

Recipe Name: Broken Wheat Upma Or Dalia Khichdi
Recipe for Babies & Toddlers

Diet Type: Vegetarian

Course: Indian Breakfast

Cuisine: Indian

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1/4 cup Broken Wheat (Dalia/ Godumai Rava)	2
• 1/2 cup Water	
• Salt - as per your taste	
• 1 Carrots (Gajjar) - finely chopped	
• 1 teaspoon Ghee	
• 1/4 teaspoon Mustard seeds	
• 1/4 teaspoon Turmeric powder (Haldi)	
• Curry leaves - a few	

Preparation

- To begin making Dalia Khichdi or Broken Wheat Upma for babies and toddlers, we have to first steam the finely chopped carrots.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	5	45	5	5	2