

healthy *Ramadan*



recipes by Ellen Rabia
illustrated by Lena Meryem

Forward

Asalamu Alaikum everyone.

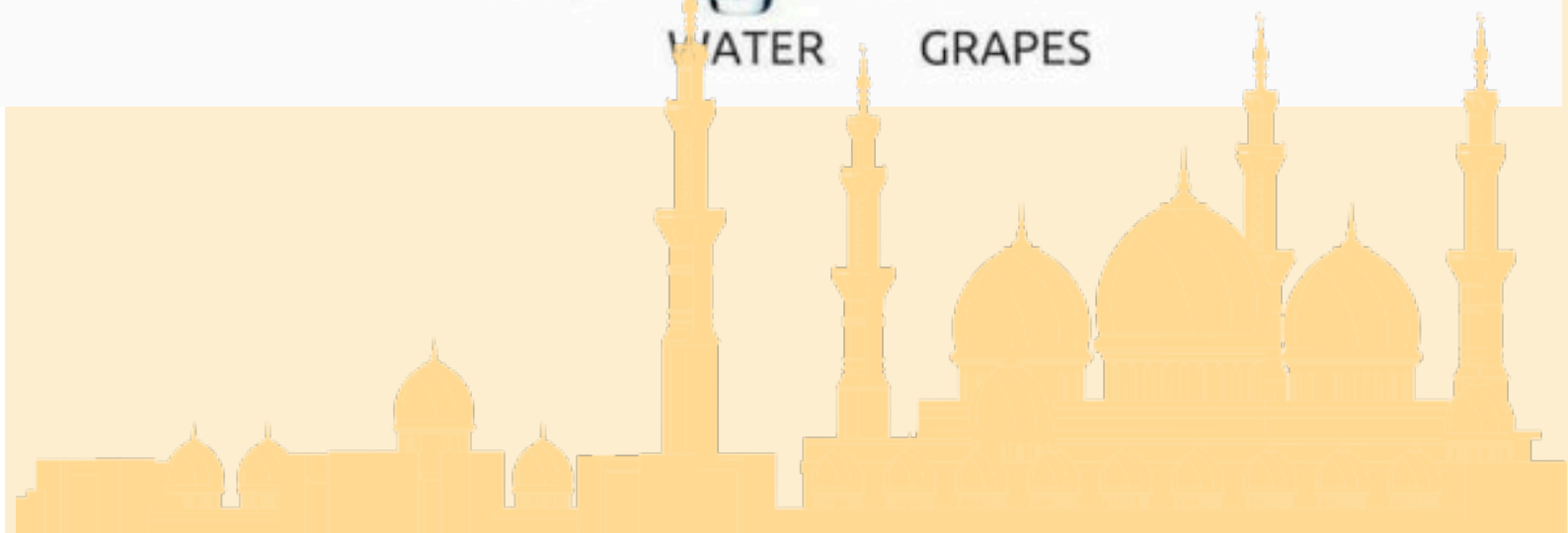
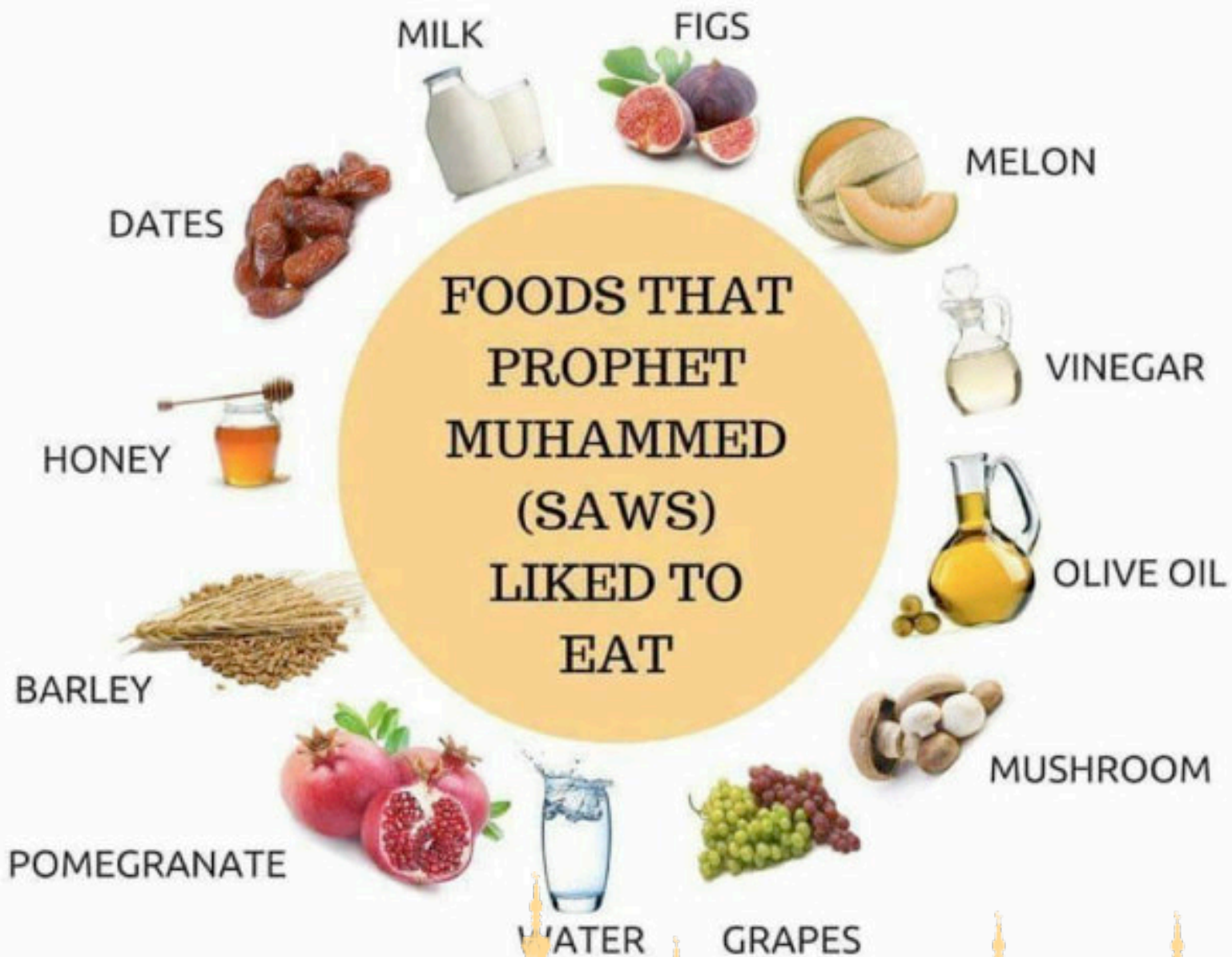
I've compiled a few recipes and ideas for Ramadan to raise awareness about eating dishes that are healthy, ethical, wholesome, vegetarian, very tasty and also that can be made from seasonal and local sources with an added benefit of zero waste. It's often thought that vegetarian food is not tasty and fulfilling, but the use of spices and herbs changes that idea. A very basic food like potatoes can be sautéed in olive oil with comin seeds salt and chili flakes.

