



Launching Ramadan Recipes
Healthy recipes to enjoy



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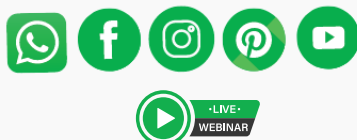
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Healthy recipes to enjoy

A compilation made to assist us in making healthier choices this Ramadaan in an attempt to reap maximum benefit from this auspicious month
In Shaa Allah.

A special Shukran/ Jazakallah Khair to all the Instagram food bloggers and family/community members for their recipes that are mentioned in this book. May Allah increase you in this holy month of Ramadaan and place barakah in your food and recipes that are shared



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Ramadaan Recipes

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Basic dietary tips for ramadaan

Keeping your body healthy during the month of Ramadaan will ensure that you are able to focus on your ibaadah more and ultimately have full benefit of this month.

Here are a few dietary tips that will aid you this month of Ramadaan



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Tips

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1. Avoid concentrated juices that requires reconstituting, e.g. cordials, oros, halls, fusion, etc.

- Why: It contains high amounts of sugar, additives and colorants
- Solution: If you have to, drink it once a week maximum

2. Drinking large amounts of water at iftaar time

- Why: Filling the stomach with water is more strenuous to it than with food.
- Solution: have a few sips at iftaar then a glass every two hours.

3. Eating too fast.

- Why: we often in a hurry to swallow our food so it enters our stomachs quickly leaving us feeling bloated and uncomfortable

Solution: chewing food slowly can speed up digestion and help maintain your weight

4. Having dessert directly after iftaar

- Why: some people crave sugar as it gives them a quick boost of energy but this leaves them feeling drowsy and lethargic soon afterward

- Solution: leave at least a two hour gap between iftaar and dessert to stay fresh and awake for ishaa and taraweeh prayers

5. Consuming savories instead of food

- Why: savories are high in Sodium which leaves you feeling thirsty throughout the fasting hours of the day

- Solution: instead, eat a light meal loaded with different colors as these are high in potassium. It retains water, suppresses your thirst and gives you the nutrients you need to get through the day. The different colors are achieved by adding a wide variety of vegetables to your meal.



Tips

The Best Herbs and Spices in Town

Best sources of potassium for Suhoor time:

- bananas
- raw milk
- dates
- avocados
- dried peaches
- pistachios
- pumpkin
- peas
- dark chocolate

Worst choices for Suhoor:

- biryani
- kebab
- pizza
- fast food in general
- cheese

Best choices for Suhoor:

- potato
- rice
- dates
- whole grain bread
- banana

Drinking lots of water at suhoor is important, but not as much as drinking it through out your non-fasting hours.

Drink a glass of water every two hours after iftaar





Ramadaan Recipes

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Food based Supplementation

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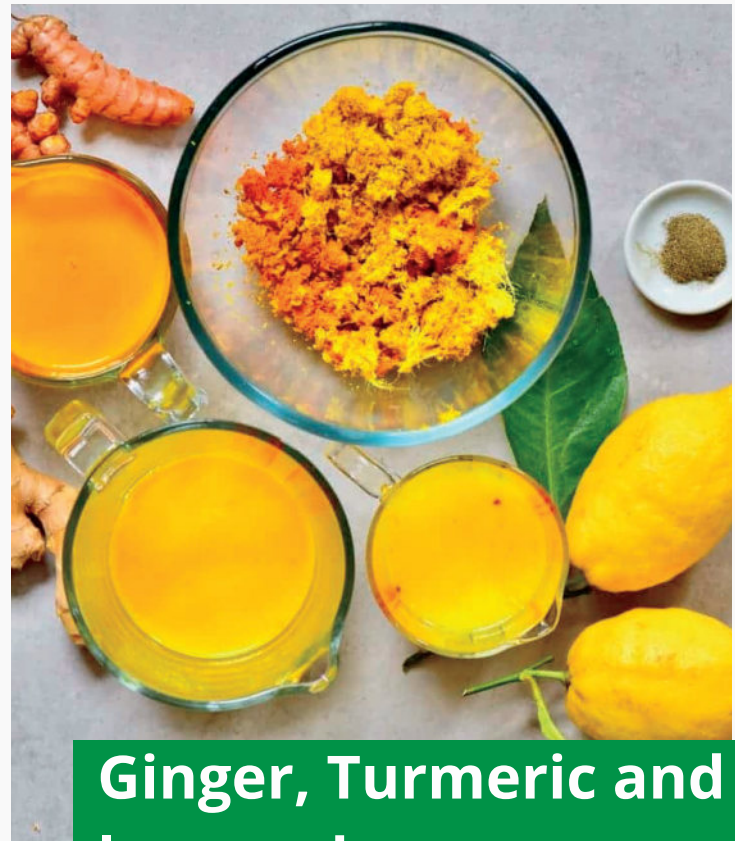
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INGREDIENTS



- 350g freshly peeled Ginger
- 100g freshly peeled Turmeric
- 10 medium sized lemons with zest (pips removed)
- 2 x 500ml bottles of raw organic honey
- 3 Table spoons of Apple cider vinegar
- 3 tablespoon fine cardamom
- 3 tablespoon fine cinnamon
- 3 tablespoon fine fennel (Sauhf)
- 1 tablespoon cayenne
- Dash of water
- Pinch of Himalayan salt



Ginger, Turmeric and lemon shots

Perfect as a immune shot



70 PREPPING



:30 MIN

FREEZING



10-14 HRS

INSTRUCTIONS

1. Peel the ginger and turmeric
2. Cut up lemons and remove the seeds as they bitter.
3. Blend the ginger, Turmeric and lemons together until a fine pulp add Apple cider vinegar and a dash of water to blend it smoothly
4. Strain the pulp from the liquid with a muslin cloth and strainer to separate the liquid gold
5. Add the liquid gold to the blender with the remaining ingredients
6. Add more honey if needed to taste

If you looking for a hot or cold drink that is tasty and will modulate your immune system then this is for you. My original recipe that is a game changer

SPECIAL PERSON MENTION

@drmaryamkisten

Dr Mariyam Kisten

Phytotherapist

Practitioner in Herbal Medicine



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INGREDIENTS

- 1 Kg beetroot
- 200 gram strawberry or any berry
- 2 tbsp coconut oil
- 1/2 tsp ashwaghandha
- 1tsp cinnamon
- 1 tbsp fresh parsley, chopped
- 1 tsp Apple cider/ Pomegranate vinegar
- 3 tsp Milk thistle Powder
- 3 tsp hempseed powder
- dash of honey

INSTRUCTIONS

1. Preheat the oven at 200 degree Celsius. Peel the beetroot and steam till tender, say 20 minutes.
2. Slice the beetroot. In a mixing bowl, add coconut oil, parsley, apple cider vinegar, ashwaghandha, Milk thistle Powder and hempseed powder.
3. Add the beetroot and mix it well so it is evenly coated.
4. Arrange on a baking tray and roast it for about 20 minutes or you could simply saute in a pan. Let it cool.
5. In a food processor add the beetroot and the berries and blend it well.
6. Add some water if need be. You want a consistency of a flowing cream.
7. Adjust the seasoning again, chill in the fridge.
8. Serve with a little sprinkling of cinnamon and honey to taste.



