



Healthy Recipe Cookbook

for

Mothers And Their Family

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Sponsored by Yayasan Daya Diri in collaboration with the HerwellBeing Society Kuala Lumpur and Selangor

All the recipes were tested in the R&D Lab, Faculty of Hospitality & Tourism Management, UCSI University, Kuala Lumpur

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Healthy Eating Guidelines

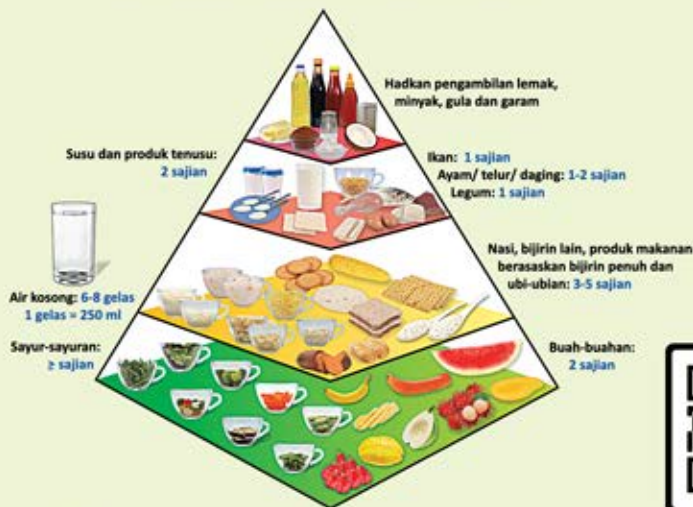
Eating a healthy diet is an important part of maintaining overall health and well-being. The guidelines for healthy eating include a variety of recommendations for different food groups, as well as general tips for making healthier choices. Some key recommendations include:

- Eating a variety of fruits and vegetables every day
- Choosing whole grains over refined grains
- Limiting intake of added sugars and saturated fats
- Eating lean protein sources, such as fish, poultry, and legumes
- Drinking plenty of water and limiting intake of sugary drinks

By following these guidelines, you can ensure that you are getting the nutrients your body needs to function properly and reduce your risk of chronic diseases such as obesity, heart disease, and type 2 diabetes. Additionally, eating a balanced diet can also improve energy levels, mood, and overall quality of life.

PIRAMID MAKANAN MALAYSIA 2020

Panduan Pengambilan Makanan **HARIAN** Anda



Nota:

1. Bilangan sajian dikira berdasaraeakan 1,500 kcal, 1,800 kcal dan 2,000 kcal untuk dewasa.
2. Orang dewasa yang tidak aktif / sedentari perlu mengambil bilangan sajian yang minimum.



Preface

Under the grant from Yayasan DayaDiri (YDD), Her Wellbeing Society Kuala Lumpur and Selangor (HWSKLS) managed to reach 50 women who belong to B40 community and reside at PPR locations in Kuala Lumpur and Selangor areas. The goal of the outreach was to enhance overall well-being.

Well-being is viewed as every aspect of life influencing one's quality of life, which is very subjective. However, wellbeing can be defined as the combination of feeling good and functioning well. For a mother to function well, she needs to adhere to the basic four pillars of wellbeing; which are nutritional intake cook book, physical movement, sleep and stress management. In this cook book, we will focus on one of the pillars, "a healthy diet". The reason to do so is because evidence has indicated that when a mother eats healthily, everyone in her household is likely to eat healthily. For mother's health, there are important physiologic, neurologic, and hormonal distinctions throughout the lifecycle that impact nutritional needs. These nutritional needs must be translated into appropriate nutrition practices that aim to avoid overt nutritional deficiency, promote health, and minimise the risk of chronic disease. Finally, mother's will have better opportunities to earn, learn, grow and lead when they have adequate nutrition.

By producing this cook book HWSKLS foresees three fold benefits; first, mothers can prepare households meals and maximise the nutritional benefits within their minimal budget that emphasise the importance of calories intakes for her and her household members needs. Second, mothers can use the recipes provided here and prepare meals to be sold to other mothers within her locality/community. Thirdly, mothers who act as child care providers can ensure nutritional options are also extended to children under their care.

Mothers who actively engaged in this programme requested such a manual to adopt optimal nutrition practices. Key considerations were to build mothers' capacity to improve affordable nutritional meals not only for their children, but also for older adults who are under their care. This cook book also reflects mothers' perspectives through focus group discussions, and their quotes are integrated to reflect their current dietary knowledge and experience.

1. Malaysians are categorized into three different income groups: Top 20% (T20-Monthly Income more than RM10,960), Middle 40% (M40-Income more than RM4,850), and Bottom 40% (B40-income below RM4,849).

2. People's Housing Programme (PPR). Malaysian federal government ongoing commitment on providing a housing programme to low income groups in urban or semi urban localities.

3. Feskens, E.J.M., Bailey, R., Bhutta, Z. et al. Women's health: optimal nutrition throughout the lifecycle. *Eur J Nutr* 61 (Suppl 1), 1–23 (2022). <https://doi.org/10.1007/s00394-022-02915-x>

Members of HerWellBeing Society Kuala Lumpur and Selangor (HWSKLS) created this manual through the funding support of Yayasan DayaDiri (20091039989 [883134-X]). This manual provides a basic overview of the abovementioned content that supports the learnings that occurred via face-to-face or online sessions conducted with mothers from B40 communities from March 2022 to December 2022.

We like to thank the mothers from the community who actively participated in community-based activities to enhance their well-being over the one year project with HWSKLS. Mothers' quotes are included to ensure the content below aligns with their nutritional queries.

E_Nutritional Booklet was developed in December 2022.



BIBLIOGRAPHY



SATVINDER KAUR,
*Nutritionist /
Associate Professor*

Satvinder Kaur is an Associate Professor at UCSI University. She completed her Ph.D. in Nutritional Epidemiology from Universiti Sains Malaysia and her master's in clinical nutrition from Universiti Kebangsaan Malaysia. She obtained her bachelor's degree in Nutrition and Community Health from Universiti Putra Malaysia. Since 2018, she has been appointed as one of the committee members for the National Coordinating Committee for Food and Nutrition (NCCFN) by the Ministry of Health Malaysia. She has been appointed the lead author for key recommendations on meat, poultry, and legume intake for the Malaysian Dietary Guidelines (2021) for Children & Adolescents. As for 2019-2020, she was appointed as a co-author for Malaysia Dietary Guidelines (2020-2030) under key recommendations on milk and its products. She has received several awards for her research work and contribution to the field. Her most recent award is being a recipient of the IUNS Early Career Awardee 2022. She has authored and co-authored a number of research papers related to maternal chrononutrition, childhood obesity, healthy meal preparation interventions, and metabolic syndrome. Several research grants have been awarded by the Ministry of Higher Education and other institutions to conduct her research work. Dr. Satvinder actively contributes written articles online and for health magazines and was also featured in a leading local newspaper sharing her knowledge on nutritional health.