All the recipes are some of my family's favorite dishes and have been tried and tested over the years. I've been cooking these the last couple of weeks so most of the pictures are original. The dishes I have compiled are based on the foods mentioned in the Quran and sunnah. I personally get great satisfaction from cooking and baking and therefore I hope to share this so you too will enjoy and find much benefit from it also inshallah.

Ellen Rabia



“O mankind, eat from whatever is on earth [that is] lawful and good [....]”
(Quran 2:168)





Sahur



The image features a decorative banner at the top with a string of colorful items: a green pennant, a crescent moon with stars, a large ornate lantern, a brown pennant, a yellow star, a yellow pennant, another ornate lantern, and a red pennant. The word "Sahur" is written in a large, elegant, cursive script in the center. At the bottom, there is a silhouette of a mosque with several domes and minarets.

Powershakes

Bananashake

500 ml milk
2 bananas
1 tbsp rolled oats



Dateshake

500 ml milk
5 dates
1 tbsp chia seeds



Mangoshake

500 ml milk
1 mango
1 tbsp ground almonds



Joghurtshake

500 ml milk
200 g natural yoghurt
1 tsp honey

Blend the ingredients with the food blender.
Tastes good when served chilled.



Oatmeal or porridge is one of the easiest and nutritious meals you can make, packed with the best of ingredients. You can't go wrong with a creamy bowl of porridge. You can also dress it up with a variety of sweet and savory options. Overnight oats are very practical. The jumbo oats are good, they contain their texture better. The smaller oats get mushy but are very good for a quick bowl of porridge. The easy ratio to remember is 1 to 2, every portion of oats you need double water or any kind of milk.