Beet Smoothie with a twist

Perfect as a support for the liver in the first 10 days of Ramadaan



4

PREPPING ⌚: 10 MIN

COOKING ⌚: 20 MIN

Super yummy and a huge winner with the family

INFO & TIPS

If you have liver issues please consult your practitioner about drinking this smoothie

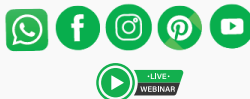
SPECIAL PERSON MENTION

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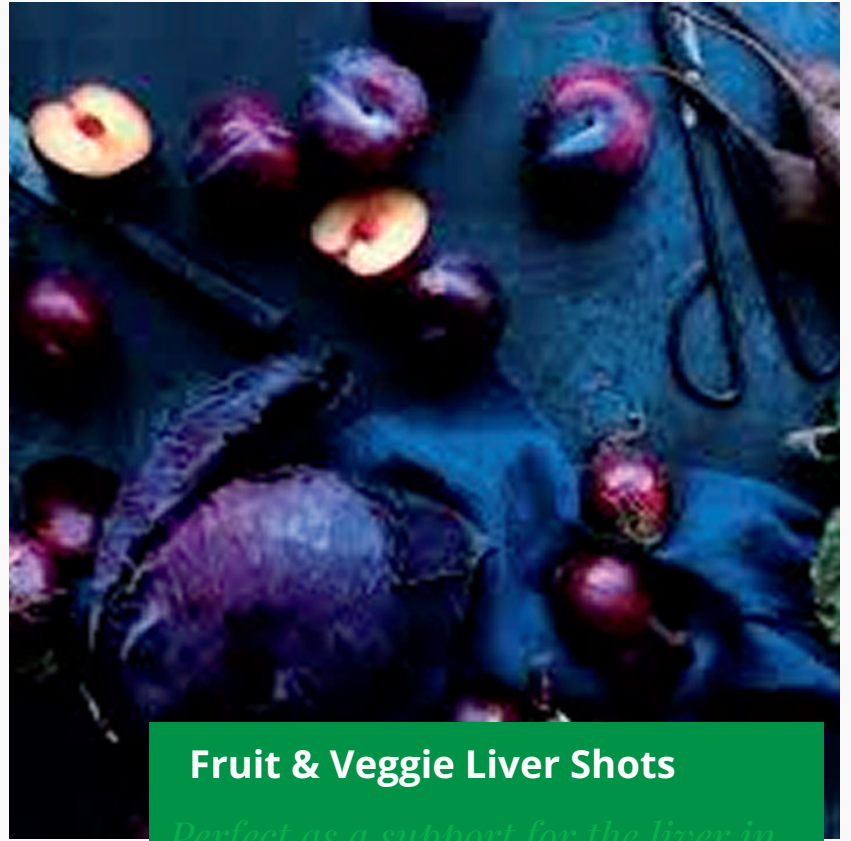
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INGREDIENTS

- 1 Kg beetroot
- 1 red cabbage
- 7 plums
- 4 carrots
- 3 radish
- 1 tsp Apple cider/
Pomegranate vinegar
- 1 tsp Shilajit powder
- dash of honey



Fruit & Veggie Liver Shots

Perfect as a support for the liver in the first 10 days of Ramadaan

INSTRUCTIONS

1. blend together and serve
2. Add honey to taste



4

PREPPING ⌚: 10 MIN

COOKING ⌚: 20 MIN

Super yummy and a huge winner with the family

INFO & TIPS

If you have liver issues please consult your practitioner about drinking this smoothie

SPECIAL PERSON MENTION

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Ramadaan Recipes

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Smoothies

Keeping your body healthy during the month of Ramadaan will ensure that you are able to focus on your ibaadah more and ultimately have full benefit of this month.

Here are a few smoothies that will aid you this month of Ramadaan

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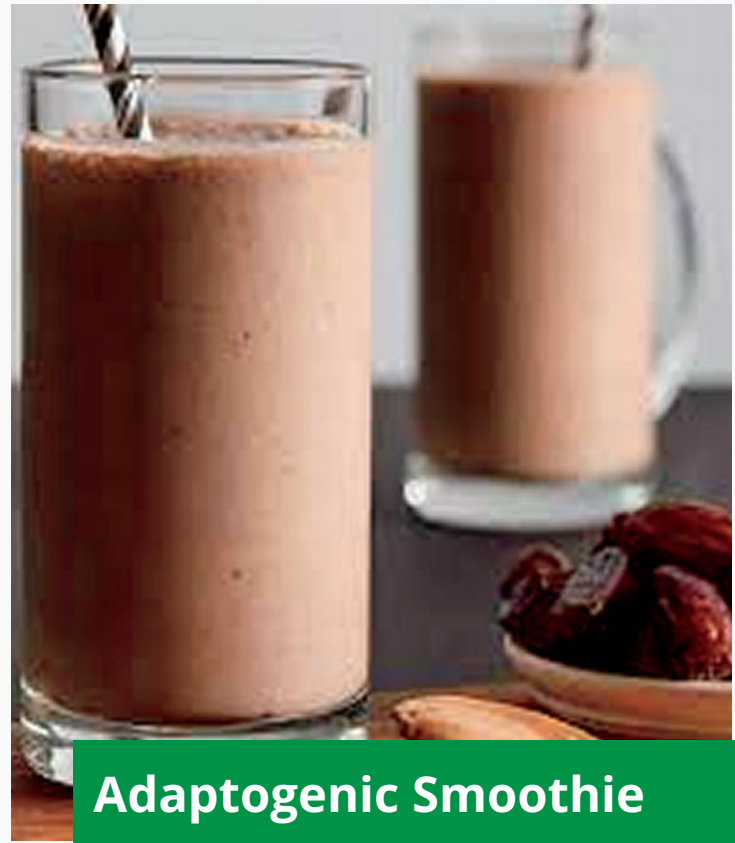


INGREDIENTS

- 1 cup yogurt
- 1 cup milk
- 4-7 dates soaked in the milk overnight
- Vanilla extract to taste
- ¼ tsp Ashwaghandha powder
- 2 cups ice cubes- optional

INSTRUCTIONS

1. Blend together and serve
2. Optional add more milk if needed



Adaptogenic Smoothie

Perfect for hydration and to support your adrenal glands



PREPPING ⌚ :30 MIN

Tried this smoothie for the first time and it was super delicious, you know you've done it right you feel your body relax.

SPECIAL PERSON MENTION

@dr_n_kisten

Nurjahaan Kisten

Unani Tibb Practitioner, Mother of many, Homemaker,
Active community member



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INGREDIENTS

- 1 ½ cup milk,
- 1 Tb oats soaked overnight
- 1 Banana,
- 4 dates soaked in the milk overnight
- Vanilla extract to taste – optional
- 10-15g collagen powder

INSTRUCTIONS

1. Blend together and serve
2. Optional add more milk if needed



Collagen Boost Smoothie

Perfect for hair and nails



PREPPING  :30 MIN

This smoothie is for those that want to improve their hair and nails as it is filled with collagen

SPECIAL PERSON MENTION

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INGREDIENTS

- 250 ml plain yogurt
- 120 ml coconut milk,
- 1 cup sliced pineapple
- ¼ tsp cardamon powder
- ¼ tsp cinnamon powder
- 1/8 tsp ginger powder
- Honey to taste - optional
- 8 ice cubes – optional

INSTRUCTIONS

1. Blend together and serve
2. Optional add more milk if needed



Digestive Smoothie

Perfect for digestive issues especially in Ramadaan



PREPPING ⌚ :30 MIN

Digestive health in the month of Ramadaan is vital and will drastically improve your experience of fasting. Try this amazing smoothie to improve digestive health and inflammation.

