

Ramadan Recipe Guide

& PREPARATION TIPS





Ramadan is a special time of fellowship, giving, prayer, and other acts of worship for Muslims worldwide. In this season of fasting from dawn to sunset, preparing meals that are wholesome and nutritious is crucial. We've rounded up some of our favorite Ramadan-inspired recipes that creatively involve all of the holiday's traditional flavors, including Medjool dates. Medjool dates are spiritually significant throughout Islamic history and culture, particularly during times of fasting. They symbolize wealth and abundance and have been a Ramadan staple for centuries. Beyond their cultural importance, the nutritional nature of dates makes the fruit particularly fit for consumption during Ramadan. They are easy to digest and high in sugar, providing a quick supply of energy after fasting. Dates are also rich in fiber and essential vitamins such as potassium. During this season of Ramadan, enjoy these recipes that are easy to prepare and full of nutrients that provide sustained energy levels to fuel a month of reflection and worship.

Thank You to Our Recipe Contributors

MY HALAL KITCHEN



FUFU'S KITCHEN



MY GOURMET STORY



Moroccan Briouates with Ground Lamb, Raisins and Almonds

YIELDS
12-14



Briouates are Moroccan sweet or savory appetizers of phyllo sheets rolled, stuffed with ground meat and aromatic spices, and typically lightly fried in oil. This version uses egg roll wrappers which are quite sturdy and can hold a lot of meat and other ingredients, which makes them particularly filling. Any ground meat like veal, turkey or chicken will substitute well for the lamb in this recipe and make great starters to the Iftar meal.

INGREDIENTS

- 4 tablespoons olive oil plus more for frying the briouates
- ½ cup yellow onion, diced
- 1 pound ground lamb
- 1 cup slivered almonds
- 1 teaspoon ground cinnamon
- 3 cloves garlic, minced
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- ½ teaspoon sea salt, or to taste
- ¼ teaspoon freshly ground black pepper, or to taste
- ¾ cup raisins
- 2 tablespoons fresh mint leaves, chopped
- ¼ cup finely chopped parsley
- ¼ cup finely chopped cilantro
- 1 pound egg roll wrappers
- 1 egg, beaten
- Fresh lime wedges (optional)

DIRECTIONS

1. Heat oil in a large sauté pan over medium heat. Add the onion and sauté until translucent.
2. Add the lamb and the garlic. Stir and cook until the meat has slightly browned then add the almonds and ground spices, including the salt and pepper.
3. Add the raisins and stir until they become slightly larger in size. Continue to cook for another ten minutes. Add the chopped fresh herbs and cover the pan.
4. Reduce heat to medium-low and continue cooking for an additional 10 minutes, adding a bit of water if necessary.
5. Remove lid and drizzle meat with olive oil. Set aside to cool.
6. Using one sheet of egg roll wrapper, place one heaping tablespoon of meat mixture in the center. Bring each side to the center then roll from the bottom upwards. Close by brushing the end with egg wash. Repeat this process with all of the wrappers.
7. Once finished wrapping each one, heat an additional 2-4 tablespoons of oil in a large sauté pan and fry the briouates. Do not crowd the pan; instead fry only as many as will fit comfortably at one time. Cook for several minutes on each side, or until each side is nicely browned.
8. Once finished, line a plate with paper towels to capture any excess oil. Serve warm with a dipping sauce and/or fresh lime wedges.



Gajarka Halwa

SERVES
2-4



This Indian-inspired recipe is both flavorful and delicious. It features ghee, which is a great source of energy, especially when paired with energy-boosting dates.