Overnight oats

Jumbo oats

1 tbsp chia seeds (it gives a pudding like texture)

Honey

Overnight oats will expand a little.

This can be prepared in a batch and can stay in the fridge for 2 to 3 days, add a splash of milk if it's too thick.

This can be topped up with something different every day.

Fresh seasonal fruit.

Flaxseed for omega3 boost.

Almonds walnuts, dried fruits, dates, apricots, figs or raisins.

A splash of date syrup.



Speedy flaxseed rolls

150 g wholewheat flour
100 g white flour
1 egg
2 tsp baking powder
250g thick yogurt
50g flaxseed
50g sunflower seeds
50ml water
Half tsp salt

Combine all the ingredients with a spoon and form rolls with wet hands.

Place them on a paper lined oven tray and sprinkle with seeds or oats and bake in a preheated oven for **20 minutes 180°**.



Wholemeal Rolls

300 g whole meal flour
200g plain flour
40 g fresh yeast
340 ml lukewarm water
1 tsp sugar
2 tsp salt
3 tbsp oil
Mixed seeds

Mix all the ingredients together with an electric mixer for 5 minutes , the dough should be really elastic.
Leave it rise for an hour then mix again and form with flour into 10 rolls.

Place them on a paper lined oven tray, brush them down with plenty of water and and sprinkle with seeds of your choice.
Put them into a cold oven and bake at **200° for 30 mins.**



Banana pancakes

2 mashed bananas
2 eggs
100 ml milk
110g flour
Half tsp baking powder
Pinch salt
Butter for frying

Mix all the ingredients until nice and creamy.
Bake in a warm frying pan 2-3 minutes per side until light brown.
Enjoy with stewed apples or date syrup.



Shakshuka

1 small onion
2 tbsp olive oil
2 small tomatoes
A handful of diced red Peppers
Salt pepper
Half teaspoon cumin seeds
4 eggs
Fresh chopped parsley

Sauté the onions add everything except the eggs, let it simmer for 7 minutes .
Then crack the eggs into the mixture, cover with a lid and let it bake until the eggs are ready.



Power omelette

1 cup of rolled oats
1 glass of milk
2 eggs
Salt pepper and a little cumin
2 tbsp olive oil.
2 tbsp crumbled feta.
Oil the frying pan, also the sides.

Whip up the mixture and pour into a medium hot pan . Cook it for around 3 minutes until light brown .then turn it like a pancake or use a plate as help to turn it and bake for 3 minutes



Egg spread

2 boiled eggs
2 tbs of creamed cheese
Chopped Dill
Salt and pepper

Mash everything together



Avocado spread

2 mashed avocado
2 tbsp yogurt
Squeeze of lemon
Salt and pepper

Mash everything together
Nice as a bread spread.



Olive spread

200g cream cheese
200g very finely chopped green or black olives
1tbsp olive oil
1 tsp chopped dill
salt and pepper
a squeeze of lemon

Combine all the ingredients together
into a creamy paste.

It's an ideal bread spread
or can also used as a dip.





Iftar



soup

Creamy pumpkin soup

- 1 kilo chopped pumpkin
- 2 liters of boiling water
- 2 diced onion
- 3 tbsp olive oil
- 4 potatoes and 2 carrots cut in cubes
- 1 tsp of crushed garlic and ginger
- 1 tsp curry and coriander powder
- 2 tsp Salt
- 1 tsp pepper

Sauté the onion lightly

Add the pumpkin spices Garlic and water and bring to the boil then simmer for 25 minutes until the pumpkin is soft then blend it with a food blender and add the potatoes and carrots, boil until the vegetables are ready ,then add 4 tbsp cream and sprinkle with fresh parsley.

It's a nice thick soup which can be eaten as a main course with the flat bread or rolls. Can be thinned down with a little water.



Red lentil soup

250g red lentils
3 tbsp olive oil
2 liters of boiling water
1tbsp tomato Paste
3 chopped potatoes
3 chopped carrots
1 tsp salt
1 tsp pepper
1 tsp cumin
1 tsp mint
1 tsp crushed ginger and garlic
1tbsp lemon juice
Fresh parsley

Sauté the onions. Add garlic and ginger, add the tomato paste. Add all the other ingredients, bring to the boil and simmer for 30 minutes, then blend it with liquidizer. Serve with lemon and fresh parsley.