SPECIAL PERSON MENTION

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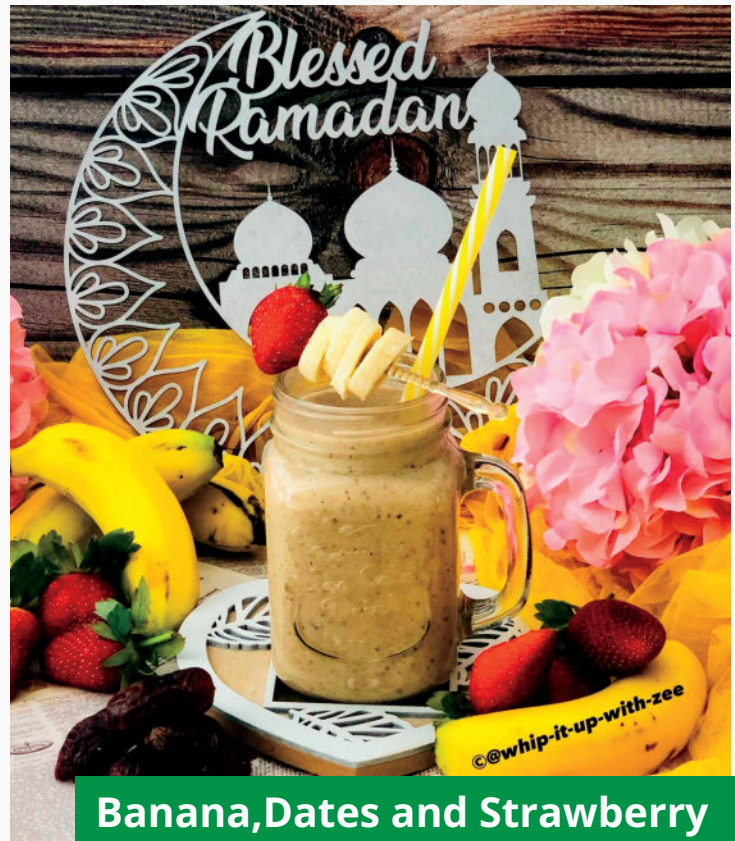


INGREDIENTS

- 6 Strawberries
- 2 Banana's
- 5 pitted dates
- 500ml Almond Milk or any milk of your choice
- 1/4 cup vanilla or coconut yogurt
- Honey to taste

INSTRUCTIONS

1. Add all the ingredients into a blender and blitz until smooth.
2. Pour into a glass add ice cubes if you like.



Banana, Dates and Strawberry Smoothie

Perfect for suhoor



PREPPING ⌚ :30 MIN

A filling and nutritious smoothie for suhoor
Can be prepared ahead of time and left in the fridge

SPECIAL CHEF MENTION

Recipe credit @whip_it_up_with_zee

Zurayda

Foodie sharing tried & tested recipes

Pic credit @whip_it_up_with_zee



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INGREDIENTS

- ½ cup blueberries
- ¼ cup almonds, soaked
- ¼ tsp brahmi powder
- ¼ tsp Gotu kola powder
- 7 dates, pitted and soaked
- 1 cup Water or Milk



Smoothie For Mental Alertness

Perfect for mental alertness



PREPPING ⌚ :30 MIN

INSTRUCTIONS

1. Blend together and serve
2. Optional add more milk if needed

Mental health should be prioritized in the month of Ramadaan as it will improve our ibaadah

SPECIAL PERSON MENTION

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Healthy Suhoor Meals

Eating Suhoor is part of the sunnah for a reason. It vital in keeping up your strength and stamina. The body needs all the sustenance to get through the day.


Here is a few ideas to keep you going this Ramadaan In Shaa Allah

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INGREDIENTS

- 2 cup frozen raspberry pieces
- 1 tablespoon pomegranate arils
- 1 cup coconut yogurt
- 1 scoop Marine collagen
- 1 teaspoon black chia seeds
- 2 tablespoons grated fresh coconut
- 2 tablespoons blueberries
- Mint leaves
- Edible flowers

INSTRUCTIONS

1. Add the raspberries, coconut yogurt, frozen and collagen into a hand blender, and blitz a few seconds. pour into a bowl
2. Decorate with the fresh raspberries and pomegranate arils, blueberries, fresh coconut, edible flowers and chia seeds.



Raspberries Smoothie Bowl

Perfect for suhoor



PREPPING ⌚ :30 MIN

A filling and nutritious smoothie bowl for suhoor
Can be prepared ahead of time and left in the fridge. decorate before eating

SPECIAL CHEF MENTION

Recipe credit @whip_it_up_with_zee
Zurayda
Foodie sharing tried & tested recipes

Pic credit @whip_it_up_with_zee



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INGREDIENTS

- 1 cup Zucchini grated
- 1/2 cup onion grated
- 1 cup cake flour
- 1 tsp baking powder
- 1 egg
- Salt to taste
- 1/4 teaspoon Turmeric powder
- Green chilli paste to taste
- 1/4 cup chopped fresh coriander
- 1 tsp Coriander powder
- 1/2 tsp garlic paste
- About 1/2 cup water

INSTRUCTIONS

1. Mix all the ingredients and make a thick batter.
2. Drizzle a little oil on a non stick pan. Heat should be medium high.
3. Place dollops of the mixture onto the non stick pan to make one crumpet. Make a few crumpets on the pan at one go according to your pan size.
4. Sprinkle sesame seeds on top.
5. When one side is golden, flip and cook the other side.
6. Serve with spiced yogurt.
7. For the yogurt:
 8. Mix together double cream plain yogurt, salt to taste, cumin powder, green chilli paste to taste, freshly chopped coriander and garlic paste.
9. Mix together well and top with a sprinkle of red chilli powder or paprika if you like it milder.



Aby marrow / Zucchini/ Courgette crumpets

Perfect as a savory breakfast



10

PREPPING ⌚ 20 MIN

COOKING ⌚ : 10 MIN

Here is a savory dish for those that prefer a salty morning

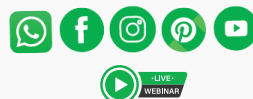
SPECIAL CHEF MENTION

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Zoya AKA Anisha Pathan

Blogger

Content & Recipe Developer!



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Ramadaan Recipes

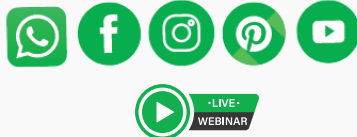
The Best Herbs and Spices in Town

Light & Healthy Iftar Meals

Eating Suhoor is part of the sunnah for a reason. It vital in keeping up your strength and stamina. The body needs all the sustenance to get through the day.