Nurliyana Abdul Razak is a lecturer at the Department of Food Science and Nutrition, UCSI University. She received both her Ph.D. and MSc. in Community Nutrition from Universiti Putra Malaysia. She obtained her bachelor's degree in Food Science and Nutrition from Universiti Malaysia Sabah. She has been a member of the Nutrition Society of Malaysia (NSM) since 2010. She has been actively involved in research and community engagement programs under NSM, including the MyBreakfast Study, the annual Nutrition Month Malaysia and several nutrition roadshows around the Klang Valley. She has won the NSM Publication Prize in 2014 for her scientific article on dietary patterns and cognitive ability of adolescents. She has also received the NSM Postgraduate Thesis Prize in 2022 for her cohort study on growth and cognitive development of infants. She has authored and co-authored a number of chapters in books and research papers related to childhood and adolescent nutrition, maternal and infant nutrition, growth, and cognition.



**NURLIYANA
ABDUL RAZAK**
Nutritionist / Lecturer



AZMIL BIN HARANAY
Chef and Lecturer

AZMIL BIN HARANAY a Malaysian, is a Lecturer / Chef for Faculty of Hospitality and Tourism Management in UCSI University. Prior joining UCSI he was the Culinary Standard Manager (In-flight Service) for Malaysian Airlines Berhad. He holds Master in Business (Hospitality and Tourism) from Griffith University, Australia (2005), B.Sc. (Hons.) Foodservice Management from MARA University of Technology, (2001), Diploma in Chef Training from MARA Institute of Technology (ITM), 1998 and Professional Certificate in European Classical Cuisine and European Chocolate and Pastry from Domino Carlton Tivoli (DCT), Luzern, Switzerland (1999). He has a total of 19 years in Foodservice and Catering industry. He began his career as Chef de Partie at Marc Zimmermann Restaurant in Luzern, Switzerland as a Saucier in 1999. Later he joined Pizzaguys Inc. in Sacramento USA as an Area manager covering north of California State in 2001. An opportunity arises for him, when Sribima offered him as a Camp boss for PM9 area in Terengganu waters in 2000. Later, he joined KDU University College and UITM as a lecturer in the Culinary Department from 2005 until 2011. He holds various positions in the department overlook the implementation of the Outcome Based Education and the formalization of Culinology Department (Chemistry and Culinary combination). In 2014, he joined Positive Seas Sdn. Bhd as an Operation Manager.



**ASST. PROF. CHEF
FADZLY CHE OMAR**
Chef

Assistant Professor Chef Fadzly Che Omar currently the Head of Praxis, Industry and Community Engagement (PICE) and Culinary Lecturer at the Faculty of Hospitality and Tourism Management, UCSI University. He holds Master's in Gastronomy, Degree in Foodservice Management and Diploma in Chef Training from University Technology Mara.

He also holds position as Deputy President, Gastronomy Association of Malaysia and WICS (World Platform of Islamic Countries Culinary Societies) Halal Commissioner for Malaysia. With his experience and knowledge in culinary education and gastronomy field bring him to many places to showcase Malaysian cuisine to Tokyo, Japan, Sorenberg, Switzerland, Bangkok, Thailand, Dubai, UAE, Shanghai, Guangzhou, China, Jakarta, Indonesia and Singapore. In his past experience he took the challenge and become Quality Assurance and Key Account Manager for Farm Frites International in Oudenhooorn, Netherlands 2012.

Furthermore, Chef Fadzly has competed in various cooking competitions and has amassed numerous medals and awards. Now he being invited as Culinary Judge for local and international events. Recent event the World Chef Championship 2019, Malaysia Chef and Cooks Congress in 2018, MAHA 2019, ICHef Malaysia in 2017, Melaka Culinary Challenge 2019 and Food Hotel Malaysia events in 2009 till 2011. He also involved with various brands cooking demonstrations with Nestle, Bestari, Meat Live-stock Australia, Lee Kum Kee, Avena, Panasonic, Philips, Indra Valley, Saji and Barilla Pasta and other. Others activities he also invited for talks, forum, seminars and TV shows, recent program is the Stars vs Food Malaysia and Agak Agak for Astro Program during the Malaysia Day events.

Dr Sangeeta Kaur is a Public Health Specialist who has served as an academic teaching Epidemiology and Public Health Medicine since 2014. Most of such teaching is focused on prevention, promoting the health of communities and addressing behavioural health issues that top the leading causes of death for many age groups. Besides teaching, Dr Sangeeta also provides consultancy on health system planning and analyzing of logistical data, clinical trials, and mapping of key performance indicators. Such skills are pertinent, especially in healthcare management that continues to transform to keep up with the industry, consumer, and technology trends. Over the last decade and a half, she has coordinated national and regional projects scaling up results-oriented activities to deliver Sustainable Development Goals. As for her civic engagement, she is the President of the Her Wellbeing Society Kuala Lumpur & Selangor and the Honorary Secretary to the Malaysian Health Ageing Society.



DR SANGEETA KAUR



LOKE HOI WENG
Assistant Professor


Assistant Professor Loke Hoi Weng is currently the culinary lecturer at the Faculty of Hospitality and Tourism Management, UCSI University Kuala Lumpur. He emerges in the culinary industry in 1986. Realizing experience itself will not be inadequate for success, he enrolled as a student at one of the local colleges in the year 1987 majoring in food production and kitchen management. The pride in finally having a certificate he joined Shangri-La Hotel Kuala Lumpur and later moved on to education as a chef instructor.

In 1995, he joined the culinary scene by being part of the operational team. Establishing himself in the culinary world in numerous prestigious hotels. By 1998 as he was the executive chef for two independent restaurants in Klang Valley. He went back to the education field in the year 2000 and took pride as a chef instructor thus given the privilege to co-ordinate for the culinary and patisserie unit. Some of his remarkable workshops are Build your

sandwich tower, Working with cheese, Baking healthy bread. "Think fresh" a recipe book written by Chef Loke and his team has always been regarded as his pride and joy. He was also invited to be part of the team for other colleges as a supervisory chef and he had the opportunity to work with celebrity chef such as Robert Rainford (King of barbecue), Laura Clauder (French cuisine) and Chef Wan (Malaysia delight). Internationally, he was given an opportunity to attend Korean cuisine training at Jeonju University at Jeonju, Korea and Woosong University at Daejeon, Korea.