Moroccan Ramadan Harira soup

5 tbsp olive oil
2 onions
1 kilo chopped tomatoes
100 g brown lentils
100g red lentils
1 tbsp Tomato Paste
1 handful of chopped coriander and parsley,
3 sticks of celery
100 g cooked chickpeas
3 carrots
2 potatoes
Salt and pepper
1 tsp fresh garlic and ginger
1 tsp coriander
1 tsp cumin
1 tsp cinnamon
1 tbsp lemon juice
4 liters of water

Fry the onions light brown and add garlic ginger and tomatoes and all the spices.

Let it simmer for 10 mins.

Add the water and the red and brown lentils, bring to the boil and add all the cubed size cut vegetables.

Simmer for around 40 mins. Then add the chickpeas, coriander, parsley and lemon juice. If it's too thick add more water. It tastes nicer a day later.

It's a thick nutritious stewy soup that's eaten every day in Morocco in Ramadan, usually with dates and flat breads.



Cream of vegetable soup with roasted sunflower seeds

4 chopped potatoes 2 liters of water
2 chopped carrots
1 diced onion
2 sticks of celery
Splash of cream
Parsley
salt and pepper
Handful of sunflower seeds

Sauté the onions lightly. Add all the vegetables cook until soft, blend the soup with a hand blender. Add the cream, bring it to the boil and serve with sunflower seeds and parsley.



Cream of courgette soup

600g courgettes
400 g potatoes
1 onion
2 tbsp olive oil
Fresh parsley
1 tsp crushed garlic
50 ml cream
750 ml water
Salt and pepper
1 tsp curry powder

Sauté the onion lightly. Add all the other ingredients except the cream bring to the boil and simmer for 20 minutes, blend with a kitchen blender and add the cream. Bring to the boil and serve with fresh parsley.



main course

Turkish fried rice

1 cup of basmati or plain rice
2 cups of boiling water
A handful of vermicelli
Salt
2 tbsp olive oil

Fry the vermicelli until golden brown. Then add the boiling water rice and salt, let it boil for 7 minutes covered then turn to a very low heat and let to simmer for 15 minutes.



Veggie roasted eggplant

3 eggplants
250 g mushrooms
2 diced tomatoes
1 onion
1 red pepper
1 tsp Mint
A handful of fresh parsley
Salt and red pepper
2 cloves of crushed garlic
3 tbsp olive oil
150g grated cheddar cheese

Cut the eggplant in half lengthwise and soak them in a bowl of water for 10 mins .

Put them on a paper lined tray and brush them with olive oil. Bake in a preheated oven 180c for 20 minutes until light brown. In the meantime sauté the onions then add all the other ingredients except cheese and herbs, sauté until ready and add the herbs.

Press down the eggplants with a fork and pile the filling on top. Sprinkle with cheese and bake for 15 minutes in a preheated oven 180°.



Baked vegetables

2 sliced courgette
2 sliced egg plant
250g mushrooms
1 onion sliced
1 red and Green pepper
2 cloves of garlic
Salt and Paprika powder
1 tsp rosemary and thyme
2 tbsp olive oil.

Place all the ingredients on a paper lined oven tray and mix together, bake in a preheated Ofen 180c for 30 minutes.
Serve with tzaziki.



Potato wedges

1 kilo potatoes cut in wedges

Salt

2 tbsp olive oil

1 tsp paprika powder

1 tsp rosemary

Mix the spices and oil with the potatoes and place on a paper lined oven tray. Bake in a preheated oven for 30 minutes.



Tasty veggie slices

3 chopped leeks
300g chopped spinach
4 potatoes and 2 carrots grated.
1 red pepper diced
A big bunch of fresh chopped parsley
1 tsp sage and thyme
2 tsp Salt
4 tbsp olive oil
1 tsp cumin
200 g grated cheese
4 eggs
100 g plain flour
4 tbsp olive oil

Whip the flour eggs oil and all the herbs and spices until creamy. then mix it all in a big bowl with the vegetables and 100g cheddar.

Pour the mixture onto a paper lined oven tray and sprinkle the rest of the cheddar and bake in a preheated oven 180°, 25 minutes until light brown.



Cabbage slice

600g grated cabbage
1 big diced onion
1 grated carrot
6 eggs
160 g rolled oats
A big handful of parsley
2 tsp salt
3 tbsp olive oil
100 g grated cheddar

Mix the mixture in a big bowl until it's nicely combined, pour it onto a paper lined oven tray and bake in a preheated oven for 20 mins
This is a nice and quick Snack.