Here is a few ideas to keep you going this Ramadaan In Shaa Allah

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INGREDIENTS

- 3 tblspn butter
- 4 carrots, peeled and sliced
- 1 potatoes peeled and cubed
- 2 celery sticks
- 2 medium onions cubed
- 1 leek cut into thin slices
- 4 cups chicken stock
- 1/2 cup milk
- 1/4 cup cream
- 1/2 tsp inapaarman Green onion
- 1/2 tsp brown sugar
- pinch of cinnamon
- salt and pepper to taste
- fresh or dried parsley to garnish



Cream of Carrot Soup

Perfect for light snack

INSTRUCTIONS

1. Add butter to a large pot on the stove and melt over medium heat.
2. Add carrots, potato, celery, leeks and onion and sauté for 10 minutes.
3. Add in the green onion, brown sugar and cinnamon.
4. Add chicken broth and bring to boil. Once boiling, turn down the heat to medium low.
5. Cover and simmer for 1 hour 30 minutes.
6. Remove pot from heat and remove the celery stalks before blending. With a hand blender, puree soup until smooth.
7. Add milk and cream and return pot to stove over medium heat for about 5 minutes.
8. Serve hot. Garnish with fresh or dried parsley.



5

PREPPING ⌚: 15 MIN

COOKING ⌚: 20 MIN

This creamy carrot soup is perfect as a light starter to your evening and is perfect as an alternative to the normal soup.

SPECIAL CHEF MENTION

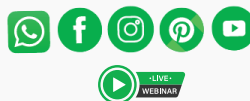
@hrns_cuisine

Hajira Farook

Food blogger/Recipe Creator

Married & Mum to 2 girls

Breast Cancer Survivor



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INGREDIENTS

For the cream cheese toppings

1/2 tub medium fat cream Cheese

1/2 slab feta Cheese crumbled

sweet chilli sauce

Honey

Chopped Almonds

Olives

Chopped fresh parsley

few grinds black pepper



Cream Cheese board

Perfect for light snack

INSTRUCTIONS



5

PREPPING ⌚: 15 MIN

COOKING ⌚: 20 MIN

1. On a plate or board (cover with parchment paper), spoon the cream Cheese, then drizzle with Honey and sweet chilli sauce.
2. Top with a few sliced olives and chopped Almonds.
3. Crumble the feta Cheese over.
4. Finally top with the chopped parsley and a few grinds of pepper.
5. Serve with Julienned carrots, cucumber and celery stalks.

Instead of savories this is a good alternative with a healthy twist. The different dimension of tastes adds flavour and can be the better option.

SPECIAL CHEF MENTION

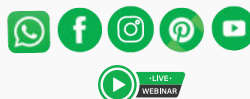
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Food blogger/Recipe Creator

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INGREDIENTS

Set 1:

- 4 large tomatoes cut in wedges
- 1 large onion cut in wedges
- 2 balls of garlic cut in half
- or 1/2 a large pepper & 3 small red sweet peppers
- salt and ground pepper to taste
- oregano to taste
- olive oil

Set 2:

- 1 tin chopped and peeled tomatoes
- 1 litre chicken or vegetable stock
- 1 tsp vegetable seasoning
- 1 tsp inapaarman Green onion
- 2 tsp sugar
- 1/2 cup fresh cream
- chilli flakes to taste

INSTRUCTIONS

1. Set 1:

Place all the above ingredients on a lined baking tray. Tomatoes should be seed side up, peppers should be skin side up. Season to taste, drizzle with olive oil. Roast at 180°C for 30 to 40 minutes until all vegetables are nicely charred.

2. Set 2:

Once all the vegetables are nicely roasted, squeeze out the garlic into a saucepan, remove all the skin, Then add in the rest of the roasted vegetables. Now add the tin of tomatoes together with the stock and the rest of the seasoning. Blend the mixture until smooth. Now add the sugar, chilli flakes and finally the fresh cream. Serve with a crackle of black pepper and drizzle of cream.



Roasted Tomato soup

Perfect for light supper or a first course meal



5

PREPPING ⌚: 15 MIN

COOKING ⌚: 20 MIN

Wonderful to enjoy as a light supper or for those soup lovers in the month of Ramadaan. This creamy tomato soup is a real winner. Perfect as a light introductory meal to your evening.

SPECIAL CHEF MENTION

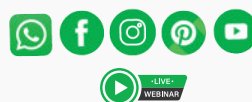
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INGREDIENTS



- 1kg chicken fillet cubed
- Marinade with:
 - 1 tsp himalayan salt
 - 1tsp crushed peppercorns
 - 1tsp green masala
 - 2 tblsp ghee
 - 1 tsp cumin/jeera
 - 1 cup mix veg (fresh or frozen)
 - 1l water
 - 1 tblsp Maziena
 - 1 tsp onion powder
 - 1 tsp butter popcorn sprinkle
 - 1 tin cream style sweetcorn
 - 1l fresh milk
 - 1 tin coconut cream



Chicken and corn soup

Perfect for light supper or a first course meal

INSTRUCTIONS

1. Heat ghee in a pot
2. Add cumin/jeera
3. When hot, add marinated cubed chicken till cooked (marinate chicken with salt, pepper and green masala)
4. Add 1 cup mix veg (fresh or frozen) and/or mushrooms
5. Boil till water dries up
6. Add boiling water
7. mix mazienna and onion powder in a little water in a separate bowl to form a thin paste, add this paste to the above pot
8. add butter popcorn sprinkle according to taste
9. lastly add tin cream style corn, fresh milk and coconut cream



5

PREPPING ⌚: 15 MIN

COOKING ⌚: 30 MIN

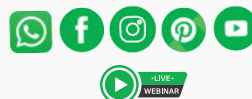
Wonderful to enjoy as a light supper or for those soup lovers in the month of Ramadaan. This is a definite winner as a light introductory meal to your evening.

SPECIAL PERSON MENTION

@hafizaallie

homemaker

Homemaker, Administrator, food enthusiast



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INGREDIENTS



- 3 carrots sliced
- 1 bunch parsley chopped
- 1 bunch celery chopped
- 4 potatoes diced
- 1 tblsp All spice
- 1 tblsp black peppercorns
- 1 tblsp himilayan salt
- 1 thumb ginger grated
- 3 cloves garlic crushed
- ½ cup chives/ sliced spring onion
- 1 tblsp mazienna
- 1 tsp onion powder