INGREDIENTS

- 2 ½ cups carrots, grated
- 3 cups coconut milk
- ½ cup sugar
- 1 teaspoon cardamom powder
- 2 tablespoons ghee
- 6 pitted Medjool dates, chopped
- ¼ cup pistachios, finely chopped
- (Optional) Rose petals to garnish

DIRECTIONS

1. In a medium saucepan bring to high heat until the coconut milk begins to bubble and boil (about 3-5 minutes).
2. Reduce to medium heat then add the grated carrots and stir. Continue to stir, occasionally, to avoid scorching the coconut milk (about 10 minutes).
3. Next, add the sugar and stir again until it dissolves and thickens (about 10-15 minutes). As it continues to cook and the moisture evaporates, the mixture should turn gooey.
4. Afterwards, continue stirring and add in the ghee. Allow the moisture to continue evaporating.
5. When ready, the gajar halwa will thicken and become fragrant and aromatic. Add in the cardamom and stir again.
6. Remove from heat, allow to cool just slightly but serve warm, and garnish with extra dates, nuts and rose petals. Enjoy!

NATURAL DELIGHTS



Open-Faced Pita Sandwiches with Spinach, Strawberry and Feta

SERVES
2



If you're looking for some lighter fare at Iftar, Suhoor or just a snack in between the two, try these sandwiches. Fresh, natural, light ingredients and a refreshing dressing make it flavorful and healthy.

INGREDIENTS

- 2 pieces whole wheat flat pita bread
- 2 tablespoons mayonnaise (optional)
- 2 cups fresh spinach
- 1 cup fresh strawberries, hulled and cut in half
- 2 tablespoons feta cheese
- 2 tablespoons sunflower seeds
- 2 tablespoons pitted and freshly chopped Medjool dates
- 2 pinches sea salt
- 1/8 teaspoon freshly ground black pepper
- Juice of one fresh lemon
- 4 tablespoons extra virgin olive oil

DIRECTIONS

1. Prepare all the ingredients by cutting and cleaning them first.
2. On each side of the bread, spread the mayonnaise (this helps the spinach to stick to each piece).
3. Add 1 cup spinach to each piece of bread. Sprinkle on 1/2 cup strawberries and 1 tablespoon feta cheese on each piece. Add one tablespoon each of the sunflower seeds and Medjool dates.
4. In a separate bowl, mix together the salt, pepper, lemon juice and olive oil. Divide the mixture in half and drizzle on each pita sandwich just before serving.

Health Tips

- Ramadan is such a fun time to enjoy great food, but remember to always eat and drink in moderation during non-fasting times. If you choose high quality foods, you'll get nutrient-dense products that are more satisfying in smaller amounts.
- Ramadan is a great time to slowly introduce healthy eating habits and new foods into your family's routine. Try something new every week, such as a fruit or vegetable you've never had before and see if it's something you'll continue to have beyond Ramadan.

Lamb Tagine with Tomatoes and Eggplant

SERVES
4



This recipe is perfect for entertaining guests because it combines flavors that everyone seems to love, plus it's simple to make! Don't worry if you don't have a tagine to cook it in; a Dutch oven will do just fine. I like to serve it in a tagine for a pretty presentation but it's also just as beautiful when served on a large platter.

INGREDIENTS

- 2 eggplants
- Pinch sea salt + 1 teaspoon for seasoning lamb
- Drizzle olive oil + 2 tablespoons for cooking lamb + 4 tablespoons for cooking eggplant/tomato mixture
- 2 pounds boneless lamb shoulder, trimmed of excess fat and cut into 1 1/2 inch pieces
- 1 teaspoon ground turmeric
- 5 cloves garlic, crushed
- 2/3 teaspoon ground ginger (or fresh)
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons saffron water
- 1 red onion (medium), grated (about 2/3 cup)
- 1/2 cup flat leaf parsley, finely chopped
- 1/2 cup cilantro, finely chopped
- 1 teaspoon sweet paprika
- 1/2 teaspoon ground cumin
- 1 pinch cayenne pepper
- 2 plump tomatoes (about 2 cups), seeded and diced
- 1 pinch raw cane sugar
- Juice of 1/2 lemon

DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Clean and cut the eggplant in half then into strips, crosswise. Sprinkle with salt then put in a colander for about one hour with something heavy over them to drain out the excess water. Rinse and pat dry with paper or cotton towels.
3. Place the eggplant on a parchment-lined baking sheet (or 2 half-sheet pans). Do the same with the tomatoes, only on one separate sheet. Drizzle each sheet with a pinch of sea salt and olive oil to cover the vegetables. Roast for 40 minutes in the heated oven then remove from oven and set aside to cool. Once the eggplant and tomatoes are cool, use a potato masher to crush the eggplant. Pound the garlic in a mortar and pestle; add half into the eggplant/tomato mixture. Add half of the parsley, cilantro, paprika, cumin and cayenne.
4. In a Dutch oven, deep bottom pan, or tagine with a heat diffuser underneath, heat the olive oil. Add the lamb, 1 teaspoon of the salt, the turmeric. Cook for about 15 minutes, semi-covered over medium heat.





5. After the meat has sautéed and most of the juices are gone, uncover, raise the heat to medium and boil off all the liquid in the pan, stirring often then gently browning the meat on all sides. Grate the red onion directly into the pan, stirring to combine.
6. In a small bowl combine the other half of garlic with the ginger, black pepper, and saffron water. Stir in 4 tablespoons olive oil and 1 cup hot water. Pour this mixture over the lamb. Add the remaining half of the parsley and cilantro. Bring to a boil. Reduce heat to medium low, cover and simmer for an additional 1 hour, or until the meat is very tender. Add 1 cup of hot water during the cooking period, stirring constantly. Once finished, turn off the heat but keep the lid on the pan for about 10 minutes to let the meat rest and put the juices back into the meat.
7. In a deep sauté pan, heat the 4 tablespoons of olive oil in pan to reheat the eggplant mixture. Add the pinch of sugar and cook over medium high heat, stirring until moisture evaporates, about 5-10 minutes. Cook for 10 minutes on low then remove from heat and add the lemon juice. Set aside.
8. To serve, arrange the tagine by placing some of the cooked tomato/eggplant mixture on the bottom of the tagine bowl. Pour all of the lamb on top then arrange the remaining tomato/eggplant mixture on top to form a pyramid. Surround with remaining sauce. Reheat again just before serving, if desired, and top with chopped parsley. Serve with couscous on the side.

Health Tips

- Prep basic ingredients like onion, garlic, celery, and carrots ahead of time. Cooking will go faster and in a more organized fashion, increasing your overall productivity. I do this after suhoor, but find a time that works for you and stick to it.

Feta, Walnut & Date Phyllo Bites

YIELDS
16



These phyllo bites are the perfect combination of a light, crispy exterior and a delicate, chewy, sweet center with a crunch from the walnuts. If you love nut and cheese stuffed dates, the combination with flaky phyllo is a must try!

INGREDIENTS

- 12 sheets of phyllo pastry
- ¾ cup cream cheese
- ½ cup crumbled feta
- ½ cup chopped walnuts
- ¾ cup chopped Medjool dates
- ½ teaspoon cracked black pepper
- ½ cup clarified butter
- ½ cup panko bread crumbs

DIRECTIONS

1. Preheat oven to 425F and line a large baking sheet with parchment paper
2. In a food processor add the cream cheese and mix to smooth out, then add the feta, walnuts, and dates and pulse just to combine.
3. Using a spatula, transfer the mixture to a bowl for easier scooping.
4. Keeping phyllo sheets under a damp towel so they do not dry out, place one sheet down and use a pastry brush to brush butter all over. Then sprinkle with panko crumbs and repeat this process for each for 3 layers (the third layer does not require panko crumbs).
5. Use a pizza cutter to make 4 equal cuts up the length of the phyllo.
6. Spoon a generous amount of the mixture onto the bottom corner of the phyllo and start to fold the phyllo into triangles, repeating for the next three sliced sections.
7. Repeat this process for a total of 4 times to make 16 triangles.
8. Place the triangles on the parchment lined baking sheet and place in the oven to bake for 10-12 minutes until the phyllo is flaky and slightly golden.
9. Remove and transfer to a serving platter with fresh sliced dates.