Spinach meets sweet potatoes

500 g spinach chopped
400g diced sweet potato (or normal potatoes)
200g chickpeas
2 crushed cloves of garlic
1 big chopped tomato
1 onion
2 tbsp olive oil
1 tsp cumin
1tsp fennel seeds
A pinch of chili flakes
1 tsp coriander powder
1 tsp salt
Half cup of water

Sauté the onion until light brown. Then add the tomato, spices and the water. Let it cook a few minute, then add the sweet potatoes. Cook for around 5 minutes (they should be still crunchy). Then add the spinach and chickpeas and let to cook 7 minutes. If the spinach leaves a lot of water let it simmer without the lid until the water evaporates.

Serve with whole grain rice and natural yogurt.

Whole grain rice

1 cup of whole grain rice
3 cups of water
Salt
Knob of butter

Boil the rice on a high temperature for 20 minutes. Let to simmer on a low heat for 15 minutes. Add the Butter when it's cooked.



Spicy vegetables

4 diced carrot
1 diced onion
300g chopped green beans
2 chopped tomatoes
2 tbsp olive oil
2 cloves of crushed garlic
200g frozen peas
1 tsp salt
1 tsp chilli flakes
1 tsp turmeric
A handful of fresh chopped coriander

Sauté the onions until light brown, add the tomatoes and spices and sauté for 5 minutes. Add the carrots and beans and 100ml water and allow to cook shortly. Add the peas and sprinkle with coriander.



Okra

- 1 kilo sliced okra
- 2 tbsp olive oil
- 2 diced onions
- 1 tsp salt
- 1 tsp chilli flakes
- 1 tsp cumin seeds
- 3 tomatoes

Sauté the onions till light brown.

Add the spices and tomatoes. Let it simmer for 5 minutes. Add the veg and simmer for 15 minutes until soft sprinkle with fresh coriander.



Chickpea pilaw with mint chutney

2 cups of basmati rice
4 cups of boiling water
1 diced onion
200g chickpeas
1 tsp salt
1 tsp garamasala

Fry the onion until golden brown. Add all the ingredients, let it boil rapidly for 7 minutes, then turn it down very low to steam for 15 minutes.

Serve with mint chutney and yogurt salad.

Mint chutney

1 bunch of fresh mint
1 bunch of fresh coriander
1 clove of garlic
Salt and chilli flakes
Juice of half a lemon.
100 ml water

Blend with a food blender , serve with rice, pakoras or veggie patties..

Also good as a bread spread, or mix with natural yoghurt.



Veggie millet with tzaziki dip

- 1 cup of millet
- 2 cups of boiling water
- 2 sticks of sliced leeks
- 2 carrots diced
- 100g frozen peas
- 1 tsp salt
- 1 tsp curry powder
- 1 tsp coriander
- 3 bay leaves

Wash the millet in warm water. Sauté the leeks and carrots for 5 minutes. Add the boiling water and all the other ingredients

Boil rapidly for 5 minutes then turn down to a low heat to simmer for 20 mins.

Run a fork through to make it fluffy.

Tzaziki dip

- 200g yoghurt
- Hand full of chopped parsley and dill
- Salt and pepper
- 2 tbsp olive oil
- 2 tbs vinegar
- Half grated cucumber
- One clove of crushed garlic

Whisk all the ingredients to a creamy dip.



Quick wholewheat pizza

300 g strong white flour
200 g wholewheat flour
10 g of fresh yeast
1 tbsp honey
300 ml lukewarm water
1 tsp salt

Mix all the ingredients together in a kitchen machine for about 5 minutes until dough is smooth and elastic. Cover with a cloth and leave it in a warm place to prove until doubled in size for an hour. Meanwhile make the sauce.

Tomato sauce

500g chopped tomatoes.
3 tbsp Tomato Paste
3 x cloves crushed garlic
1 tsp thyme
1 tsp rosemary
Salt and pepper
1 tsp honey
3 tbsp olive oil

