

TIPS | 5 Kitchen Tools for moms of Picky Eaters

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SUMMARY

Amrita Raichand, the first mom on Indian television, shares essential tips for parents dealing with fussy eaters. She emphasizes creativity and the right tools to make healthy food appealing to children.

- *Cookie cutters and molds are essential for fun food presentation.*
- *Piping bags can transform simple dishes into exciting meals; fresh whipped cream is recommended.*
- *A creative mindset is crucial for encouraging healthy eating habits in children.*
- *Basic kitchen tools can be used creatively if specialized equipment isn't available.*
- *Chocolate chips and cheese are key ingredients that can enhance any dish.*
- *Health-conscious cooking can be enjoyable and engaging for both parents and children.*

Speaker 1: Foreign. Hi, guys. Welcome to kidstoppress.com we're really excited because today we have with us literally the first mom on Indian television. That's Amrita Raichan. Thank you for that fabulous introduction. I love the tagline of first mom. You have to tell me five things which every mom should have to please a fussy eater. Cookie cutters. Absolutely. You should definitely have lovely moulds. Okay. Muffin molds, cake molds.

Speaker 1: That really does wonders. We should have piping bags. Because what I do is I make anything look exciting by putting either cream, you know, or melted chocolate in a piping bag. And I just, you know, and it's very easy. People think, piping bag, bakery, nothing. You get these lovely nozzles, you get these lovely piping bags. Just put the nozzle in it and put whatever you want to do and just, you just fill it nicely. And there's a technique to it.

Speaker 1: Oh, I wish I had a piping bag right now. But you take the piping bag. So imagine the cone is here. The piping bag should be around this hand. Fill it up with the filling, pick it up, take the air out, tie it, and then just pipe it and just go round and round and go. Go crazy with your designs. And children just love it. You know when you make pancakes? Yeah. Just pipe some whipped cream on it.

Speaker 1: And I use nice fresh cream which I whip myself. You know, I don't buy the whipped cream, Kadaba. I buy fresh cream and I whip it. It just takes a little time, but it's healthier. So with three done, two more to go. Oh, a creative mind and, and, and the desire to make sure that your, your child eats healthy food. See, I, I'm a health freak. It's very important for me that my child eats healthy food.

Speaker 1: How I do that, that's where the creativity and that's where the little bit of, you know, putting your mind to it comes at play. So you just have to do that. And then, you know, the equipments and everything. See, I don't want to, you know, perhaps wherever you are, you may not get. So, you know, if you don't have anything

else, you can just use your knife, you can use your fingers, you can, you can design, you can do things with your finger.

Speaker 1: You don't have a piping bag. Just put the, just take a spoon, a dollop of whipped cream, put it on it and use your fingers and do round, round, round. So really it's all here, you know, you don't have to stress out about it. Chocolate chips is a great. Chocolate chips and cheese are two things that make anything just perfect. Absolutely. I agree. You can add cheese and you can cheese and chocolate chips in. In edible ingredients.

Speaker 1: You should definitely have them handy at home. Perfect. Thank you. Amuda, thank you so much for being with us today. It was an absolute pleasure. Thank you. Thank you for having me here.