Curry, Date, and Almond Pilaf

SERVES
2



This Curry, Date, and Almond Pilaf is a filling side dish that delivers a trifecta of fragrance, flavor and texture with every bite.

INGREDIENTS

- ¼ cup unsalted butter
- 1 ½ cups Spanish onions, finely diced
- 2 cups basmati rice, cooked
- 1 cup sliced almonds
- 6 diced dates
- 1 teaspoon Kosher salt
- 1 teaspoon ground white pepper
- 2 bay leaves
- 1 tablespoon curry powder
- 4 cups chicken or vegetable stock
- 2 tablespoon flat leaf Italian parsley, chopped

DIRECTIONS

1. Preheat an oven to 350F.
2. In a suitable braising pan or rondeau, melt the butter over medium heat.
3. Add the onions and cook them until they become translucent.
4. Add the rice and stir to coat the grains with the butter until they are shiny.
5. Add the almonds, dates, salt, pepper, bay leaves, curry powder, and stock.
6. Bring to a boil, stirring occasionally, and then reduce to a low simmer.
7. Season to taste, cover, and place into the oven for 20 minutes.
8. When done, remove from the oven, remove the lid, and fluff gently with a fork. Do not stir the rice after cooking.
9. Serve on a preheated plate with garnish of choice.

NATURAL DELIGHTS



Green Suhoor Smoothie

SERVES
1



Get properly energized throughout the fasting day by starting it off right at Suhoor time with this delicious and healthy green smoothie. Replace the kale with spinach, if you prefer.

INGREDIENTS

- 1/2 cup filtered water
- 1 cup kale (or spinach)
- 1 banana, cut in half
- 1 small Red Delicious apple, quartered
- 2 pitted Medjool dates
- Juice of 1/2 lemon (no seeds)
- 1/2 avocado, pitted

DIRECTIONS

1. Thoroughly wash all ingredients. Pour water into the blender and then add all of the other ingredients. Blend on high for about 30 seconds to 1 minute, or until all of the ingredients are completely combined.

Note: Make sure all of your ingredients are organic and that the water is filtered in order to reduce the risk of pesticide or chemical intake.

Hydration Tips

- Chop and freeze fresh fruits that can easily be thrown into a blender with milk or water to create hydrating smoothies for Suhoor or to break the fast at Iftar time.
- Fruits and coconut water make a great beverage combo to help keep you hydrated during non-fasting hours in Ramadan. Leave fruits in chilled coconut water for a couple of hours to flavor the water and provide a thirst-quenching healthy beverage.



Stay Away from Food Waste!

Incorporate as many leftovers as possible into the Suhoor or Iftar. You'll rotate food out of the fridge quickly and reduce waste.

Date Nut Balls Rolled in Coconut or Pistachio

SERVES
6-8



This is a perfect dessert because not only are date nut balls delicious, they're no-bake and use up all those wonderful Medjool dates we have on-hand in Ramadan. It's a great recipe for serving guests or giving food as a gift!

INGREDIENTS

- 18 Medjool dates, pitted
- ¼ cup almonds
- 1 cup ground coconut
- 1 cup ground pistachio

DIRECTIONS

1. In a food processor with the "S" blade, add almonds and pulse for 30 seconds, or until they are a dust. Then, add Medjool dates and pulse until the mixture results in a sticky mass. The final mixture usually moves to one side of a food processor when done.
2. Place the ground coconut and the ground pistachio onto separate plates.
3. Roll the mixture in your hands until it forms a ball. Roll in the ground coconut or pistachio until fully covered. Continue to do so until all of the date rolls have been coated. Keep chilled until ready to serve. Keeps for about one week fresh, in the refrigerator.



Ramadan Planning Tip!

Plan your meals for the whole month by creating a two-week schedule of meals that can be rotated one more time throughout Ramadan.



Stuffed Dates 5 Ways

SERVES
25



Dates are such an amazing vehicle for flavors! They work great in both sweet & savory dishes and are delicious when stuffed too! Recipes by Fufu's Kitchen!