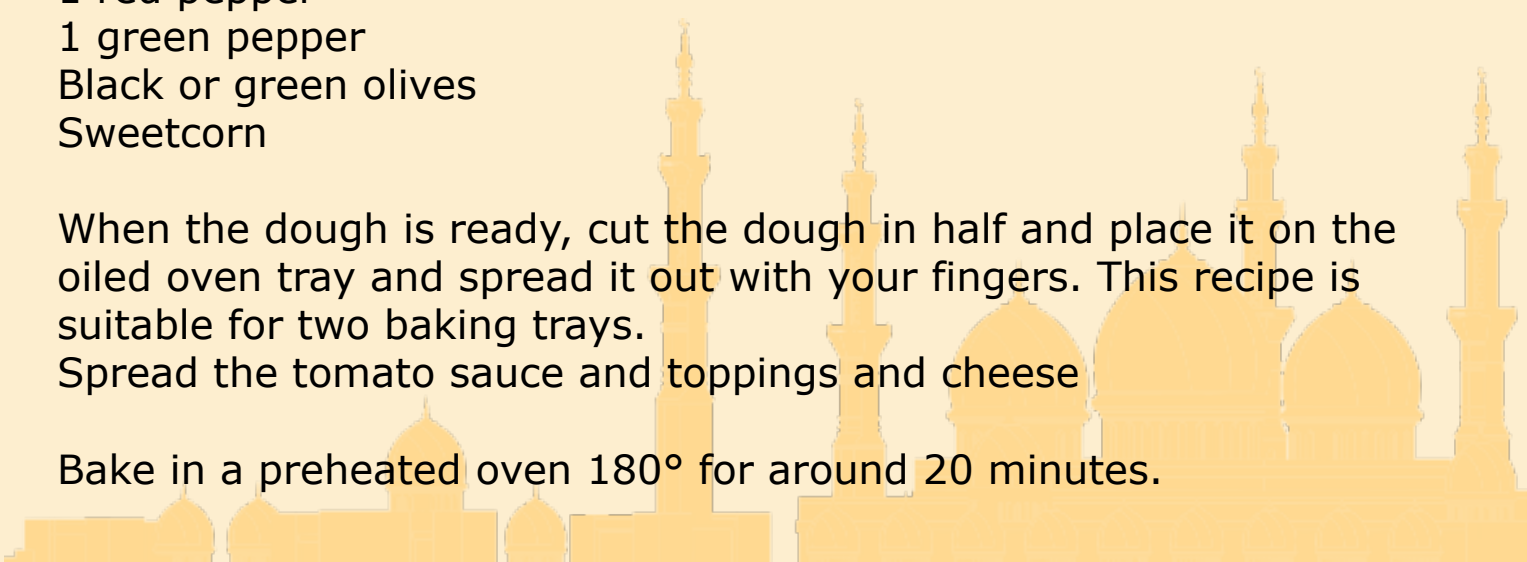
Mix all the ingredients in a bowl.

Topping

300 g grated cheddar
200 g grated mozzarella
2 diced onion
1 red pepper
1 green pepper
Black or green olives
Sweetcorn

When the dough is ready, cut the dough in half and place it on the oiled oven tray and spread it out with your fingers. This recipe is suitable for two baking trays. Spread the tomato sauce and toppings and cheese

Bake in a preheated oven 180° for around 20 minutes.



Pakora muffins with mint dip

200g chickpea flour (gram flour)

1 tsp baking powder

100 ml water

1 tsp Salt

1 tsp cumin

1 tsp chilli flakes

3 tbsp olive oil

3 finely cut potatoes

2 diced onions

A handful of spinach or frozen peas

Whip a creamy batter with the chickpea flour, baking powder, water and spices then fold in the other ingredients. Spoon the mixture into paper bun cases and bake in a muffin form for 30 minutes in a preheated oven 180°.

Tastes delicious hot or cold, served with mint dip.

This mixture can also be fried portioned with a spoon in hot oil.

Mint dip

Mix 2 tsp of mint chutney with 200ml yoghurt.



Spicy Turnip

2 tbsp olive oil
1 diced turnip
2 diced tomatoes
1 diced onion
2 diced carrots
3 diced potatoes
1 tsp salt
1 tsp chilli flakes (optional)
1tsp cumin seeds
1 mug of water
Fresh Dill

Sauté the onions light brown ,add the tomatoes and spices. Sauté for 5 minutes.
Add the water and all the veg. Bring to the boil then turn to low heat and simmer for 20 minutes.
Sprinkle with Dill.



Ramadan flat bread

900 g plain flour
600 ml lukewarm water
40 g fresh yeast
1 tsp sugar
1 tsp salt

1 egg yoke mixed with 1 tbsp oil for the glaze.

Place the liquid with the yeast and sugar in a mixing bowl and leave to stand for 10 mins.

Then add flour and salt.

Knead with a kitchen machine for 5 minutes.