TABLE OF CONTENTS

Cover title page	i
Copyright	ii
Preface	iii
Bibliography	iv
Content page	v
Recipe (Toddlers)	
<i>Apple and Banana Puree</i>	1
<i>Anchovies and Spinach Porridge</i>	2
<i>Pumpkin, Chicken and Vegetable Porridge</i>	7-8
Recipe (Young and Older Children)	
<i>Chicken and Vegetable Rice Ball</i>	9-10
<i>Penne Pasta with Tomato Sauce, Slice Chicken and Broccoli</i>	11-12
<i>Vegetable French Toast</i>	13-14
<i>Chicken and Vegetable Rice Nugget</i>	15-16
<i>Nasi Ulam</i>	17-18
<i>Grilled Sardine Fish</i>	19-20
<i>Egg Sandwich</i>	21-22
<i>Oatmeal with Dried Fruit</i>	23
<i>Fried Rice with Beetroot and Coconut Flakes</i>	24-25
<i>Healthy Nasi Lemak with Condiments</i>	26-27
<i>Burger [homemade patty]</i>	28-29
<i>Chicken Teriyaki Rice</i>	30-31
<i>Baked Macaroni with Chicken and Vegetables</i>	32-33
Recipe (Beverages / Desserts)	
<i>Apple Orange Juice with Honey</i>	34
<i>Banana Milk/Smoothies</i>	35
<i>Oatmeal Pancake Served with Fresh Banana, Drizzled with Honey and Toasted Almonds</i>	36-37
<i>Sweet Cream Corn Pudding</i>	38
<i>Fruits Custard</i>	39-40
<i>Jackfruit Muffin</i>	41-42



Apple and Banana Puree (4 Pax)

INGREDIENTS :

- 2 - Red Apples
- 1 - Ripe Banana
- 30 ml - Plain yogurt

PREPARATION INSTRUCTIONS :

1. Peel and core the apples. Slice the apples into smaller pieces.
2. Peel and chop the banana into smaller pieces
3. Place in the pan the apples and cover it with water. Bring the apples to a boil and simmer for 6 minutes.
4. Drain the apples and add it into a blender together with the banana.
5. Blend the mixtures into a desired consistency.
6. Pour the blend fruits puree into a bowl and add the plain yoghurt and mix it well.

NUTRITION TIPS :

- Complementary foods should be introduced at the age of 6 months.
- Pureed, mashed and semi-solid foods are suitable for infants aged 6-8 months.
- Apple and banana puree is a good source of vitamin A (7.25 RE per serving) and C (5.28 mg per serving) for infants and can boost their immunity.
- It is also a good source of fibre that can help to prevent constipation.

Nutritional knowledge is crucial in meal planning for their children including childcare services: This was shared by several mothers enrolled in the programme.





Anchovies and Spinach Porridge (4 Pax)

INGREDIENTS :

- 50 gm - Rice Grain
- 5 gm - Dried anchovies
- 50 gm - Spinach
- 250 ml - Water
- 5 gm - Salt
- 5 gm - Carrot
- 5 gm - White Pepper

PREPARATION INSTRUCTIONS :

1. Wash the rice and the dried anchovies thoroughly and make sure is clean from dirt and foreign object.
2. Place the rice and the anchovies in a pot and boil and simmer until it soft.
3. Add in spinach and season the rice mixture with salt, sugar, and white pepper.
4. Cool down the mixture and blend it until smooth.

NUTRITION TIPS :

- Spinach is a good source of iron (1.54 mg per serving). It is a high source of iron from vegetables.
- Iron is essential for infant's brain development and helps your baby to reach his/her developmental milestones (e.g., crawling, walking, talking) on time.
- Iron is needed to make haemoglobin, an oxygen transporter in the body that helps your baby to be active all day!
- Add vegetables rich in vitamin A such as carrots to help iron absorption from the meal.
- Introduce spinach early so that your baby will develop a taste preference

Iron Recommended Nutrient Intake (RNI) for infants aged 6- 11 months is 9 mg/day.











Pumpkin, Chicken & Vegetable Porridge (4 Pax)

INGREDIENTS :

- 50 gm - Rice Grain
- 20 gm - Pumpkin
- 30 gm - Chicken Breast (small dice)
- 10 gm - Red onion
- 5 gm - Garlic
- 5 gm - Salt
- 3 gm - White pepper
- 20 gm - Green spinach (Julienne)
- 20 gm - Carrot (Julienne)

PREPARATION INSTRUCTIONS :

1. Wash the chicken breast and drain off the water. Slice the chicken breast into smaller pieces.
2. Wash the rice thoroughly from dirt and foreign object. Drain and toss the rice and place into a bowl.
3. Peel the onion, pumpkin and garlic. Cut the pumpkin into small cubes. Slice the red onion and chopped the garlic into fine texture.
4. Wash the spinach and peel the carrot. Cut the broccoli into small florets and carrot into small cubes.
5. Heat up a pan with oil and sauté the red onion and garlic until fragrant.
6. Add in the chicken breast into the pan and continue sauteing until the chicken meat is cook.
7. Add in the rice and cover it with water. Let it boil and simmer for 8 minutes or until the rice is cook.
8. Add in the vegetables and the pumpkin and continue cooking until the vegetables and pumpkin is soft.
9. Season to taste with salt, sugar and pepper.
10. Blend the mixture to desirable consistency and pour into a bowl.

NUTRITION TIPS :

- Gradually change food texture and preparation methods as infants grow older. At 9-11 months, infants can transit from having mashed to chopped foods.
- Infants aged 6-8 months should be given $\frac{1}{2}$ cup of thick rice porridge at each meal, and increase to 1 cup at the age of 9-11 months.
- A variety of cereals (porridge, rice, bread) and tubers (potatoes, sweet potatoes) should be given to infants to meet with their energy needs.
- Infants aged 6-8 months and 9-11 months require a total daily energy intake of 200 kcal and 300 kcal from complementary foods, respectively.
- Pumpkins and carrots are good source of vitamin A, which is important for baby's eyesight.
- **Caution:** Do not feed your baby with pumpkin and carrot everyday as overconsumption can lead to carotenemia (baby's skin turning yellow / orange!)





Chicken and Vegetable Rice Ball (4 Pax)

INGREDIENTS :

- 100 gm - Rice Grain
- 80 gm - Chicken breast
- 10 gm - Garlic
- 5 gm - Salt
- 3 gm - White pepper
- 30 gm - Celery (julienne)
- 30 gm - Carrot (julienne)
- 20 gm - Daun sup
- 10 gm - Chicken broth
- 1pcs - Pandan leaf

PREPARATION INSTRUCTIONS :

1. Wash the chicken breast and drain off the water. Slice the chicken thigh into smaller pieces.
2. Wash the rice thoroughly from dirt and foreign object. Drain and toss the rice and place into a bowl.
3. Peel the garlic. Chopped the garlic into fine texture.
4. Wash the celery and peel the carrot. Slice the carrot and leek into julienne. Chopped the celery leaf
5. Heat up a pan with oil and sauté garlic until fragrant.
6. Add in the chicken thigh into the pan and continue sauteing until the chicken meat is cook.
7. Add in the rice and cover it with water. Let it boil and simmer for 8 minutes or until the rice is cook.
8. Add in the vegetables and continue cooking until the vegetables and pumpkin is soft.
9. Season to taste with salt, sugar and pepper.
10. Shape the rice into balls and serve.