INGREDIENTS

Nut Butter Dream

- 5 whole Medjool dates, sliced lengthwise & pitted
- 5 tablespoons creamy almond butter
- 15 whole almonds, halved or slivered
- ¼ cup melted chocolate, any variety will do

Nutella Heaven

- 5 whole Medjool dates, sliced lengthwise & pitted
- 5 tablespoons Nutella
- ¼ cup crushed hazelnuts

Tropicana

- 5 whole Medjool dates, sliced lengthwise & pitted
- ¼ cup cream cheese, room temp.
- 1 tablespoon powdered sugar
- 1 tablespoon fresh orange juice
- 1 orange zest
- 4 tablespoons coconut flakes

Baklava Inspired

- 5 whole Medjool dates, sliced lengthwise & pitted
- ¼ cup crushed walnuts
- 1 tablespoon honey
- ¼ teaspoon orange blossom water
- Pinch of cinnamon

Halva Inspired

- 5 whole Medjool dates, sliced lengthwise & pitted
- ¼ cup crushed pistachios
- ¼ cup tahini paste

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NATURAL DELIGHTS





DIRECTIONS

Nut Butter Date Assembly

1. Place a tablespoon of the creamy almond butter in each date. Then, stuff with a few raw almonds in each date. Drizzle with melted chocolate.

Nutella Date Assembly

1. Place a tablespoon of Nutella in each date. Then, top with the crushed hazelnuts.

Tropicana Date Assembly

1. Whip together the cream cheese with powdered sugar, orange zest, and orange juice. Add a tablespoon of this into each date then top with coconut flakes.

Baklava Date Assembly

1. Mix together the crushed walnuts, honey, cinnamon, and orange blossom water. Add a tablespoon of filling into each date.

Halva Date Assembly

1. Add crushed pistachios into the dates then drizzle with tahini paste.

These are best made fresh and kept room temperature covered for no more than 2 days. If refrigerated, they will harden and not be as pleasant to eat.

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NATURAL DELIGHTS



Medjool Date Raw Energy Bars

SERVES
12



If you're on a tight schedule or on the go right around the suhoor meal, this is a great option for packing in the nutrition while still having something substantial in your stomach to get through the rest of the fasting day. Pair it with a delicious Green Suhoor Smoothie and you're really giving yourself a great start to the day.

INGREDIENTS

- 2 cups Medjool dates, pitted and chopped (about 20 dates)
- 2 cups raw cashew nuts
- ¾ cup unsweetened cocoa powder
- ½ cup natural almonds
- Pinch sea salt
- ½ cup unsweetened shredded coconut
- 2 tablespoons vanilla extract
- 3 tablespoons cold water

DIRECTIONS

1. Place dates, cashews, cocoa powder, almonds and sea salt in a food processor. Pulse until coarsely chopped.
2. Add coconut and vanilla extract; pulse again adding water a little at a time until mixture makes a moist but not sticky dough.
3. Press firmly into a 9-inch square baking dish. Chill for 1 hour before serving.

Health Tips

- Buddy up with a friend or family member who is also equally interested in eating healthy throughout Ramadan. You can exchange ideas and recipes which will make it fun and interesting to do.
- Tea and coffee can really dehydrate you, so if and when you drink those beverages be sure to double up on the water and fruits to compensate for fluids in your body.

MORE
Planning Tips

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MY HALAL KITCHEN



NATURAL DELIGHTS



Medjool Date Citrus Couscous

SERVES
4



I love salads with the Iftar meal because they're hydrating, light and healthy and this one checks off all those boxes for me. Most of us will have a nice amount of leftover dates in the house to chop up and add here, adding a nice soft texture to complement the crunchy cucumbers.