Leave in a warm place covered with a lid for 1/2 hour to rise double it's size. Cut it in half and form it into two flat breads. Place it on a paper lined baking tray, sprinkled with flour and spread it with your hands to a round shape. Leave it to rise for another 20 minutes.

Brush it down with the glaze. Use the handle of the wooden spoon to get the design.

Sprinkle with black seeds or sesame, bake in a preheated oven 200° for 25 mins until golden brown.



Golden Dahl

150 g red lentils
80 g mung dahl
800 ml water
1 tsp crushed fresh ginger and garlic
1 tsp salt
1 tsp coriander
1 tsp curry
1 tsp chilli flakes
1 tsp turmeric
3 tbsp olive oil
1 thinly sliced onion
a handful of fresh coriander
squeeze of lemon

Bring all the ingredients except the onion to the boil. Let it simmer for 25 mins. Giving a stir.

Fry the onion in another frying pan golden brown, then add to the Dahl, sprinkle with fresh coriander and serve.

Serve with rice or the Ramadan flat bread and salad.



Veggie patties with mushroom pepper sauce

200g Rice
500ml boiling water
2 tbsp olive oil
2 grated leeks
2 grated carrots
1 tbsp salt
1 tsp pepper
1 tsp curry powder
1 tsp coriander powder
250g grated cheddar cheese
200g thick greek yoghurt
200g rolled oats
2 tsp thyme
2 tsp rosemary
2 tsp marjoram

Sauté the leeks shortly. Add the carrots water, curry, coriander, salt, pepper and bring to the boil for 7 mins, then turn to low heat and let it simmer for 20 minutes, if it sticks add a little water.

Let it get cold and then mix in all the other ingredients.

Mix it very well ,it should be like a bread dough. Then form patties 80g each, put them on a baking paper lined oven tray and bake for 40 mins till golden brown.

They are great to freeze and all the kids love them.

Can be eaten as a snack or a main meal with a warm white sauce

or a yoghurt dip with fresh herbs.

This recipe is for 20 patties.



Mushroom pepper Sauce

250 chopped mushrooms
1 chopped red pepper
50 butter
30 plain flour
700 ml milk
Salt pepper parsley lemon juice.

Melt the butter then add the mushrooms and pepper. Sauté for 5 minutes,
Sprinkle the flour in and sauté for 2 minutes. Then add the milk with a whisk until the sauce is nice and creamy, add the lemon juice and fresh parsley.



Red cabbage with apples

500 g red grated red cabbage
2 big apples sliced
1 big onion sliced
3 tbsp olive oil
2 tbs vinegar
1 tbsp honey
pinch of cinnamon

Sauté the onions lightly then add all the other ingredients cover and simmer for 30 mins until soft.

This goes nice with mashed potatoes and the veggie patties.



Veggie gravy

2 potatoes chopped
1 big onion sliced
2 sticks of celery chopped
1 tsp crushed garlic and ginger
2 tomatoes chopped
2 carrots chopped
Salt pepper
1 tsp coriander powder
1 tbsp vinegar
2 tbs olive oil.
1 tsp thyme
1 tsp rosemary or sage.
2 liter water
1 tsp honey
1 cinnamon salt and pepper
50 ml cream

Fry the onions golden brown then add all the vegetables, bring to the boil and simmer for 40 mins, then blend it with a food blender and if the consistency is thick add more water.
Add all the other ingredients and bring it to the boil, add more salt if needed.



salad

Beetroot salad

3 beetroot
2 apples
1 onion
1 tsp horseradish
1 tsp salt
1 tbsp vinegar
2 tbsp olive oil
1 tsp honey

Boil the beetroot for an hour, they should be still crunchy,
When they are cold grate everything, then mix in all the other ingredients. Sprinkle with parsley to serve.



Chickpea salad

400 g chickpeas
200 g diced cooked potatoes
1 diced red onion
200g yogurt
Chopped parsley
Salt and pepper

Pinch of curry and cumin powder
Mix everything together and decorate
with tomatoes and cucumbers.



Yogurt salad

400 g yogurt

1 diced red onion

1 diced cucumber

3 diced tomatoes

A handful of chopped mint

A squeeze of lemon

Salt pepper

Mix all the ingredients together.

Serve with veggie rice or any other grain.



Pear coleslaw

300g cabbage
1 big carrot
1 small onion
1 big pear
200g thick yogurt
Salt and pepper
Pinch of curry powder
1 tsp mustard.
1 tsp lemon juice
1 tbsp olive oil.