Optional

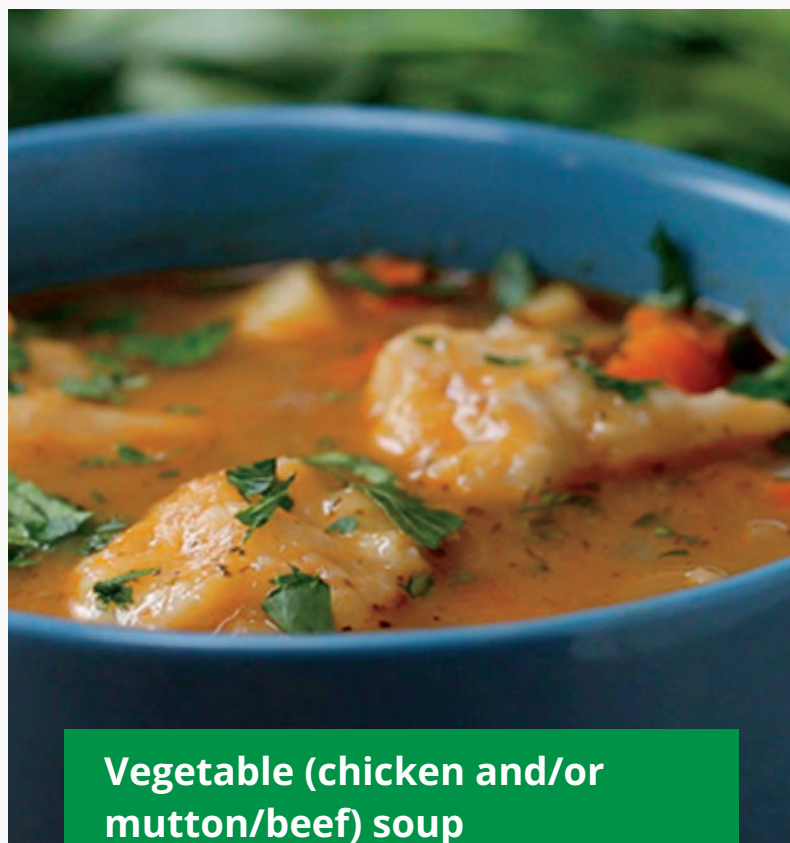
- 1 kg bony mutton/beef

Or

- 1 chicken cut into curry pieces

INSTRUCTIONS

1. Add all the above ingredients (except mazienna and onion powder) into a big pot, add 2l water.
2. Boil until cooked. Add mazienna and onion powder into a small bowl of water, stir to make a thin paste. Add this to the pot, stir continuously. Decrease heat and allow to simmer.



Vegetable (chicken and/or mutton/beef) soup

Perfect as a light supper or side dish



7

PREPPING ⌚ 20 MIN

COOKING ⌚ 30 MIN

Super yummy and a huge winner with the family

INFO & TIPS

Add any vegetables grilled that u prefer and increase in the mazienna to increase the thickness of the soup

SPECIAL PERSON MENTION

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Latiefa Kisten

Just a South African loving homecooked meals
Homemaker, Entrepreneur and mother of 3



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INGREDIENTS



- 2tblsp butter
- 1 tblsp olive oil
- 1 onion medium chopped
- 1 grated carrot
- 1 finely chopped celery stalk
- 2 -4 finely grated garlic cloves
- 1l water
- 1 tblsp thyme leaves
- 1kg mussels with shell (frozen)
- 300g mussels without shell (frozen)
- 1 tin coconut cream
- ½ cup chopped chives/ spring onion
- 1 tblsp mazienna
- 1 tsp onion powder
- 2 tbls fish and chicken spice



Creamy Garlic Mussel Soup

Perfect as a light supper

INSTRUCTIONS

1. Sauté onions, carrot, celery and garlic in butter and olive oil until soft and onions are golden brown.
2. Add 250 ml water and increase the heat. Once the mixture starts boiling, transfer to a blender or use a hand blender to smoothen the mixture.
3. Transfer to a large saucepan, add remaining water and bring to a boil. In a separate bowl, add mazienna, onion powder and water to make a thin paste.
4. Add this paste to the large saucepan, whisking continuously to avoid lumps.
5. Stir until thick then add in the mussels.
6. Bring to a boil for 2 min or just until the mussels are defrosted. Remove from heat, stir in coconut cream and chives/spring onion. Serve and enjoy.



4

PREPPING ⌚: 20 MIN

COOKING ⌚: 45 MIN

Soft and creamy light soup to satisfy your craving for seafood. Packed with a taste straight from the sea and perfect for a light meal in the evening.

SPECIAL PERSON MENTION

@dr_n_kisten

Nurjahaan Kisten

Unani Tibb Practitioner, Mother of many,
Homemaker, Active community member



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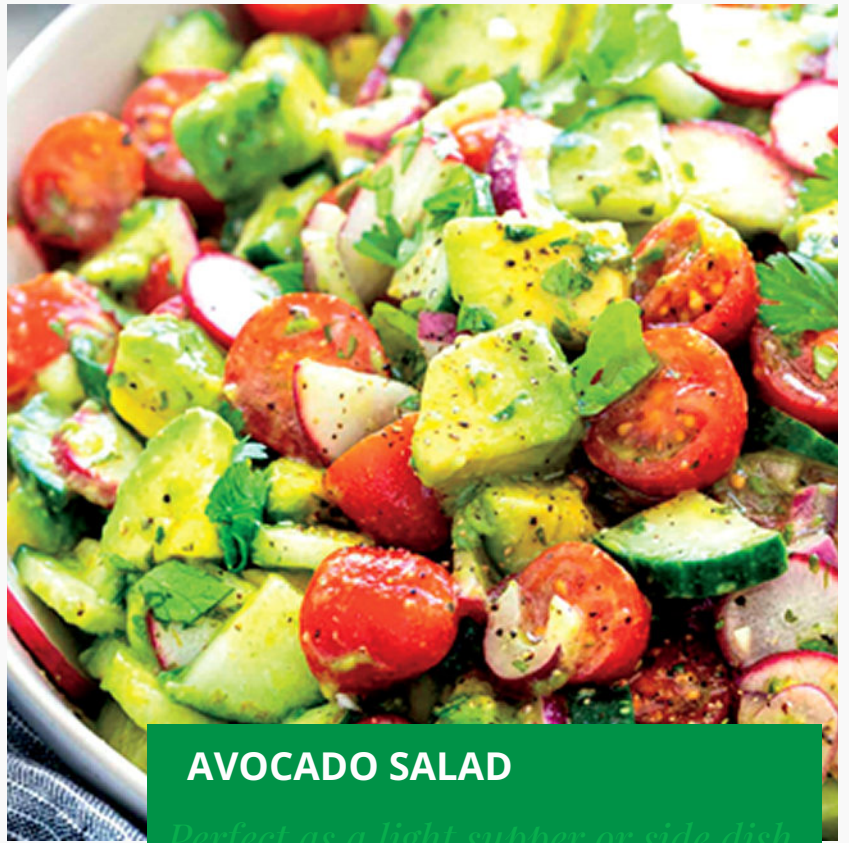
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INGREDIENTS

- 3 diced avo
- 1 diced onion (white or purple)
- 1 cup halved cherry tomatoes
- Sliced baby radish
- Thickly sliced cucumber
- Few Mint leaves
- Mayonnaise
- Green chillies (according to taste)
- 1 cup fresh danya



AVOCADO SALAD

Perfect as a light supper or side dish



4

PREPPING  20 MIN

INSTRUCTIONS

1. Add onions and avo to a bowl.
2. Liquidize 1 cup mayonnaise, add danya, green chillies, himilayan salt, crushed black pepper.
3. Combine liquidized mayo mix to the diced avo and onion.
4. Garnish with fresh danya

This amazing salad is a huge winner with my family. The different taste sensations of the avo and radish bursts with flavor in your mouth.