INGREDIENTS

- 1 1/4 cups water or chicken stock
- 1 teaspoon each salt and pepper
- 1 cup couscous
- 2 tablespoons olive oil
- 2 lemons, zested and juiced
- 1/2 cucumber, sliced
- 1/2 cup canned chickpeas, rinsed and drained
- 1/4 cup pine nuts, toasted
- 3 tablespoons chopped fresh parsley
- 12 Medjool dates, pitted and chopped
- Additional pine nuts and chopped parsley (optional garnish)

DIRECTIONS

1. Place the couscous in a large bowl with a tight-fitting lid.
2. Bring water or stock, salt and pepper to a boil in a medium saucepan over medium heat. Stir in couscous; cover and remove from heat. Let stand for 5 minutes then fluff with a fork.
3. Stir in oil, lemon juice and lemon zest, then stir in cucumber, chickpeas, pine nuts, parsley and Medjool dates.
4. Garnish with additional pine nuts and parsley, if desired. Serve warm or chilled.

Cleaning Tips

- Before Ramadan starts, thoroughly clean out your kitchen pantry and fridge. Take stock of what you have, and after looking at your menu, figure out the essentials you'll need all month to make cooking a much easier task.
- Clean As You Cook: In Ramadan, time is of the essence- from breaking the fast to saying the prayers, there isn't much time to waste. If you clean as you cook, you'll be left with very little to do once the meals are done.

Medjool Date and Citrus BBQ Sauce

SERVES
2.5 cups



Whoever thought of making BBQ sauce out of dates was pure genius. The deep dark color and earthiness of the dates welcomes a variety of spices added to make for the perfect pairing with beef, lamb, turkey and chicken. Use it on rack of lamb, beef short ribs, chicken or turkey sliders. Use about one cup of sauce for every two pounds of meat.

INGREDIENTS

- 2 tablespoons olive oil
- 1/2 medium onion, chopped
- 2 cloves garlic, minced
- 1/2 cup grapefruit juice
- 1 cup unsalted tomato paste
- 1/4 cup red wine vinegar
- 12 Medjool dates, pitted and coarsely chopped
- 1/2 cup packed brown sugar
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground cinnamon
- 1 teaspoon each salt and ground black pepper

DIRECTIONS

1. Heat oil in a large saucepan set over medium-high heat. Add onions and garlic and sauté for 3 to 4 minutes. Stir in remaining ingredients and let simmer for 15 minutes. Using a blender or immersion blender, purée mixture then simmer for 10 minutes more.
2. Let cool, then cover and refrigerate for up to 10 days.

Prep Tips

- Give everyone at home a job, whether it's setting the table, putting leftover food in containers or chopping vegetables, each member of the family can take on a role that will increase meal-time efficiency.
- Set the table the night before for #Suhoor so you can focus on warming up those leftovers from Iftar or preparing something completely new and delicious for this important meal.

Medjool Date Baklava with Rose Syrup

YIELDS
25



This traditional layered pastry is elevated with the chewy, sweetness of Medjool dates and the delicate flavor of rose syrup.

INGREDIENTS

Rose Syrup

- 1 cup granulated sugar
- 2 tablespoons lemon (or lime) juice
- ¾ cup rose water
- ½ cup honey

Baklava

- 16 ounce package phyllo dough (thawed according to package instructions)
- 1 pound raw walnuts
- 12 pitted Medjool dates, diced
- 2 teaspoons ground cardamom
- 1 teaspoon vanilla extract

DIRECTIONS

For Rose Syrup

1. In a medium saucepan, combine sugar, honey, lemon juice, and water.
2. Bring to a boil over medium-high heat and stir until sugar dissolves.
3. Reduce heat to medium-low and simmer for 4 minutes without stirring. Remove from heat and allow the syrup to cool; set aside.

