

Ramadhan 2023



Simple Sunnah Sahurs



Pancakes with Honey



2 servings



15 minutes

Difficulty Level: ★★☆☆☆

INGREDIENTS

3/4 cups of milk 🕌

1tsp of vanilla essence

2 eggs

2 cups of self-raising flour

1/3 cup of caster sugar

Butter (for frying)

Honey to pour on pancakes 🕌

DIRECTIONS

- 1.Mix ingredients (without the honey) together in a bowl to get a batter
- 2.Heat some butter in a pan
- 3.Pour batter into the pan and cook until golden brown
- 4.Serve pancakes with honey and fruits



*May you have a blessed Ramadhan,
being thankful to Allah for his blessings,
feeding the needy and the orphans!*



Overnight Oats

By Jannatun Tajrian



1 servings




5 minutes


Difficulty Level: ★☆☆☆☆

INGREDIENTS

1/2 cup of rolled oats

1/2 cup of milk 

1/4 cup of yoghurt

1 tbsp of honey 

Bananas

Dates 

Nuts of choice

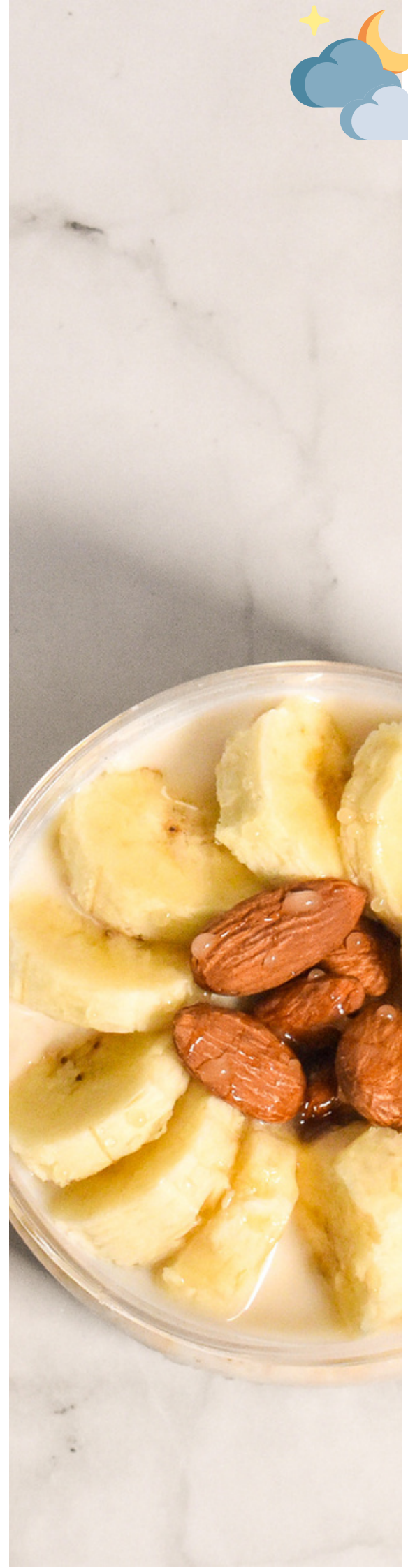
Nutella (Optional)

DIRECTIONS

1. Place all ingredients into a large glass container and mix until combined
2. Cover the glass container with a lid or plastic wrap. Place in the fridge for at least 2 hours or overnight. Toppings can be added the night before or immediately before serving
3. Enjoy from the container the next day. Overnight oats can be stored in the fridge for up to 5 days



May this Ramadhan brighten the noor of your soul and soften your heart with the love and the remembrance of Allah SWT and Rasulullah SAW!! Ameen!



Ham & Cheese Sandwich



2 servings



5 minutes

Difficulty Level: ★☆☆☆☆

INGREDIENTS

- 4 slices of white bread 🕌
- 2 tbsp of mayonnaise
- 2 tbsp of mustard
- 2 tsp of honey 🕌
- 6 slices of Swiss cheese
- 6 slices of ham

DIRECTIONS

1. Spread one side of each slice of bread with mayonnaise and fry mayo-side down on a skillet until golden brown
2. Put the rest of the ingredients together with the bread and serve
3. Optional: Reheat sandwich until cheese is melted



*May you have a
beneficial Ramadhan!*



Breakfast wraps



2 servings



15 minutes

Difficulty Level: ★★☆☆☆

INGREDIENTS

6 large eggs

2 tbsp of milk 🕌

1 tbsp of oil

3 cup of shredded cheese

3/4 cup of roasted chicken

4 flour tortillas

Cucumbers 🕌

Tomatoes

DIRECTIONS

1. In a small bowl, whisk the eggs and milk. Heat a skillet with some oil and cook egg mixture to get scrambled eggs. Stir in cheese and chicken
2. Spoon egg mixture into each tortilla. Add vegetables and roll up



May you have the strength to increase in good deeds throughout this Ramadhan and may Allah SWT accept your Ramadhan and you leave the blessed month in a better state than when you entered!



