16</sup>Other seasonal vegetables e.g. gourd, green papaya can also be used

<sup>17</sup>Other seasonal dark green leafy vegetables can also be used

<sup>18</sup>Other yellow orange color vegetables e.g. pumpkin can also be used here

<sup>19</sup>Water in needed to soak sago

## STEPS IN PREPARATION OF SAGO-ALUR BORA



Step 1: Wash and soak sago for 15 minutes. Drain sago to remove all water and keep aside.



Step 2: Wash potato and vegetables. Now grate potato and carrot. Cut all lealy vegetables.



Step 3: Put all Ingredients together in a bowl, add salt according to taste amd mix well.



Step 4: Hoat oil in a pan and make small round shaped bora, then place the bora in hot oil and shallow fry on both sides till they turn into golden brown color.

## Pumpkin soup

Pumpkin soup is a nutritious dish which can be served as a main meal or as a side dish. It is prepared from wheat flour, rice starch, chicken and different vegetables. Wheat flour and rice starch have been added to provide sufficient energy. While chicken has been added to provide good quality protein. A variety of vegetables contributes to different vitamins, minerals and fiber. Oil used in this recipe increases the energy density and enhances absorption of fat soluble vitamins (such as beta carotene from pumpkin).

### Ingredients used and nutrient content

Ingredients	Quantity		Energy (kcal)	CHO (g)	Protein (g)	Fat (g)
	Amount (g)	Household Measurement				
Rice Flour	20	4 tsp	70	16	1	0
Potato	70	1 medium	47	9.80	0.84	0.14
Pumpkin	100	5 pc (2"×0.5"×1")	18	1.30	1.40	0.30
Cow pea	20	4 pc (4")	8	0.56	0.60	0.08
Egg	50	1 medium pc	70	0.00	7.25	4.50
Sugar	10	2 tea spoon	40	9.95	0.00	0.00
Oil	15	3 tsp	135	0.00	0.00	45.00
Water	350	1.5 glass	0	0.00	0.00	0.00
Total	635	-	387	35.69	12.21	20.34
Nutritive value per 100g cooked dish			97	8.97	3.07	5.11

Total cooked volume : 398g (2 bowls)

Number of servings : 3

Total time required : 30 minutes

Cost per serving : 6 BDT

Iron source : Wheat flour (atta), Egg

### Indications for use:

- Age group: 6-8 months + 9-11 months+ 12-23 months.
- Texture: Semi solid

## STEPS IN PREPARATION OF PUMPKIN SOUP



Step 1: Wash, peel and cut pumpkin and potato into small pieces, Now cook it over simmering temperature. When pumpkin and potato becomes soft enough, mash it using blender or sheel pata.



Step 2: Wash and chop cow pea finely.



Step 3: Roast rice flour and keep it aside.



Step 4: Take a pot; put pumpkin-potato mixture and cow pea and then add oil. Add salt according to taste and cook for few minutes.



Step 5: Turn off the flame, let it cool down to room temperature. Now add beate egg and water and whip to mix thoroughly. Put the whole mixture on stove.



Step 6: Cook until eggs are done. Add sugar and roasted rice flour and add water if needed). Cook for few minutes and turn off the flame.



Step 7: Add few drops of lemon juice; pumpkin soup is ready to be served.

## Sujir halwa

Sujir halwa is one of the most commonly prepared sweet dishes in the households of Bangladesh. This recipe is a good combination of semolina, milk, sugar and coconut. Semolina provides ample of energy, B complex vitamins and little amount of protein. While addition of milk improves the protein quality and sugar contributes to energy in the diet. In this recipe, coconut has been added as a source of fat and oil which helps to meet energy requirements.

### Ingredients used and nutrient content

Ingredients	Quantity		Energy (kcal)	CHO (g)	Protein (g)	Fat (g)
	Amount (g)	Household Measurement				
Semolina (Suji)	20	4 tsp	69	14.12	2.18	0.28
Milk	200	1 glass	126	7.00	7.80	7.40
Sugar <sup>20</sup>	20	4 tsp	80	19.90	0.00	0.00
Coconut	10	2 tsp	39	0.69	0.33	3.67
Carrot <sup>21</sup>	15	1/4th of a small carrot	5	0.90	0.14	0.05
Total(raw)	265	-	314	41.71	10.31	11.35
Nutritive value per 100g cooked dish			180	23.97	6.52	5.93

Total cooked weight : 174g (½ bowls)  
Number of servings : 3  
Total time required : 12 minutes  
Cost per serving : 6 BDT  
Iron source : Semolina, Coconut

### Indications for use:

- Age group: 9-11 months and 12-23 months.
- Texture: Semi liquid and thick

<sup>20</sup>Molasses can be used here .

<sup>21</sup>Other vitamin A rich fruits/ vegetables e.g. pumpkin, mango, ripe papaya can also be added.

## STEPS IN PREPARATION OF SUJIR HALWA



Step 1: Heat a shallow pan; take required amount of suji in it.  
Now roast suji for few minutes over medium to slow flame.



Step 2: Wash, peel and then grate carrot.



Step 3: When suji turns to golden brown color, add milk and carrot in it.



Step 4: When suji and carrot is cooked properly, add sugar.



Step 5: Saute for a while so that the halwa doesn't stick on the bottom of the pan. Now add coconut



Step 6: Again saute for few minutes, when halwa leaves the pan, it's ready to be served.