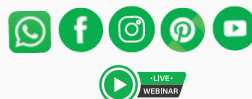
Try this light meal on its own on those hot evenings when the family needs something to cool them down and fill them up.


SPECIAL PERSON MENTION


@hafizaallie

homemaker

Homemaker, Administrator, food enthusiast



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Ramadan Recipes

The Best Herbs and Spices in Town

Main meals

Eating a solid main meal helps your body gain nutrients for the next day and replenishes the body.

Here is a few ideas to keep you going this Ramadaan In Shaa Allah

In conjunction with



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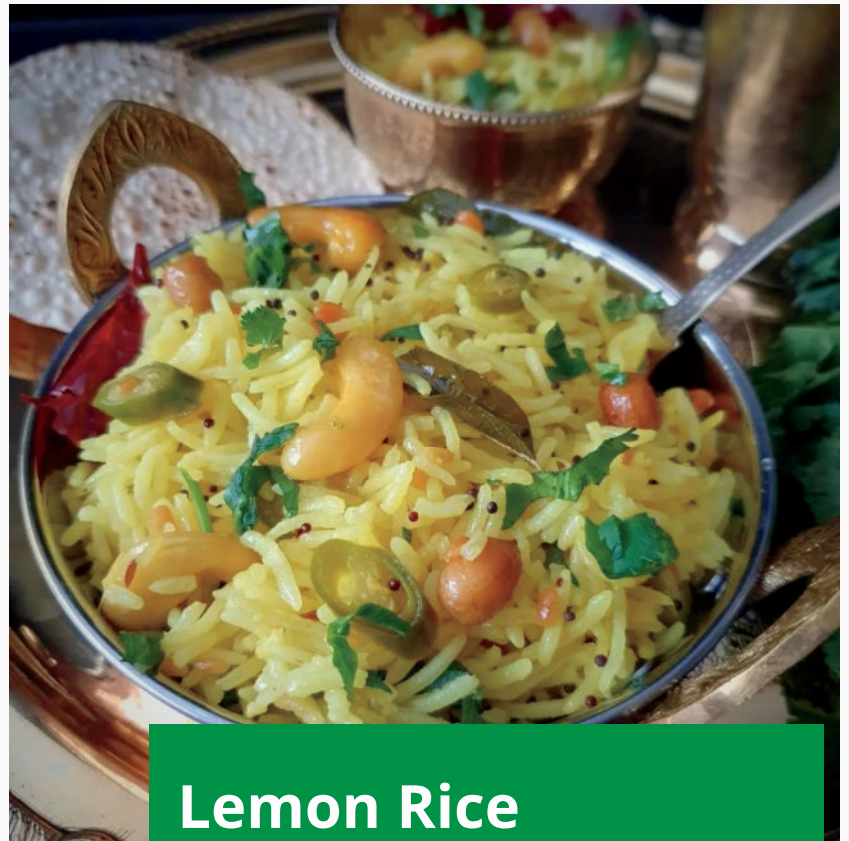
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INGREDIENTS

- 2 cups cooked Basmati rice
- ½ tsp Arad dal
- ½ tsp channa dal
- 10 peanuts
- 10 cashew nuts
- ¾ tsp mustard seeds
- ¼ tsp whole cumin
- 1/8 tsp Turmeric powder (add more if you want the rice more yellow)
- 10 curry leaves
- 1 whole dry red chillie
- 1/8 tsp hing (Asafoetida)
- Salt to taste
- Chopped fresh coriander as needed
- 2 table spoons oil
- 1 ½ Tablespoon lemon juice (add more or less depending on your preference)
- 1 tsp finely chopped ginger
- Sliced green chillies

INSTRUCTIONS

1. Heat the oil.
2. Add the channa and arad daal. Also add mustard seeds and cumin.
3. Fry until the daals just begins to turn pink.
4. Add the peanuts, cashew nuts, whole red chilli and Asafoetida.
5. Fry for a minute. Switch the heat off and add the curry leaves, turmeric powder, ginger and sliced green chillies.
6. Bring the heat back on again and mix everything well. Once it begins sizzling, add the lemon juice.
7. Mix. Add the rice and salt to taste. Mix well.
8. Close and steam for about 5 minutes. Garnish with freshly chopped coriander. Serve hot with your favourite veg curry.



Lemon Rice

Perfect for supper



2

PREPPING ⌚ 20 MIN

COOKING ⌚ 30 MIN

Here is a savory dish for those that prefer a salty morning

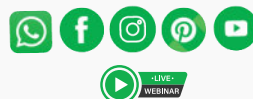
SPECIAL CHEF MENTION

@the_kitchen_girl

Zoya AKA Anisha Pathan

Blogger

Content & Recipe Developer!



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INGREDIENTS

- 650g Boil baby potatoes till soft
- ¼ cup olive oil
- 5g crushed garlic
- 1 tsp coarse black pepper
- 1 tablespoon red chilli flakes or to taste
- 1 tsp dried mixed herbs
- 1 tsp Italian cheese sprinkle
- Salt to taste

INSTRUCTIONS

1. Mix the spices, salt and oil well. Pour over the potatoes until each potatoes are well coated.
2. Place in an oven tray lined with foil. Dust with 1 heaped tablespoon of parmesan cheese.
3. Baked until lightly golden, dust with more parmesan, chopped chives and parsley.



Garlic parmesan baby potatoes

Perfect for supper



2

PREPPING ⌚ 20 MIN

COOKING ⌚ 30 MIN

Here is a savory dish for those that prefer a salty morning

SPECIAL CHEF MENTION

@the_kitchen_girl

Zoya AKA Anisha Pathan

Blogger

Content & Recipe Developer!



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INGREDIENTS

- 1kg fillet
- 2tsp red ginger garlic
- 1tsp Kashmiri masala
- 1tbs balsamic vinegar
- 1tsp salt
- 1tsp spice for rice
- Ground black pepper (choice on how much)
- Mixed peppers cut in chunks
- 1 red onion cut in big pieces

INSTRUCTIONS

1. Marinate the chicken and mix well
2. Alternate the chicken, peppers and onion on the skewers.
3. Grill in the oven till done.



CHICKEN SKEWERS

Perfect for a main meal



4

PREPPING



:20 MIN

COOKING



: 45 MIN

INFO & TIPS

This a winner when it comes to children as the colours encourage them to eat. Adults also love the different flavours and textures that skewers provide.