NUTRITION TIPS :

- At 1-2 years, toddlers can eat family foods and should be given $\frac{1}{2}$ cup of rice at main meals.
- Toddlers should be encouraged to eat by themselves.
- Build a positive and loving environment at meal times.
- A rice ball can increase the attractiveness of the food and make mealtime more fun!
- Animal source foods such as meat, poultry, fish and eggs should be given daily as they are main sources of iron and zinc (Caution: Avoid giving egg white to infants below 1 year old as it may pose an allergic reaction)

Iron (2.93 mg per serving) and zinc (0.26 mg per serving) are important for growth. Lack of iron and zinc intake may result in stunted linear growth in children.



Penne Pasta with Tomato Sauce, Slice Chicken and Broccoli (4 pax)



INGREDIENTS :

250 gm - Penne pasta
10 gm - Salt
2 litre - Water
3 ml - Oil

Tomato sauce

40 gm - Red onion	30 gm - Sugar
20 gm - Garlic	1pcs - Bay Leaf
1kg - Whole tomato	100 gm - Chicken breast
50 gm - Tomato puree	150 gm - Broccoli (small floret)
2pcs - Vietnamese coriander	2 gm - Coriander leaves
20 gm - Salt	10 gm - Chicken broth
10 gm - Black Pepper	

PREPARATION INSTRUCTIONS :

1. Boil the water and in the penne pasta together with salt, and oil. Cook it for 8 minutes until the pasta is soft to bite (al dente).
2. Drain of the pasta and cool it down by adding into cold water. Drain the pasta from the cold water using a colander and pour in some oil onto it and mix it up as it helps the stick to be non-stickable.
3. Blanch the whole tomato into a boil water for 3 minutes. Take it out from the pot and put the whole into an ice water. The peel the tomato skin off. Roughly dice the tomato and keep it a side.
4. Sauté the chopped onion and garlic in a pot until fragrant. Add in the tomato puree and continue cooking for 2 minutes. Add in the roughly chopped whole tomato and season it with salt, sugar, black pepper. Add in the chicken stock with bay leaf. Let it simmer for 20 minutes.
5. Heat up the pan and start sauteing the red onion and garlic.

6. Add in the slice chicken breast and sauté for another 2 minutes. Add in the tomato sauce and pasta.
7. Cook the pasta with the rest of the mixture for several minutes and it is properly mix.
8. Blanch the small broccoli floret into salt water for 2 minutes. Take it off from the water and cool it down.
9. Plate the pasta with the slice chicken and place the small broccoli floret on the pasta and garnish it with chopped parsley.

NUTRITION TIPS :

- Limit oil to 1-2 teaspoons
- A penne pasta meal can break that cycle of rice and noodle, and can be something new and interesting for your child to try
- Tomato is rich in Beta-carotene (2157.31 µg per serving) (vitamin A (375.69 RE per serving)), which is important for the eyes
- Chicken is a good source of protein and is important for growth. Children aged 1-3 years and 4-6 years need 12 g and 16 g of protein daily, respectively
- Choose lean part of the chicken (e.g., breast), trim off the visible fat and remove the skin before cooking.
- Broccoli is packed with all sorts of nutrients including vitamin C (102.14 mg per serving) for immunity, vitamin K (17.48 µg per serving) for blood clotting, folate (201.23 µg per serving) for red blood cells formation, calcium (102.57 mg per serving) for strong bone and teeth, and it is also a good source of dietary fibre!

Children need 1000 kcal of energy at the age of 3 years and 1300 kcal at 4-6 years.

Seven mothers have children within this age group and were inquiring on how to prepare meals from different cuisines since daily meal preparation sometimes looks pretty repetitive. One mother indicated that at times her children prefer pasta dishes and it's something that she likes to prepare because she believes that the ingredients look appealing and fresh in such cooking.



Vegetable French Toast (4 Pax)

INGREDIENTS :

4pcs	- White Bread (Thick Toast)	2 gm	- Pepper
2 nos	- Eggs	20 gm	- Carrot (Chopped)
100 ml	- Milk	20 gm	- Chinese Celery (Chopped)
2 gm	- Cinnamon	20 gm	- Cauliflower (Chopped)
5 ml	- Vanilla Extract	20 gm	- Tomato (Chopped)
10 gm	- Salt	40 gm	- Butter (unsalted)


PREPARATION INSTRUCTIONS :

1. Slice the bread into thick 1.5 inch. Put in on a tray.
2. Wash the egg. Break the eggs into a bowl and pour in the milk. Mix it well until custard texture.
3. Season it with cinnamon powder, vanilla extract, salt and pepper. Chopped carrot, celery leaf and broccoli into fine texture. Add in into the egg mixture. Mix it well.
4. Dip each side of the bread with the mixture and soak it for 30 seconds.
5. Repeat the same on both sides.
6. Heat up the pan with butter. Toast the bread on both sides until golden crust is formed.

NUTRITION TIPS :

- This vegetable French toast can serve as a healthy snack for toddlers and children.
- Toddlers and children need 1-2 nutritious snacks in addition to the main meals daily.
- Different vegetables can be used to prepare this toast. For example, cauliflower can be exchanged with broccoli and chinese celery can be exchange with sawi.
- It is a good way to encourage your children to eat vegetable.





Chicken and Vegetable Rice Nugget (4 pax)

INGREDIENTS :

100 gm - Brown rice	20 gm - Chinese celery (chopped)
100 gm - Chicken thigh	10 gm - Chicken broth
10 gm - Garlic	3 nos - Eggs
20 gm - Salt	100 gm - Flour
3 gm - White pepper	250 gm - Bread crumb
30 gm - Celery (chopped)	15 gm - Paprika
30 gm - Carrot (chopped)	200 ml - Vegetable oil

PREPARATION INSTRUCTIONS :

1. Wash the chicken thigh and drain off the water. Slice the chicken thigh into smaller pieces.
2. Wash the rice thoroughly from dirt and foreign object. Drain and toss the rice and place into a bowl.
3. Peel the garlic. Chopped the garlic into fine texture.
4. Wash and cut celery and carrot. Slice the carrot and leek into julienne. Chopped the celery leaf.
5. Heat up a pan with oil and sauté garlic until fragrant.
Add in the chicken thigh into the pan and continue sauteing until the chicken meat is cook.
6. Add in the rice and cover it with water. Let it boil and simmer for 8 minutes or until the rice is cook.

