

30 Quick and Delicious Snacks to Supercharge Your Child's Brain



1. Peanut Butter and Banana Sandwich

Ingredients:

- 2 slices whole wheat bread (gehu ki bread)
- 1 tbsp peanut butter (unsweetened) (moongfali ka makkhan)
- 1 small banana (kela), sliced

Instructions:

1. Spread peanut butter on one slice of bread.
2. Layer banana slices on top and cover with the second slice.
2. Slice into halves and serve fresh.

How It Helps:

Peanut butter is rich in healthy fats and protein, while bananas provide potassium and natural sugars for brain energy.

2. Ragi Almond Milkshake

Ingredients:

- 2 tbsp ragi (finger millet) flour (ragi ka atta)
- 1 cup milk (doodh)
- 1 tbsp almond powder (badam ka powder)
- 1 tsp jaggery (gud)

Instructions:

1. Roast ragi flour in a dry pan for 2 minutes.
2. Add milk and stir continuously to avoid lumps.
3. Mix in almond powder and jaggery. Serve warm or chilled.

How It Helps:

Ragi boosts brain function with calcium and amino acids, while almonds enhance memory and cognitive abilities.

3. Carrot and Beetroot Paratha

Ingredients:

- 1 cup whole wheat flour (gehu ka atta)
- 1/4 cup grated carrot (kaddukas ki hui gajar)
- 1/4 cup grated beetroot (kaddukas ka chukandar)
- Salt (namak) and spices (masale) to taste

Instructions:

1. Mix flour, grated veggies, salt, and spices. Knead into a soft dough.
2. Rollout parathas and cook on a tawa with a little ghee.
3. Serve with curd (dahi) or chutney.

How It Helps:

Carrots and beetroots are rich in antioxidants that improve blood flow to the brain and enhance memory.

4. Coconut Jaggery Balls

Ingredients:

- 1 cup grated coconut (kaddukas kiya hua nariyal)
- 1/2 cup jaggery (gud)
- 1 tsp cardamom powder (elaichi powder)

Instructions:

1. Heat jaggery in a pan until it melts.
 - . Add grated coconut and cardamom powder. Mix well.
2. Shape into small balls and let them cool.

How It Helps:

Coconut provides healthy fats, and jaggery boosts energy and brain function.

5. Moong Dal Chilla

Ingredients:

- 1 cup soaked moong dal (bheegi hui moong dal)
- 1/4 cup chopped vegetables (kati hui sabziyan - pyaz, tamatar, shimla mirch)
- Salt (namak) and spices (masale) to taste

Instructions:

1. Grind soaked moong dal into a batter.
2. Add chopped veggies, salt, and spices.
3. Spread batter on a heated pan and cook until golden brown. Serve with chutney.

How It Helps:

Moong dal is rich in protein and magnesium, aiding brain development and focus.

6. Apple Cinnamon Yogurt Bowl

Ingredients:

- 1/2 cup plain yogurt (sada dahi)
- 1/2 apple (seb), chopped
- A pinch of cinnamon (dalchini)
- 1 tsp honey (shahad)

Instructions:

1. Mix yogurt, chopped apple, and cinnamon in a bowl.
2. Drizzle honey on top and serve chilled.

How It Helps:

Apples provide antioxidants, and yogurt is rich in probiotics that support brain health.

7. Vegetable Poha

Ingredients:

- 1 cup flattened rice (poha)
- 1/4 cup chopped vegetables (katihuisabziyan-gajar, matar, pyaz)
- 1 tsp mustard seeds (sarson kedaane)
- Curry leaves (karipatta)

Instructions:

1. Wash poha and set aside.
2. Heat oil, add mustard seeds, curry leaves, and vegetables. Sauté.
3. Mix poha, salt, and spices. Cook for 2 minutes and serve hot.

How It Helps:

Poha provides slow-releasing carbs, and vegetables add brain-boosting vitamins.

8. Masala Sweet Corn

Ingredients:

- 1 cup boiled sweet corn (ubla hua sweet corn)
- 1 tsp butter (makhan)
- Salt (namak), pepper (kali mirch), and chaat masala (chaat masala)

Instructions:

1. Mix boiled sweet corn with butter, salt, pepper, and chaat masala.
2. Serve warm as a quick snack.

How It Helps:

Sweet corn provides glucose for energy, while butter aids brain cell development.

9. Jaggery Sesame Ladoos

Ingredients:

- 1 cup sesame seeds (til)
- 1/2 cup jaggery (gud)

Instructions:

1. Dry roast sesame seeds.
2. Melt jaggery and mix in the sesame seeds.
3. Shape into ladoos while warm.

How It Helps:

Sesame seeds are rich in magnesium, and jaggery provides brain-nourishing minerals.

10. Oats and Nuts Chikki

Ingredients:

- 1 cup rolled oats (jai)
- 1/2 cup mixed nuts (mishrit meve - badam, kaju)
- 1/2 cup jaggery (gud)

Instructions:

1. Dryroastoatsandnutsuntilaromatic.
2. Meltjaggeryinapanandmixitwiththeroastedoatsandnuts.
3. Spreadthemixtureonagreasedplateandletitcool.Cutintosquaresandserve.