For Baklava

1. Preheat oven to 325 degrees.
2. In a food processor, pulse walnuts with the ground cardamom until coarsely chopped, then set walnuts aside.
3. Brush the inside of a large cast iron pan or baking dish with lavender butter (to prevent sticking). Layer one sheet of dough into the pan, brush generously with butter, then repeat 9 times, being sure to cover entire bottom of pan. (Should be 10 layers on the bottom of the pan.)
4. When all layers are placed, spread 1/2 chopped walnuts evenly on top as well as a few diced Medjool dates. Lay another sheet of dough atop this, brush with butter, then repeat 4 times. (Should be 5 layers in the middle of the baklava.)
5. Layer the remaining walnuts. Layer another sheet of dough atop this, brush butter, then repeat an additional 4 times. Continue this process of alternating walnuts and dates/dough until there are no more nuts, making sure to properly butter the last layer of phyllo dough on top.
6. Using a knife, cut desired shapes into the top of the baklava (optional).
7. Bake at 325 degrees for 1 hour, or until the tops are golden brown.
8. Once removed from oven, immediately spoon the syrup mixture on top (it should sizzle when drizzles on top). Garnish with a sprinkling of rose petals.
9. Allow baklava to cool to room temperature, cover with a tea towel or cloth and allow to sit for 4-6 hours or overnight to allow the flavors and textures to harmonize and blend together. Share and enjoy!



Gingered Carrot and Medjool Date Salad

SERVES
4



Crunchy carrots and soft Medjool dates are such a nice combination both on the plate and on your taste buds. This salad is both refreshing and healthy, making it the perfect accompaniment to pretty much any type of Iftar meal.

INGREDIENTS

- 2 tablespoons cider vinegar
- 2 tablespoons light brown sugar
- 1 tablespoon olive oil
- 1 teaspoon grated fresh ginger
- ¼ teaspoon cinnamon
- ⅛ teaspoon salt
- Pinch cayenne pepper
- 1 clove garlic, minced
- 1 lb. carrots, peeled and coarsely shredded
- ½ cup Medjool dates, pitted and chopped (about 5 dates)
- 1 tablespoon chopped fresh flat leaf parsley

DIRECTIONS

1. Whisk together vinegar, sugar, oil, ginger, cinnamon, salt and cayenne in a large bowl.
2. Stir in carrots and mix well to coat with dressing. Cover and refrigerate for several hours.
3. Stir in dates and parsley.

Workout Tips

- If you workout during Ramadan, plan ahead of time by staying hydrated and drinking water every hour throughout the non-fasting time, especially before or after a workout.
- If you exercise throughout the day, be sure to cook and eat foods at #Iftar that are really hydrating, such as soups. The soup should also contain some salt to replace any that was lost through sweating during exercise.

Pecan Turtles

YIELDS
14



It's really nice to have a good dessert throughout the month of Ramadan, particularly when you're serving guests and want to give them something extra special to remember their evening with you. These pecan turtles are not only cute but are packed with some pretty nutritious ingredients, too.

INGREDIENTS

- 2 cups Medjool dates, pitted
- ¼ cup coconut oil
- 14 pecan halves
- 10 ounces dark chocolate, tempered
- ¼ cup crushed pecans, topping

DIRECTIONS

1. Blend the Medjool dates and coconut oil together. Place in a bowl and chill for 1-2 hours in the refrigerator or until hard enough to mold.
2. Scoop the date mixture by the tablespoon, placing a pecan half inside every ball. Roll into a ball in the palm of your hand. Place on a parchment covered baking sheet and place the date covered pecans in the freezer for one hour.
3. Meanwhile, temper your chocolate. Dip each date covered pecan ball in the tempered chocolate, sprinkle with a few crushed pecans and allow the chocolate to harden at room temperature. Store in an airtight container.

Notes: You won't use all of the chocolate, but it is necessary to melt all 10 ounces to have enough to coat all of the truffles. Feel free to cover any extra Medjool dates or pecans with the remaining chocolate.

Sugar Substitute Tip!

Avoid processed foods and sugary beverages and instead replace those with real fruits and fruit-flavored water, especially at dessert time. They can be laden with salt, too, which are especially dehydrating.

Date Blondies

YIELDS
19



This one bowl date blondie recipe is so good! The contrast in flavors from the dates, nuts, cardamom, and cinnamon just set this apart from any other blondie you've had!