7. Add in the rice and cover it with water. Let it boil and simmer for 8 minutes or until the rice is cook.
8. Season to taste with salt and pepper.
9. Shape the rice into square. Arrange on the tray and let it cool in the fridge.
10. Put the flour on a bowl and season it with salt, pepper and paprika.
11. Break the egg and put in a bowl. Whisk it briefly. Place the breadcrumb into a bowl.
12. Take the square rice nugget and coat it with flour lightly. After coating the nugget with flour, dip the into egg mixture. Take out the nugget from the egg mixture and roll it into the breadcrumb.
13. Place the breaded rice nugget on a tray and let it rest for a while.
14. Heat up the oil to 60 Celsius. Deep fried the nugget until golden brown colour.

NUTRITION TIPS :

- This recipe is a 'one-pot dish meal' in a form of nuggets, which can help your picky eaters to eat.
- This nugget contains all the nutrients (carbohydrate, protein, fats, and some vitamins and fibres from the vegetables) that your child needs in a fun way.
- Remember to trim the visible fat and remove the chicken skin. You can use chicken breast instead of thigh to make it healthier (less fats).
- As preparation of this nugget uses deep frying method, limit this kind of foods/cooking methods to not more than 2-3 times per week.
- Wipe/put the nuggets on tissue paper to remove excess oil before giving to your child.





Nasi Ulam (4 pax)

INGREDIENTS :

300 gm - White rice (overnight)	20 gm - Ginger flower (Bunga kantan) (thinly slice)
20 gm - Kerisik	50 gm - Red onion/shallot
15 gm - Daun selom (thinly slice)	30 gm - Chicken floss
15 gm - Daun Pudina (thinly slice)	30tbs - Sambal belacan (optional)
15 gm - Daun limau purut (thinly slice)	10 gm - Pepper
15 gm - Ulam raja (thinly slice)	
20 gm - Lemongrass (thinly slice)	

PREPARATION INSTRUCTIONS :

1. Peel the red onion and wash all the herbs over running water to ensure there is no dirt.
2. Thinly slice all the herbs, lemongrass and red onion and place it into a bowl.
3. Place the overnight cooked rice into a bowl and add in all the thinly slice herbs, lemon grass and red onion.
4. Add in the chicken floss, sambal belacan and kerisik together into the rice mixture.
5. Season it with salt, pepper and sugar to the taste and serve.

NUTRITION TIPS :

- Herbs are packed with antioxidants that are health friendly.
- It contains anti-inflammatory properties that helps to safeguard overall health.
- Overnight rice can help reduce starch content, by keeping it overnight.
- Maintain “suku-suku separuh” concept when preparing meal with rice.
- 1 bowl of rice = 206 Kcal

Ten mothers actively discussed in group discussions the benefits of nasi ulam. In addition, mothers also discussed that food recipes such as this can cater to their children and older parents under the mother's care.





Grilled Sardine Fish (4 pax)

INGREDIENTS :

600 gm - Sardines
15 gm - Asam Keping
20 gm - Ginger
15 gm - Garlic
3 litre - Water

Season flour

500 gm - White flour
25 gm - Chili powder
25 gm - Coriander powder
25 gm - Cumin powder
25 gm - Fennel seed powder
5 gm - Salt
5 gm - Pepper
10 gm - Seasoning enhancer
250 gm - Corn flour
Cooking oil - (for frying – use sparingly)

PREPARATION INSTRUCTIONS :

1. Wash and clean thoroughly the fish under running water.
2. Place a pot on the stove and pour in the water. Boil it with tamarind flakes and ginger for 10 minutes.
3. Add in the fish and cooked it for 5 minutes.
4. Take out the fish and cool it into ice water.
5. After 2 minutes, pat dry the fish with kitchen tissue and place it on a tray.
6. Prepare a season flour, by mixing the white flour with all the spices powder and seasoning . Mix it well
7. Dust the fish with the season flour and pan fry it into a pan over medium heat.
8. Fry the fish until golden brown and serve.

NUTRITION TIPS :

- Fish is a high-quality protein source that is also high in omega 3-fatty acids.
- There are many local marine fishes that contains high omega 3-fatty acids such as ikan kembung, ikan sardin, ikan tenggiri and ikan siakap.
- Protein helps children to grow well and omega 3 is important for brain growth, especially among children in the early years of life.
- Avoid deep-frying fish as it increases calories. Opt for grilling with less oil.



Six mothers queried the benefits of canned sardines but were also concerned about the harms of processed food. "We use sardine regularly and it will be useful to have nutritional information on this because our family eat this regularly".

Egg Sandwich (4 Pax)



INGREDIENTS :

- 8 slices - Wholemeal bread
- 4 nos - Whole eggs
- 200 gm - Mayonnaise
- 10 gm - Salt
- 10 gm - Pepper
- 20 gm - Spring onion
- 40 gm - Butter
- 12 slices - Cucumber (Japanese)

PREPARATION INSTRUCTIONS :

1. Wash and clean the whole egg thoroughly under running water.
2. Place the egg into a pot and cover it with water. Add in some salt into the water.
3. Place the pot on the stove, and with medium fire, let the egg boil for 10 minutes or until cook.
4. Once the egg is cook, cool it down in a ice water.
5. Peel the egg and mashed it in a bowl. Mix it with mayonnaise and mix it well.
6. Season the egg mixture with salt and pepper. Add in the slice spring onion and mix it well.
7. Spread butter on the bread and place the cucumber and egg mixture on it and cover with another slice of bread.

NUTRITION TIPS :

- Eggs are an excellent source of protein as it is packed with nutrients.
- Choline found in eggs is essential in brain development among toddlers.
- Children are recommended to consume one egg per day to fulfil their daily protein requirement.
- Wholemeal bread increases daily dietary fiber intake that is important to prevent constipation among children.





Oatmeal with Dried Fruit (4 Pax)

INGREDIENTS :

- 250 gm - Oat wholemeal
- 250 ml - Milk
- 500 ml - Water
- 150 gm - Dried Fruits
- 10 gm - Cinnamon Powder
- 30 gm - Sugar
- 2 ml - Vanilla Extract
- 30 gm - Butter

PREPARATION INSTRUCTIONS :

1. In medium pot, heat up water with butter, cinnamon, vanilla extract and sugar over medium heat until the butter melted and stirring frequently.
2. Add in the wholemeal oatmeal and keep cooking it until it is soft.
3. Add in the dried fruits and keep stirring.
4. Pour into a bowl and serve.

NUTRITION TIPS :

- Cinnamon aids in enhancing flavour of oatmeal.
- Choose wholemeal oats or rolled oats for higher fibre content.
- Dried fruits can be replaced with fresh fruits for higher nutrient content.