How It Helps:

Oats provide slow-releasing energy, and nuts enhance memory with omega-3 and antioxidants.

11. Spinach and Corn Sandwich

Ingredients:

- 2 slices whole wheat bread (gehu ki bread)
- 1/2 cup boiled corn (ubla hua corn)
- 1/2 cup spinach (palak), chopped
- 1 tsp butter (makhan)

Instructions:

- 1 Sauté spinach and boiled corn in a little butter.
 - . Spread the mixture between two slices of bread and grill until golden brown.
- 2 Serve hot with ketchup.

How It Helps:

Spinach boosts brain function with iron and antioxidants, and corn provides glucose for sustained energy.

12. Papaya and Yogurt Smoothie

Ingredients:

- 1 cup papaya (papita), chopped
- 1/2 cup yogurt (dahi)
- 1 tsp honey (shahad)

Instructions:

- 1 Blend papaya, yogurt, and honey until smooth.
 - . Serve chilled as a refreshing snack.
- 2

How It Helps:

Papaya is rich in antioxidants, and yogurt supports brain health with probiotics and calcium.

13. Makhana Masala Snack

Ingredients:

- 1 cup roasted makhana (fox nuts) (makhana)
- 1 tsp ghee (ghee)
- A pinch of salt (namak) and pepper (kali mirch)

Instructions:

1. Heat ghee in a pan and toss roasted makhana with salt and pepper.
2. Serve warm as a crunchy, brain-boosting snack.

How It Helps:

Makhana is rich in magnesium and antioxidants, promoting better brain function.

14. Millet Khichdi

Ingredients:

- 1/2 cup bajra (pearl millet) (bajra)
- 1/4 cup moong dal (moong dal)
- 1 cup chopped vegetables (kati hui sabziyan - gajar, matar)
- Salt (namak) and turmeric (haldi)

Instructions:

1. Wash bajra and moong dal, then pressure cook with chopped vegetables, salt, and turmeric.
2. Serve hot with curd or pickle.

How It Helps:

Bajra is packed with iron and magnesium, improving focus and concentration.

15. Cucumber and Peanut Salad

Ingredients:

- 1 cup cucumber (kheera), chopped
- 1/4 cup roasted peanuts (bhuni moongfali)
- A pinch of salt (namak) and lemon juice (nimbu ka ras)

Instructions:

1. Mix chopped cucumber and roasted peanuts in a bowl.
2. Add salt and a squeeze of lemon juice. Toss well.

How It Helps:

Cucumber hydrates the brain, while peanuts enhance memory with healthy fats and proteins.

16. Ragi Cookies

Ingredients:

- 1 cup ragi flour (ragi ka atta)
- 1/4 cup jaggery powder (gud ka powder)
- 1/4 cup butter (makhan)

Instructions:

1. Mix ragi flour, jaggery powder, and butter into a dough.
2. Shape into cookies and bake at 180°C for 15-20 minutes.
3. Let them cool before serving.

How It Helps:

Ragi is a rich source of calcium and iron, essential for cognitive development.

17. Banana Oats Pancakes

Ingredients:

- 1 banana (kela), mashed
- 1/2 cup oats (jai)
- 1/4 cup milk (doodh)

Instructions:

1. Mix mashed banana, oats, and milk into a batter.
2. Pour batter onto a heated pan and cook until golden on both sides.
3. Serve with honey or jam.

How It Helps:

Bananas provide brain energy, while oats ensure a steady release of glucose.

18. Green Gram Sprout Salad

Ingredients:

- 1 cup green gram sprouts (hare moong ke ankur)
- 1/4 cup chopped tomatoes (tamatar)
- 1/4 cup grated carrots (kaddukas ki hui gajar)
- A pinch of salt (namak) and lemon juice (nimbu ka ras)

Instructions:

1. Mix green gram sprouts, tomatoes, and carrots in a bowl.
2. Add salt and lemon juice. Toss well.

How It Helps:

Sprouts are rich in iron and folate, enhancing brain health and energy.

19. Sweet Potato Tikkis

Ingredients:

- 1 cup boiled and mashed sweet potato (shakarkand)
- 1/4 cup bread crumbs (bread ka choora)
- Salt and spices (namak aur masale) to taste

Instructions:

1. Mix mashed sweet potato, bread crumbs, and spices into a dough.
2. Shape into tikkis and shallow fry until golden. Serve with chutney.

How It Helps:

Sweet potatoes are loaded with beta-carotene and carbohydrates for sustained brain energy.

20. Spinach and Cheese Omelette

Ingredients:

- 2 eggs (ande)
- 1/4 cup chopped spinach (palak)
- 2 tbsp grated cheese (kasa hua paneer)
- A pinch of salt (namak) and pepper (kali mirch)

Instructions:

1. Beat the eggs with salt and pepper.
2. Heat a pan and pour the egg mixture. Sprinkle spinach and grated cheese on top.
3. Cook until set and fold into a half-moon shape. Serve hot.