INGREDIENTS

- 1 stick butter, unsalted, melted
- ¾ cup brown sugar
- 1 egg
- 1 teaspoon vanilla flavoring
- 1 cup all-purpose flour
- ½ teaspoon baking powder
- Pinch of salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cardamom
- 1 cup Natural Delights Medjool Dates, pitted, chopped into 1/2 inch pieces
- ¼ cup pecans, toasted, chopped
- ¼ cup walnuts, toasted, chopped

DIRECTIONS

1. Preheat the oven to 350F. Prep an 8x8 baking dish with parchment paper.
2. First, toast the nuts in a pan for 2-4 minutes until fragrant and browned then chop. Set to the side.
3. Mix the melted butter with brown sugar.
4. Add the egg and vanilla to this and stir.
5. To this wet mixture, add flour, cardamom, cinnamon, baking powder, and salt.
6. Fold in the chopped dates and nuts.
7. Pour into the 8x8 baking pan and bake for 23-25 minutes on the top rack.
8. Cool the blondies to room temperature before removing from the baking dish and cut into 9 large pieces or 16 smaller ones.

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NATURAL DELIGHTS



Baked Date Oatmeal

SERVES
8



This baked date oatmeal is a nourishing and delicious breakfast casserole that can be enjoyed for days to come.

INGREDIENTS

- 2 bananas, ripe
- 2 ½ cups old fashioned rolled oats
- 2 cups almond milk (any milk works)
- ⅓ cup honey (maple syrup is a good substitute)
- ¼ cup coconut oil, melted
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 10 Natural Delights Medjool Dates, chopped
- ½ cup pecans, chopped

DIRECTIONS

1. Prep a 9x11 baking dish with nonstick spray.
2. Preheat the oven to 350F.
3. Mash the bananas with a fork in the baking dish.
4. Then, add the oats, milk, honey, and coconut oil. Stir together.
5. Add in the cinnamon and baking powder and mix
6. Then, mix in the chopped dates. Make sure they are scattered evenly into the oatmeal.
7. Lastly, top with the chopped nuts evenly.
8. Bake for 30 minutes until just set. It should be slightly firm but still slightly creamy.
9. Cut and scoop into your desired plate and enjoy warm! You can even add a dollop of vanilla Greek yogurt with a honey drizzle on top if you would like!
10. Store leftovers in an airtight container and keep in the fridge for up to 4 days. Reheat to enjoy warm.

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NATURAL DELIGHTS



Tamarind Date Chutney

YIELDS
2 cups



This is perfect with Indian chaats and appetizers and can also be used as a dip.

INGREDIENTS

- ½ cup tamarind paste
- 2 cups Medjool date syrup
- 1 cup jaggery
- 1 tablespoon ginger
- 1 tablespoon cumin
- 1 teaspoon paprika

DIRECTIONS

1. Remove the pits from the dates and soak them in water. After an hour blend them with water and sieve to make a smooth syrup.
2. In a sauce pan add tamarind paste, date syrup, all the spices and jaggery together.
3. Add some water and cook on low flame for 15 minutes until it becomes thick but in a runny consistency.
4. Once done, cool down and this chutney is ready.

Khajoori Kheer (Indian Date and Rice Pudding)

SERVES
2



INGREDIENTS

- 6-7 Natural Delights Pitted Medjool Dates
- 1 ½ cups full cream milk
- 3 tablespoons basmati rice (soaked for 20 minutes)
- 2 tablespoons roasted nuts chopped (pistachios, cashews, almonds)
- 2 tablespoons sugar (optional)
- 3-4 drops cardamom extract (can also use fresh ground cardamom)
- 4-5 saffron strands (optional)

DIRECTIONS

1. In a blender jar add pitted dates, half cup of milk and basmati rice. Blend to form a smooth mix.
2. Add the rest of the milk in a pot and add the dates and rice mix, add water to adjust the consistency if it is too thick. Cook on high until milk boils and then on low flame for another 10 minutes. The mix will start to thicken as rice starts to cook.
3. Once rice is completely cooked add sugar (optional), give it a good mix and then add cardamom extract and the chopped nuts.

* Best served chilled and garnished with some nuts and chopped dates.



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