*Fried Rice with Beetroot
and Coconut Flakes*
(4 Pax)

INGREDIENTS :

- 400 gm - Cooked rice (kept overnight)
- 50 gm - Red onion (pounded)
- 30 gm - Garlic (pounded)
- 30 gm - Chili paste
- 40 gm - Sliver anchovies (pounded)
- 2 nos - Whole eggs
- 1 nos - Beetroot (small dice)
- 30 gm - Coconut flakes
- 100 gm - Long beans (slices thinly)
- 10 gm - Salt
- 5 gm - Pepper
- 20 ml - Oil

PREPARATION INSTRUCTIONS :

1. Peel the red onion and garlic. Wash and clean it.
Pound the red onion and garlic till fine texture and mix it with chilli paste.
2. Heat up the wok and sauté the pounded onion and garlic with chilli paste until fragrant.
3. Add in the silver anchovies and continue cooking until the anchovies cooked.
4. Add in the egg into the mixture and continue cooking for several minutes.

5. Add in the rice together with long bean, beetroot and coconut flakes into the mixture and stir up constantly for several minutes.
6. Season the fried rice with salt, pepper and sugar.

NUTRITION TIPS :

- Beet root is a good source of iron.
- Iron is important for growing children and adolescents attaining puberty to prevent anemia.
- Crunchy texture is often liked by children.





*Healthy Nasi Lemak
with Condiments
(4 Pax)*

INGREDIENTS :

Nasi Lemak

- 500 gm - Brown rice
- 100 gm - Ginger
- 120 gm - Shallot
- 6 pcs - Pandan Leaves
- 15 gm - Fenugreek
- 500 ml - Fresh santan
- 30 gm - Salt

Sambal

- 250 gm - Chili paste (Dried chili)
- 300 gm - Red onion (slice thinly)
- 30 gm - Prawn paste
- 100 ml - Tamarind juice
- 40 gm - Sugar

Condiments

- 8 slices - Cucumber (slice)
- 40 gm - Groundnut
- 40 gm - Sliver anchovies
- 2 nos - Whole eggs
- 200 ml - Oil

PREPARATION INSTRUCTIONS :

1. Wash the rice until clean. Toasts it in a colander and let it dry.
2. Peel the ginger and shallot. Slice roughly the vegetables. Set aside.
3. Mix the washed rice together with the ginger, shallot, pandan leaves, low fat milk and evaporate milk together in a rice cooker. Add water if required. Season it with salt.
4. Heat up a saucepan. Add in the slice onion and sauté until the fragrant. Add in the chilli paste and continue sauteing. Fry the chilli paste until the cooked.

5. Add in the tamarind juice and simmer for 10 minutes. Add water if required. Season it with salt and sugar.
6. As for the condiment, place the whole egg in a pot and cover it up with water. Add in a pinch of salt. Boil the whole egg for 6 minutes. Once the egg is cooked, take it out and cool it in an ice water.
7. Peel the cucumber and slice it slanting.
8. Heat up a frying pan and fry the silver anchovies until it becomes crispy. Toss it on a kitchen towel to drain off excess oil.

NUTRITION TIPS :

- Nasi lemak is a healthy breakfast when eaten correctly. It contains at least three food groups (grains, vegetables, nuts, egg)
- It is advisable to use fresh coconut milk instead of evaporated milk to retain the flavour of the rice.
- In preparation of the sambal, be mindful to use enough oil, salt and sugar in cooking.





Burger
(homemade patty)
(4 Pax)

INGREDIENTS :

500 gm - Chuck tender	4 pcs - Japanese Sweet Bun Roll
1 nos - Whole egg	50 gm - Butter
200gm - Bread crumb	50 gm - Mix lettuce
30 gm - Salt	1 nos - Whole tomato (slice)
30 gm - Black pepper	1 nos - Japanese cucumber
20 gm - Paprika	50 gm - Mayonnaise
100 gm - Minced onion	50 gm - Tomato Ketchup
100 gm - Minced garlic	30 gm - Chili sauce

PREPARATION INSTRUCTIONS :

1. Take of the chuck tender from the package, and pat it dry with kitchen tissue.
2. Trim all the excess tendon and silver skin on the meat. Cut the meat into strips. Minced the meat using a meat grinder. Repeat the process twice until the texture become smooth.
3. In a bowl, mix the meat together with whole egg, bread crumb, salt, black pepper, minced onion, minced garlic and mix it well. Portion the beef into 100gm each ball. Put it in a fridge.
4. Mix the mayonnaise together with tomato ketchup, chilli sauce, tabasco, L&P sauce in a bowl. Season it with salt and pepper.
5. As for the garnishing, slice the whole tomato 1 inch thick, slice the Japanese cucumber into 1 inch thick and set aside in a bowl.

6. Wash the mix lettuce thoroughly and toss it using a colander.
7. Heat up a frying pan with oil. Fry the beef mixture and press it down to flatten it about 1 inch thick. Fry the beef mixture for 4 minutes on each side until the desired doneness achieve.
8. To assemble the burger, slice the Japanese sweet bun into half. Spread it with butter and toast it on a frying pan until golden brown. Take the mayonnaise mixture and spread on the toasted bun.
9. Place the mix lettuce on the bun, followed by the cucumber and tomato slice.
10. Put the cooked beef patty on the tomato and close with another bun.
11. Serve it.

NUTRITION TIPS :

- Protein is the building blocks for the body. It is important for growth and tissue repairs. School children need about 20-40 g of protein daily.
- Meat, poultry, fish and eggs are excellent source of protein.
- Use only lean meat to make the patty, remember to trim all the visible fats.
- You may use chicken or fish as a lower fat alternative.

Fifteen mothers queried about the use of commercial meat patties and the nutritional aspects of using it. "Is it possible for us to have some recipes on using meat patties as an option? because it's easier for us to get our children to finish the meal if it has some meat patties in it".





Chicken Teriyaki Rice

(4 pax)

INGREDIENTS :

400 gm - Chicken breast / Whole leg meal (big dice)	40 ml - Honey
50 ml - Soy sauce	100 mg - Corn starch
100 gm - Brown sugar	1 pcs - Whole corn
20 ml - Vinegar	200 gm - Long grain rice
25 ml - Sesame oil	2 nos - Whole tomato (dice)
30 gm - Minced garlic	100 gm - Mix lettuce
30 gm - Mined ginger	50 ml - Water