Grate all the veg and fruit. Whip all the other ingredients to make a creamy sauce and mix it all together.



Oriental salad

tomatoes
cucumber
red onions
red peppers
parsley
mint
salt and pepper
olive oil
squeeze of lemon

Cut everything in small cubes and mix it together.



Carrot salad

4 carrots grated

2 apples grated

Salt and pepper

Olive oil

Squeeze of lemon

Mix all together and sprinkle with roasted sunflower seeds and dill.



Avocado salad

2 diced Avocado
2 diced tomatoes
1 diced red onion
1 diced red pepper
Chopped parsley

2 tbsp olive oil
1 tbsp lemon juice
Salt pepper.

Cut everything in small cubes and mix it together.



dessert

Creamy vermicelli

1 Liter of milk
75g roasted vermicelli (asian shop)
6 cardamom seeds
70g Brown Sugar
50g coconut
Roasted flaked almonds

Bring all the ingredients except the almonds to the boil. Then simmer for 20 minutes until it thickens stirring it. Then put in a bowl and sprinkle with almonds. Refrigerate and serve cold. This is often eaten on Eid day in Pakistan.



Raspberry - chocolate - tiramisu

300g spoon biscuits
A glass of cocoa
250g mascarpone
250g greek yoghurt
100ml cream
100g brown sugar
2 tsp lemon juice
A bar of dark chopped chocolate
250g frozen or fresh raspberries

Whip the mascarpone, yogurt, sugar, lemon juice and cream together.

Use a ceramic dish. Dip the spoon biscuits shortly in the cocoa then layer the form with biscuits cream and raspberry's twice.

Sprinkle the chopped chocolate on top.

Let to chill in the fridge overnight.



Apple buns

300g flour
200g Greek yogurt
3 apples diced
15g baking powder
100g melted butter
100g brown Sugar
Half tsp cinnamon

Mix all the ingredients with a wooden spoon. Form the buns with wet hands and place them on a paper lined oven tray and bake them in a preheated oven 180° for 25 minutes until light brown.

These are quick and a good substitute for apple tart.



Musli muffins

100g all purpose flour
100g porridge oats
20g raisins
30g chopped nuts
100g Brown Sugar
100g melted butter
250g thick yoghurt
2 tsp baking powder
Pinch of salt

Preheat oven to 180c .line muffin tin with paper cases,
Sieve flour baking powder and salt into a mixing bowl.
In a seperate Bowl beat the Butter egg and youghurt together.
Gently mix all the ingredients together with a fork until evenly
combined.

Spoon the mixture into the muffin cases.
Bake for about 25 minutes.



Sunflower power snack

170g sunflower seeds
100g flaked almonds
30g sesame
100g liquid honey
Pinch salt

Mix all the ingredients together.

Then spoon walnut size pieces onto a baking paper lined oven tray.
They are sticking. Better with a wet spoon.

Bake in a preheated oven 180° for 10 mins until light brown.

Leave them to cool before removing from the tray until they have hardened.



Fruity baked yogurt slice

500 g thick yogurt
100 g rolled oats (porridge oats)
50 g raisins
1 big chopped banana
1 tsp baking powder
2 tbsp lemon juice
100g brown sugar or honey

Mix everything gently with a hand whisk.
Pour the mixture onto a paper lined Swiss roll tin.
Sprinkle a handful of flaked almonds on top.
Bake in a preheated oven oven 180c for 30 mins until light brown.



Carrot cake

250g sugar
4 eggs
375g grated carrots
250g flour
2 tsp backing powder
1 tsp cinnamon powder
250ml neutral oil
200 ground almonds

Frosting

300g cream cheese
100g icing sugar
1 tbsp lemon juice

Whip the eggs and sugar with a food mixer until it doubled in size. Then add the oil slowly. Then fold all the other ingredients gently with the mixer. Pour the mixture into a cake form and bake in a preheated oven at 180° for 40-50 minutes.

Frosting

Whip all the ingredients together with a food mixer.

When the cake has become completely cold, decorate it with the frosting.



Fruit salad is a good vitamin boost in the evening with every kind of seasonal fruit, sweetened with honey and sprinkled with nuts.



recipe for success

5 cups of daily salah
regular doses of Quraan
1 big serving of sabr
a whole bunch of dua
1 big pinch of tawakkul
1 tablespoon of contentment
throw in some sadaqah
NOTE: Mix all ingredients
well and wait for best results





Ramadan Kareem

ISLAMIC BACKGROUND

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