French Toast



2 servings



15 minutes

Difficulty Level: ★★☆☆☆

INGREDIENTS

2 eggs, beaten

1/4 cup of milk



1/4 cup of honey



3-4 slices of bread



Butter for frying

DIRECTIONS

1. Combine eggs, milk, honey and a pinch of salt
2. Dip bread slices into mixture
3. Melt butter in a large skillet. Fry in butter over medium heat until golden brown, turning once
4. Serve with fruits like dates, bananas or berries

*May this divine month of Ramadhan
cleanse, nurture and illuminate your soul,
and may it serve as a source of inspiration
and promise for others to pursue goodness
& righteousness.*






Fruit Salad

 3-4 servings  5 minutes

Difficulty Level: ★☆☆☆☆

INGREDIENTS

- 2 tins of Nestle cream
- 1 tin of canned fruit of choice
- Berries 
- Bananas
- Grapes 
- Granola or Cereal
- Honey 

DIRECTIONS

- 1.Mix ingredients together and refrigerate
- 2.Can be kept in the refrigerator for up to 2 days

May Allah SWT bless your Ramadhan and allow it to be your best one thus far! May it bring you the relief, peace and tranquility that your heart has been seeking InsyaAllah!!



Yoghurt Bowl



2 serving



5 minutes

Difficulty Level: ★☆☆☆☆

INGREDIENTS

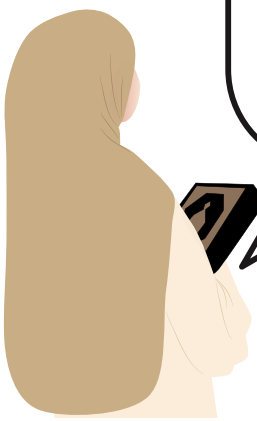
- 2 cup of plain yoghurt
- 1 cup berries of choice
- 2 tbsp of honey 🕌
- 6-8 dates, sliced 🕌
- 2 bananas, sliced
- 2 tbsp of peanut butter
- 1 cup of granola

DIRECTIONS

1. Mix ingredients together and refrigerate

May you feel Allah's immense Love and
Compassion for you this Ramadhan!

Allahumma Salli Alaa Sayyidina
Muhammad may Allah SWT reward you
for your efforts!



Breakfast Bars





2 servings



15 minutes

Difficulty Level: ★★★★★

INGREDIENTS

- 250g of dates 
- 80g of pistachios (or any others nuts)
- 25g rolled oats
- 3 tbsp honey 
- 1 tbsp water
- 30g desiccated coconut (for mixing)
- 30g desiccated coconut (for rolling)

DIRECTIONS

1. Combine the ingredients in a food processor until thoroughly mixed
2. Tip the mixture out of the blender and roll into a rectangle
3. Cut the rectangle into 10 equal bars
4. Put the remaining desiccated coconut in a plate and roll the bars one at a time in it, until they have all been evenly coated with coconut



May you have a
fulfilling Ramadhan



Savoury French Toasts



2 servings




15 minutes

Difficulty Level: ★★☆☆☆

INGREDIENTS

2 eggs, beaten

1/4 cup of milk 

3-4 slices of bread 

Minced meat (or sausages)

Diced red onion (optional)

Butter for frying

DIRECTIONS

1. Combine eggs, milk, meat and onion
2. Add salt and pepper to taste
3. Dip bread into egg mixture, making sure that the meat stays on the bread
4. Melt butter in a large skillet. Fry in butter over medium heat until golden brown, turning once



Sardine Sandwiches



2 servings



15 minutes

Difficulty Level: ★★☆☆☆

INGREDIENTS

1-2 cans of Sardine/Tuna

1-2 cucumbers, diced 🥒

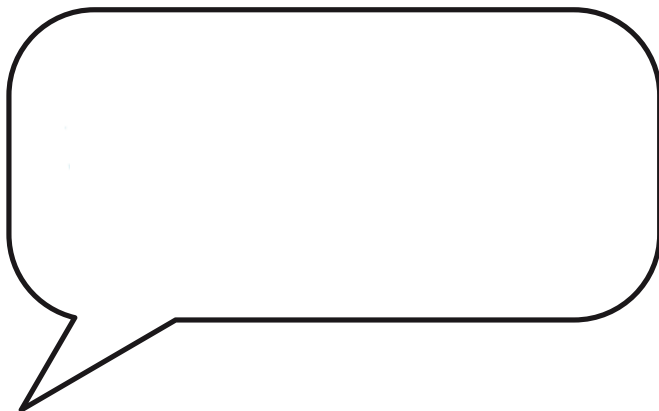
1-2 red onions, diced 🥒

2-3 small limes

Bread

DIRECTIONS

1. Combine sardine with the onions and cucumbers. Mix till you achieve desired consistency
2. Add juice of limes. Add chilli padi here if desired.
3. Serve with bread.



Chia Seed Pudding




2 servings



15 minutes

Difficulty Level: ★★★★★

INGREDIENTS

1 cup of milk 

4-5 tablespoons of chia seeds

Grapes 

2 tbsp Honey 

DIRECTIONS

1. Place all ingredients into a large glass container and mix until combined
2. Serve with desired topping





Greek Pasta Salad



2 servings



15 minutes

Difficulty Level: ★★★★★☆

INGREDIENTS

Juice from 2 lemons

1/2 cup of olive oil 🍷

1/2 cup of pasta

Cherry tomatoes

1/2 cup of desired cheese

2 cucumbers diced 🍈

2 red onions, sliced

DIRECTIONS

1. Mix all ingredients together. Add chilli flakes, salt and pepper to taste
2. Pasta can be made ahead of time and stored in the refrigerator to be eaten during Sahur.