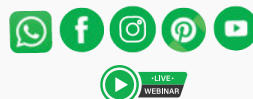
SPECIAL PERSON MENTION

@omiehanieallie

Omiehanie Allie

Just a South African loving homecooked meals

Homemaker, advertiser and mother of 3



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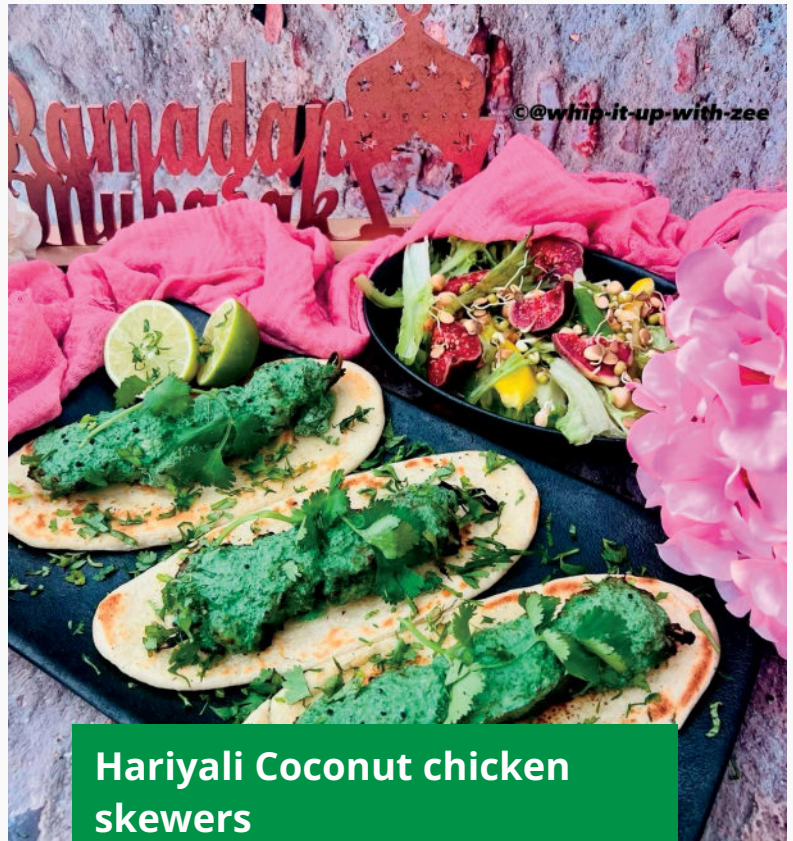


INGREDIENTS

- 1 teaspoon ground cumin
- 1 teaspoon coriander powder
- 1 tablespoon ground garlic
- 1 cup plain full cream yogurt
- 1/2 cup coconut milk
- @thaicoco.sa
- Salt to taste

INSTRUCTIONS

1. Marinade the chicken in all the above ingredients and leave for an hour if you can
 2. Add this mixture in plain yogurt.
 3. Thread onto skewers, and brush with olive oil or melted butter
 4. Preheat airfryer to 180 degrees
 5. Airfry for 20 minutes flipping after 10 minutes to get a even cook.
 6. I served with garlic pita and a fresh green salad.
 7. You can omit the pita's and have it with just the salad
- Garnish with fresh coriander and lemon wedges



Hariyali Coconut chicken skewers

Perfect as a light supper



4

PREPPING ⌚ 20 MIN

COOKING ⌚ :30 MIN

Super yummy and healthy for all ages and packed with goodness. A light colorful meal

SPECIAL CHEF MENTION

Recipe credit @whip_it_up_with_zee
Zurayda

Foodie sharing tried & tested recipes

Pic credit @whip_it_up_with_zee



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Ramadan Recipes

The Best Herbs and Spices in Town

Healthy Deserts

Your body will naturally crave for sweet things in the later hours of the evening...

Here is a few ideas to keep you going this Ramadaan In Shaa Allah

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INGREDIENTS

- 1 1/2 cups dates
- 1 cup almonds
- 1/2 pecan nuts
- orange juice from 1 orange
- zest from 1 orange
- 1/4 tsp himalayan salt
- 1 1/2 tblspn cocoa powder
- 1/2 cup chopped peacan nuts to coat
- 2 tblspn cocoa powder to coat

INSTRUCTIONS

1. place dates, almonds, pecan nuts, orange zest, orange juice, cocoa powder and salt in a food processor. Blend until smooth.
2. Scrape the the side of the processor regularly in-between blends.
3. place the mixture in the refrigerator for 1 hr.
4. Using an ice-cream scoop, scoop the mixture into the palm of ur hand and roll it into a ball. Roll the ball in the crushed nuts or cocoa powder. Refrigerate atleast 1hr before serving.



Orange Nut Truffles

Yummy and sweet



4

PREPPING



:20 MIN

Yummy, sweet and nutty... this mini dessert is perfect to satisfy those sweet cravings and small enough to ensure that you not filling your stomach too much

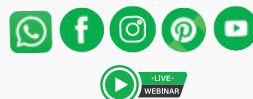
SPECIAL PERSON MENTION

@soulfulherbsandspices

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Promoting Healthy living

Natural medicine Practitioners



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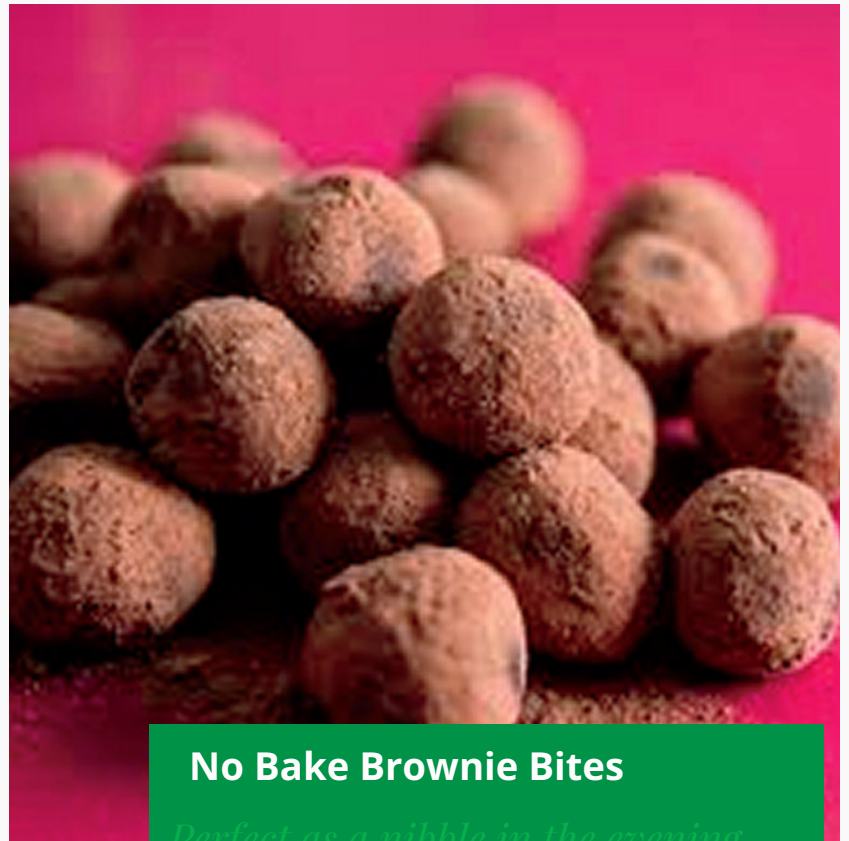
INGREDIENTS

- 1 cup oats, Blended into flour
- 1/2 cups of peanut butter or any nut butter
- 1/4 cup chocolate chips
- 1/4 cup honey
- 2 tbsp cacao powder
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 1 tbsp flax seeds
- 1 scoop of collagen powder
- dash vanilla
- pinch of salt
- Coat with cacao powder