## Pumpkin coconut halwa

Pumpkin coconut halwa can be served as a dessert or snack to fill in the energy and nutrient gap. Sweet pumpkin has been combined with coconut, peanut and molasses to provide a energy and nutrient dense diet. Besides, peanut also provides protein, niacin and iron to diet while, molasses provides ample of energy and iron. Addition of coconut will enhance the absorption of beta carotene from pumpkin, and will also add calorie to the dish.

### Ingredients used and nutrient content

Ingredients	Quantity		Energy (kcal)	CHO (g)	Protein (g)	Fat (g)
	Amount (g)	Household Measurement				
Rice flour	5	1 tsp	17	3.99	0.33	0.02
Sweet pumpkin	50	2 pc (1.5"x0.5"x1.5")	9	0.65	0.70	0.15
Molasses <sup>22</sup>	25	2.5 tsp	96	23.88	0.13	0.00
Coconut	5	1 tsp	19	0.35	0.17	1.84
Pea nut (paste)	10	2 tsp	59	1.48	2.25	4.66
Milk	75	1/3 glass	47	2.63	2.93	2.78
Total(raw)	170	-	248	32.96	6.50	9.44
Nutritive value per 100g cooked dish			261	34.69	6.84	9.93

Total cooked weight : 95 g (3.5 tbsp)

Number of servings : 2

Total time required : 15 minutes

Cost per serving : 7 BDT

Iron source : Molasses, coconut

#### Indications for use:

- Age group: 12-23 months
- Texture: Soft and semi solid

<sup>22</sup>Sugar can be used here.

## STEPS IN PREPARATION OF PUMPKIN COCONUT HALWA



Step 1: Wash, peel and cut pumpkin into thin slice.



Step 2: Heat milk in a pot/vessel, add pumpkin in it. Put a lid on it and cook until pumpkin becomes soft and absorbs the milk completely (add water if needed), Then keep it aside.



Step 3: Melt molasses in a heated pan. Add roasted coconut and nuts in it and mix well.



Step 4: Add cooked pumpkin and rice flour in it. Cook for next few minutes until mixture becomes sticky. Put on a greased plate and cut into slabs/bars.

## Ready to eat mix

Cereals, pulses and nuts in proportions of 4: 1:1 are used to prepare a Complementary Food Mix (CFM), called Mix A. The CFM serves as a nutrient dense mix. Complementary feeding can help to complement the nutrient needs of the infant from 6 months onwards along with breast feeding up till about 2 years of age. Roasting of grains and Detais pictorial steps in preration of pustigura has been placed in the following page (A : Preparation of pustigura:) nuts helps to reduce bulk and provides a concentrated source of nutrients<sup>23</sup>. Dehydrated carrot powder provides a concentrated source of beta carotene. Mixing the two powders can serve to promote food to food enrichment. The consistency of the prepared CF gruel makes it easy to feed the child and promotes acceptability. These two mixes are nutritious and easy to prepare. Household processing methods such as roasting and grinding can serve to keep the CFM for extended periods. CFM (Mix A) if stored in a clean and dry container at room temperature has a shelf life of up to 2 months. Carrot powder (Mix B) can be kept upto 3 months in a dark glass container at room temperature, in a clean and cool place, protected from light<sup>24</sup>. Detailed pictorial steps in preparation of dehydrated carrot powder has been placed in the following page (Preparation of Carrot Powder: B)

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<sup>23</sup>This recipe overlaps with recipe number 4 i.e. pusti gura.

However, here we have tried to explain in detail the process required to prepare carrot powder.

<sup>24</sup>The composition of the CFM is critical as it must be adequate in energy, protein and micronutrients.

# STEPS IN PREPARATION OF COMPLEMENTARY FOOD

## A. Preparation of pustigura



Taka 4 parts (4 Tbsp) of rice, 1 part (1 Tbsp) pulses/beans and 1 part (1 Tbsp) groundnuts



Roast rice (3-5 minutes, pulses/ beans (5-10) and groundnuts (5-10 minutes) separately.



Shell groundnuts.



Mix and weigh all ingredients and grind.



Store in a clean and dry container (Mix A)



Take 2 parts of carrot/sweet pumpkin OR /leafy vegetable, soft cook



Take 2 parts mango/papaya and/or banana, mash well OR prepare carrot powder.

## B. Preparation of carrot powder



Wash, peel and grate carrots



Blanch carrots for 3-5 minutes



Sundry carrots for 1-2 days/ Dry in a hot air over at 60 degrees C for 45 min.-1 hr



Mix 5 tsp of Mix A +1 Tbsp cooked sweet pumpkin/carrot/leafy vegetable/ mashed mango /papaya/ banana/ 1tsp carrot powder (Mix B) + 1 cup clean water.



Grind the dried carrot to a fine powder (Mix B)



Store in a clean and dry Container (mix B)



(Mix A)



(Mix A)



Cook for 2 minutes to prepare gruel. If fruit is used, add it to Mix A cooked for 2 minutes. Feed the child with a clean cup and spoon.

Nutritive value of Mix A : 316 kcal; Protein 12g; Fat 6.4g; Iron 4.0mg.

Nutritive value/serving (1 cup) : Energy 364 kcal; Protein 13g; Fat 7g; Iron 5 mg; Beta carotene 6460 mcg. 5 Tbsp Mix A + 1 tsp Mix B.

## References

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