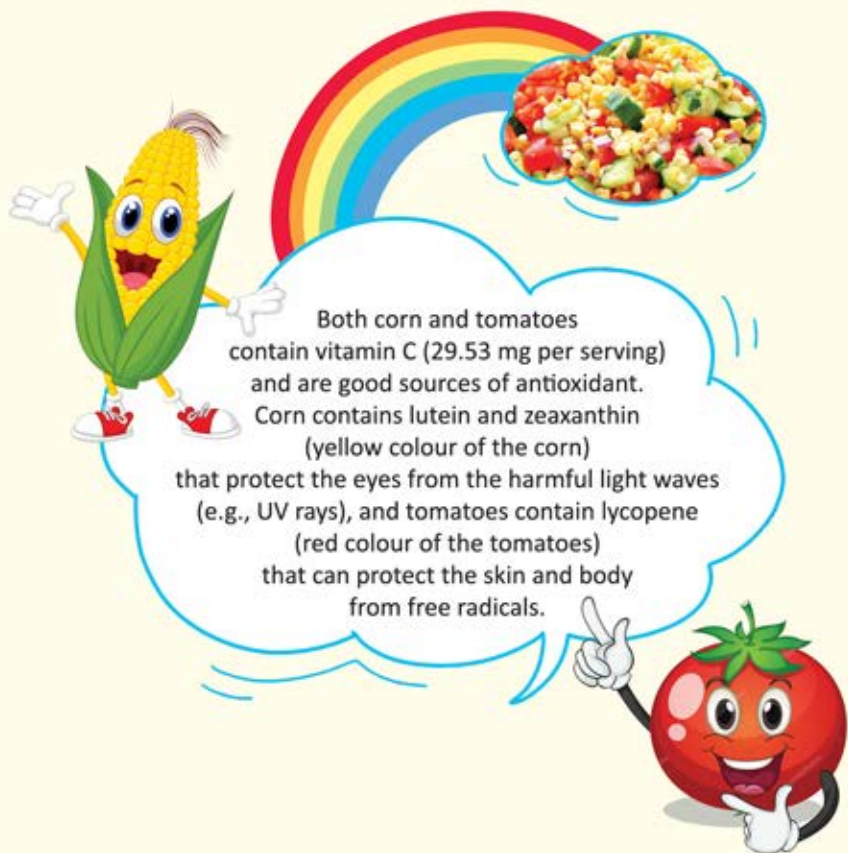
PREPARATION INSTRUCTIONS :


1. Heat up the frying pan. Add in the dice chicken cube and fry until golden brown and cooked.
2. Take it out and dry it on a kitchen tissue.
3. In a bowl mix the soy sauce, sesame oil, minced garlic, minced ginger, brown sugar, honey, vinegar and water. Mix it very well.
4. Heat up the pan , and pour in the mixture, and continue cooking until the sauce form a silky consistency.
5. Add in the fried chicken meat into the sauce and continue to cook until the sauce covers the chicken cube.
6. Wash up the long grain rice and toss it in a colander.
7. Put the rice in a rice cooker and cook it until it become fluffy.
8. Peel of the skin of a corn and wash it thoroughly. Make sure it is totally clean from its excessive fibre.

- Season the corn with salt, pepper, sugar and little bit of oil. Grill it until lightly until light golden brown. Once the corn is cooked, slice to take the grain and put it into a bowl.
- In the same bowl, mix the dice tomato with olive oil and season it with salt and pepper.

NUTRITION TIPS :

- The breast meat is the leanest part of the chicken. It is high in protein and low in fat, making it an excellent choice for the teriyaki rice!
- Corn is a source of whole grain and dietary fibre.





Baked Macaroni with Chicken and Vegetables (4 pax)

INGREDIENTS :

- 200 gm - Macaroni pasta
- 500 ml - Fresh milk
- 1 nos - Eggs
- 150 mg - Shredded cheese (Cheddar)
- 50 gm - Butter
- 10 gm - Salt
- 10 gm - Pepper
- 100 gm - Chicken breast (slice thinly)
- 60 gm - Mix vegetables

PREPARATION INSTRUCTIONS :

1. Preheat the oven to 175 Celsius. Lightly grease a baking dish
Boil macaroni in a large pot of salted water until barely done, about 5 minutes. Drain and set aside.
2. Whisk together milk and egg in a large bowl. Stir in cheese and butter.
3. Heat Up the pan, and sauté the chicken meat until it golden brown, add in the mixed vegetables and continue cooking until it cooked. Season it with salt and pepper.
4. Place par-boiled macaroni in the prepared baking dish. Pour milk mixture over macaroni, season it with salt and pepper, and stir it until combined. Press mixture evenly into the baking dish.
5. Bake, uncovered, in the preheated oven until top is browned, 30 to 40 minutes.

NUTRITION TIPS :

- Milk and cheese are major sources of calcium (347.08 mg per serving) in the diet.
- Calcium is important for strong bones formation. School children need about 1000-1300 mg/day of calcium, which is about 2 glasses of milk per day. This baked macaroni can help your children to achieve their daily calcium need.
- Alternatively, you can change the chicken breast with lean beef meat for more protein and iron, or fish meat like tuna for a lower fat option, yet similar amount of protein.





Apple Orange Juice with Honey (4 pax)

INGREDIENTS :

- | | |
|--------------|--------------------|
| 4 nos | - Orange |
| 2 nos | - Gala Apple |
| 177 ml | - Plain water |
| 1 tablespoon | - Honey (to taste) |

PREPARATION INSTRUCTIONS :

1. Cut apple into large pieces and remove the core.
2. Cut oranges into half and remove the skin of oranges as well the seeds.
3. Add water, apple pieces and orange pieces into a blender jar.
4. Blend until smooth puree.
5. Place a fine mesh strainer over a large bowl and pour the juice over strainer.
6. Add honey into prepared orange apple juice and mix well.
7. Serve immediately with or without ice.

PREPARATION INSTRUCTIONS :

- Honey is included to provide a sweetish taste. Hence, if the orange and apple used are sweet, the amount can be reduced.
- The drink must be consumed fresh to avoid loss of antioxidants.
- Apples and oranges are good sources of antioxidants such as Vitamin C (57.76 mg per serving).

Three mothers also queried about juice and its impact on gastro-related problems. "At times we hear from other mothers that drinking juice or giving it to our children may result in stomach discomfort, hence is juice really a good option".



Banana Milk / Smoothies (4 pax)

INGREDIENTS :

800 ml	- Milk (Low fat)
150 gm	- Ripe Bananas
14 gm	- Pure Vanilla Extract
1 tablespoon	- Honey (to taste)

PREPARATION INSTRUCTIONS :

1. Add the ingredients to a blender.
2. Blend, starting on low and working up to high.
3. Serve immediately.
**Add ice to make it more of a smoothie consistency.

PREPARATION INSTRUCTIONS :

- Smoothies are an excellent source of energy (177 kcal per serving) for growing children.
- This is an ideal choice for breakfast.
- Banana aids in digestive health.
- You may add beetroot or orange into the smoothie too.

Five mothers caring for their parents struggled with options to ensure proper nutrient uptake among those under their care. "My mother is 65 and lost most of her teeth so I am concerned with her nutrient intake because she hardly eats anything". "Both my parents do prefer smoothies in the afternoon but they are worried if its beneficial to them".