INSTRUCTIONS

1. Mix the oat flour and nut butter until combined
2. Then add in additional ingredients
3. Stir and roll into balls
4. Add 1-2 tbsp plant based milk or water if the mix is too dry
5. Store in the fridge in an airtight container

Enjoy



No Bake Brownie Bites

Perfect as a nibble in the evening



4

PREPPING  20 MIN

Perfect for the chocolate cravings in the evenings and packed with healthy ingredients so you don't have to feel guilty

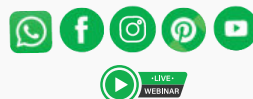
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INGREDIENTS

- 500g your favorite dates pitted
- 300g peanut butter preferably crunchy
- 250g crushed nuts
- 250g 70% or more dark chocolate
- 100g 90% dark chocolate

INSTRUCTIONS

1. Blend the dates in a food processor until smooth.
 2. line baking tray. Wet your hands and spread the date mixture onto the tray. Sprinkle the crushed nuts over the dates, then press it down firmly so the nuts are submerged into the date mixture.
 3. Spread the peanut butter over the date mixture. Pop into the freezer for 2 hours or overnight.
 4. Once its set, lift it out of the baking tray.
 5. Cut into 20 little fingers and place it back in the freezer while melting your chocolate.
 6. Remove your date and nut fingers from the freezer and dip into your melted chocolate.
 7. Melt 90% dark chocolate and drizzle over your chocolate fingers.
 8. Allow to cool by placing them in the fridge for 10 min.
- Serve and enjoy



Peanut butter date chocolate bars

Perfect as a alternative to unhealthy bars



20

PREPPING  20 MIN

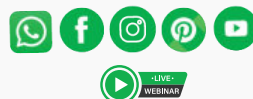
Perfect for the chocolate cravings in the evenings and packed with healthy ingredients so you don't have to feel guilty


SPECIAL PERSON MENTION


@dr_n_kisten


Nurjahaan Kisten

Unani Tibb Practitioner, Mother of many, Homemaker,
Active community member



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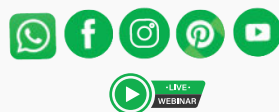
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HAVE A BLESSED MONTH OF RAMADAAN

The Best Herbs and Spices in Town

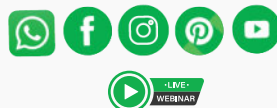
TRULY GRATEFUL TO ALL OUR CUSTOMERS



May this month bring barakah, khair and Aafiyah into your homes. From our home to yours please keep us in your special duas...

We truly appreciate everyone's support and love in this new venture that we embarked upon and we hope that through food we can help you heal, bloom and grow

Looking forward to being part of your healing journey



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SOULFUL SISTERS



DR NURJAHAN KISTEN ALLIE MOHAMED

Doctor in Unani Tibb Medicine (BSc & BCM
Unani Tibb - UWC)
Masters in Immunology
Former Lecturer and Co-ordinator of Unani
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DR MARIYAM KISTEN

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Former Lecturer in Phytotherapy at UWC
Practitioner at Natural Therapeutics-
Holistic Healthcare Centr



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SOULFUL OUTREACH COMMUNITY PROJECTS

The Best Herbs and Spices in Town

HELP US, HELP YOU GROW, HEAL, EARN & BLOOM

Finance

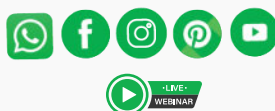
1. Host a Vendor
2. Rent a Shelf
3. Sales rep

Health Services

4. Monthly Free Health Screening

Education

5. Regular radio interviews
6. Social media Platforms
7. Workshops



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THE BEST HERBS AND SPICES IN TOWN



FREE POP UP SHOP FOR ALL SMALL ENTREPRENEURS

HELP US, HELP YOU GROW FOR FREE

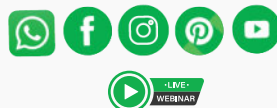
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SUPPORTING SMALL BUSINESSES

Help us, help you grow campaign was launched after seeing the huge need within lockdown. The small businesses were our motivation to start this campaign.

Book a free slot every pop up and take advantage of this amazing opportunity to showcase your small business and earn with no cost or inconvenience to you.

You will be given a space for the day and have access to all our customers and social media exposure on our platforms

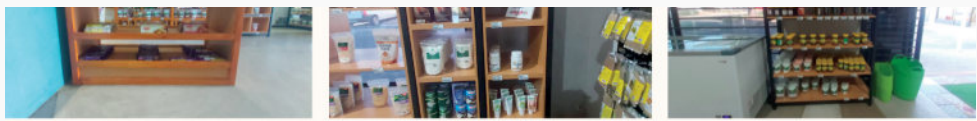


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CONTACT
US
0782871290



THE BEST HERBS &
SPICES IN TOWN

ABOUT RENTING A SHELF

We would like to host small businesses and their products by offering them a shelf to rent.

SHELVING AVAILABLE

- Front shelf
- Tea shelving
- Middle shelving
- front wall shelving
- front box shelving
- Back box shelving

Website

www.soulfulherbsandspices.co.za

Email

soulfulherbsandspices@gmail.com

HELP US, HELP YOU GROW

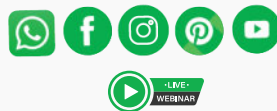
The Best Herbs and Spices in Town

SUPPORTING SMALL BUSINESSES

Help us, help you grow campaign expanded thus aiding small businesses yet again.

Rent a shelf and online space on our website with us take advantage of this amazing opportunity to showcase your small business and earn with no inconvenience to you.

You will be given a space of your choice in our shop and have access to all our customers in our physical and on our online store. We will also give you social media exposure on our platforms



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EARN EXTRA BUCKS

FINANCIALLY GROW BY
DIVERSIFYING YOUR INCOME WITH
US

HELP US, HELP YOU EARN

The Best Herbs and Spices in Town

CREATING JOB OPPORTUNITIES

Help us, help you earn campaign was launched after seeing the huge need within lockdown. So many lost their primary income. The financially strained were our motivation to start this campaign.

Earn extra bucks with us and take advantage of this amazing opportunity to get cash on the side.

Contact us if you interested in the amazing job opportunity.



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FREE HEALTH SCREENING

HELP US, HELP YOU HEAL FOR FREE

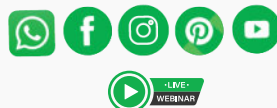
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HEALING THE COMMUNITY

Help us, help you heal campaign was launched after seeing the huge need within pandemic. The elderly and financially strained were our motivation to start this campaign.

Pop around at our physical store once a month at our workshops as it is available and open to all who would like to know their health status.

You will be given expert advice from a registered Natural Medicine practitioner.



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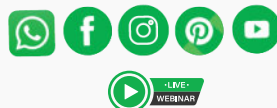


JAZAKALLAH KHAIR FROM OUR HOME TO YOURS

Help us, help you... Grow, Bloom and heal

**We hope you can benefit from
our outreach portfolio and that
it the community at large
grows with us.**

**As fellow South African we
strive to live by the spirit of
Ubuntu and want to always be
of benefit as a business to the
community.**



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