How It Helps:

Eggs are rich in choline, which supports memory, while spinach provides antioxidants for better brain function.

21. Beetroot Raita

Ingredients:

- 1 cup curd (dahi)
- 1/2 cup grated beetroot (kaddukas ka chukandar)
- A pinch of cumin powder (jeera powder) and salt (namak)

Instructions:

1. Whisk curd and mix in grated beetroot, salt, and cumin powder.
2. Serve chilled as a refreshing side dish or snack.

How It Helps:

Beetroot improves blood flow to the brain, while curd provides probiotics for overall brain health.

22. Multigrain Ladoo

Ingredients:

- 1/2 cup multigrain flour (multigrain atta)
- 1/4 cup jaggery powder (gud ka powder)
- 2 tbsp ghee (ghee)

Instructions:

1. Roast multigrain flour in ghee until aromatic.

- 2 Add jaggery powder and mix well. Shape into ladoos while warm.
- . Let them cool and store in an airtight container.
- 3

How It Helps:

Multigrains provide essential nutrients and fiber, boosting energy and focus.

23. Date and Walnut Smoothie

Ingredients:

- 1/2 cup milk (doodh)
- 5 seedless dates (khajoor)
- 2 walnuts (akhrot)

Instructions:

- 1 Blend milk, dates, and walnuts into a smooth drink.
- . Serve chilled or at room temperature.
- 2

How It Helps:

Dates provide natural sugars, while walnuts are rich in omega-3 fatty acids that enhance memory.

24. Vegetable Dalia

Ingredients:

- 1 cup broken wheat (dalia)
- 1/2 cup chopped vegetables (kati hui sabziyan - gajar, matar)
- Salt and spices (namak aur masale) to taste

Instructions:

- 1 Cook dalia with water, salt, and vegetables in a pressure cooker.
- . Serve warm with a dollop of ghee.
- 2

How It Helps:

Dalia provides slow-releasing carbohydrates, keeping kids energetic and focused.

25. Mango and Coconut Popsicles

Ingredients:

- 1 cup mango puree (aam ka puree)
- 1/2 cup coconut milk (nariyal ka doodh)
- 1 tsp honey (shahad)

Instructions:

1. Mix mango puree, coconut milk, and honey.
2. Pour the mixture into popsicle molds and freeze for 4-6 hours.
3. Serve as a delicious and cooling treat.

How It Helps:

Mangoes provide vitamin A, and coconut milk offers healthy fats for brain cell development.

26. Ragi Idli

Ingredients:

- 1/2 cup ragi flour (ragi ka atta)
- 1/2 cup rice flour (chawal ka atta)
- 1/4 cup curd (dahi)
- Salt to taste (namak)

Instructions:

1. Mix ragi flour, rice flour, curd, and salt into a batter.
2. Pour into idli molds and steam for 10-15 minutes.
3. Serve hot with chutney.

How It Helps:

Ragi is rich in calcium and essential amino acids, supporting brain development.

27. Peanut Ladoos

Ingredients:

- 1 cup roasted peanuts (bhuni hui moongfali)
- 1/2 cup jaggery (gud)

Instructions:

1. Grind roasted peanuts and jaggery into a sticky mixture.

2. Shape into ladoos while warm and let them cool.

How It Helps:

Peanuts are high in healthy fats and protein, boosting brain power and memory.

28. Besan Cheela

Ingredients:

- 1 cup gram flour (besan)
- 1/4 cup chopped vegetables (kati hui sabziyan - pyaz, tamatar, shimla mirch)
- Salt (namak) and spices (masale) to taste

Instructions:

1. Mix gram flour with water to form a smooth batter. Add chopped veggies, salt, and spices.
2. Heat a pan, pour batter, and spread evenly. Cook until golden brown on both sides.
3. Serve with mint chutney.

How It Helps:

Besan is rich in protein and iron, which support brain development and improve focus.

29. Dry Fruit Mix Balls

Ingredients:

- 1/4 cup chopped almonds (badam)
- 1/4 cup chopped cashews (kaju)
- 1/4 cup chopped walnuts (akhrot)
- 1/4 cup dates (khajoor), pitted

Instructions:

1. Blend all dry fruits and dates into a coarse mixture.
2. Roll into small balls and store in an airtight container.

How It Helps:

Dry fruits are loaded with omega-3s and antioxidants, boosting memory and concentration.

30. Curd Rice with Flaxseeds

Ingredients:

- 1 cup cooked rice (paka hua chawal)
- 1/2 cup curd (dahi)
- 1 tsp flaxseeds (alsi ke beej)
- Salt (namak) to taste

Instructions:

1. Mix cooked rice with curd and add salt to taste.
2. Sprinkle flaxseeds on top before serving.

How It Helps:

Curd provides probiotics for brain health, and flaxseeds offer omega-3 fatty acids for cognitive function.