*Oatmeal Pancake Served
with Fresh Banana,
Drizzled with Honey and
Toasted Almonds
(3 pax)*



INGREDIENTS :

80 gm	- All-purpose flour	100 ml	- Fresh full cream milk
50 gm	- Oatmeal, finely ground	30 ml	- Plain yogurt
0.7 gm	- Salt	25 gm	- Unsalted butter, melted
5 gm	- Baking powder	1 nos	- Fresh ripe banana
20 gm	- Brown sugar		
1 nos	- Whole egg (L size)		Toasted almond (as needed)
3 gm	- Vanilla essence		Honey (as needed)

PREPARATION INSTRUCTIONS :

PANCAKE BATTER

1. In a food processor, grind the oats to obtain the oats flour.
2. Combine pastry flour, finely ground oatmeal, salt, baking powder in a bowl. Mix well. (Mixture A)
3. Combine together in a bowl whole eggs, fresh full cream milk, plain yogurt and melted butter in a separate bowl. Stir well. (Mixture B)
4. Pour the mixture B into the mixture A. Mix until just combine. Do not over-mixed. Set aside.

COOKING PANCAKE BATTER

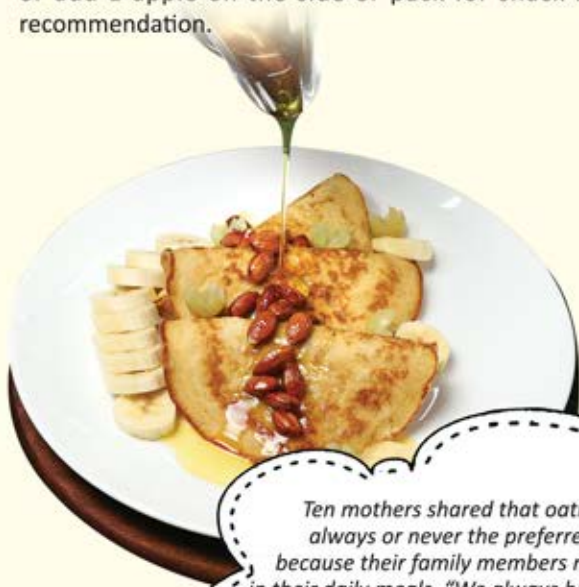
1. Heat the non-stick frying pan with butter. Pour 1 scoop of the batter and
2. fry until the tops are covered with bubble and begin to look dry and the bottom are golden brown.
3. Using a spatula, gently flip the pancake and cook for another minute until brown colour.
4. Repeat until all the batter have been used.

SERVING PANCAKE

1. Toast the almonds.
2. Slice banana into pieces.
3. Place 2 pancakes on the plate. Put the sliced banana on top of the pancakes and drizzle with honey and toasted almonds.

NUTRITION TIPS :

- The Malaysian Dietary Guidelines recommended that at least half of the cereal and cereal products intake should come from whole grain, and oatmeal is a good source of whole grain
- This oatmeal pancake can help your children feeling fuller longer and able to concentrate better in school. It's a great choice for breakfast!
- Children should consume 2 servings of fruit daily, and 1 medium size banana is equivalent to 1 serving. You can put 2 bananas on the pancake or add 1 apple on the side or pack for snack later to achieve the recommendation.



Ten mothers shared that oatmeal was always or never the preferred option because their family members never used it in their daily meals. "We always hear or see adds that oatmeal is good for you, but when we try it, it doesn't taste so good so it's hard for us to take it or even give it to our children".



Sweet Cream Corn Pudding (5 Pax)

INGREDIENTS :

- 100 gm - Custard powder
- 150 gm - Corn kernel
- 100 gm - Brown sugar
- 500 gm - Fresh milk

PREPARATION INSTRUCTIONS :

1. Mixed custard powder, corn kernel, sugar and fresh milk in a bowl. Mixed well the mixture. Pour into the pot.
2. Cook the mixture on top of medium heat. Stirring constantly until boiling.
3. Remove the pot from stove. Immediately pour the hot mixture into the mould and let it cool down and set.
4. When it is cool down and set, the pudding can be removed from the mould and serve on the plate.
5. Sweet corn pudding can be served with plain yogurt and fruits.

NUTRITION TIPS :

- Corn is a type of prebiotic, making it beneficial for gut health.
- Corn pudding is a suitable snack/dessert for children. It contains milk that is a good source of protein and calcium.
- Use fresh corn instead of canned corn as the later had higher sugar content.



INGREDIENTS :

- 500 ml - Fresh milk
- 100 gm - Custard powder
- 60 gm - Sugar
- 10 gm - Cardamom powder
- 10 nos - Red grapes
- 10 nos - Green grapes
- 1 nos - Banana
- 1 nos - Mango

Fruits Custard (4 pax)

PREPARATION INSTRUCTIONS :

1. Add in the milk in the bottom saucepan, stir occasionally and get the milk to boil.
2. Meanwhile, in a bowl pour in the custard powder and add in the cold milk and mix it well.
3. Stir occasionally, making sure there is no lumps forms in it.
4. Once the milk has boiled, turn off the flame and pour the prepared custard mixture into it.
5. Mix consistently, keeping the flame on low.
6. Add in the sugar, adjust the level of sugar if the custard required more sweeter fruit custard.
7. Mix continuously, until the milk changes colour into yellow. Furthermore, it thickens slightly , adjust the consistency by cooking for longer time.
8. Transfer to smaller bowl and cool completely.
9. Once the custard has cool down completely, add in all the fruits that have been cut previously into the mixture.
10. Cover and chill for 1 hours. Serve it cold in a glass bowl.

NUTRITION TIPS :

- Grapes, banana and mango are sources of vitamin C (13.85 mg per serving), which can help to boost your children's immunity and is also good for their skin.
- You can mix or use other fruits such as strawberry, blueberry, papaya, guava etc. as you like.
- The fruits are already sweet. You can reduce the sugar for a healthier option.





Jackfruit Muffin (4 Pax)

INGREDIENTS :

- 70 gm - Butter (unsalted)
- 2 gm - Salt
- 140 gm - Sugar
- 140 gm - Multipurpose flour
- 60 gm - Bread flour
- 10 gm - Baking powder
- 124 gm - Eggs
- 44 gm - Fresh milk
- 70 gm - Jackfruit puree
- 100 gm - Jackfruit (cubes)

PREPARATION INSTRUCTIONS :

1. With a paddle, mix butter, salt and sugar on medium speed for 3 minutes until well blended.
2. Sieve the dry ingredients and mix on slow speed for 1/2 minute until a crumble.
3. Premix the wet ingredients and mix on medium speed for 2 minutes. Cut Jackfruit into small cubes and fold in.
4. Transfer batter into muffin trays lined with paper cups. The batter should fill up to 3/4 of the height of the muffin tin.
5. Bake at 200 degrees Celsius for 18 - 20 minutes.

NUTRITION TIPS :

- Jackfruit is also a source of vitamin C.
- Muffins are a good snack for children as it can be packed for school break and eaten between main meals.
- Jackfruit is common to be used in Asian cooking.



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