



HEALTHY RAMADAN RECIPES FOR MUMS

Flavours of the Ummah

IslamiCity



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Welcome to "Healthy Ramadan Recipes for Mums," a culinary journey celebrating the diverse tastes and traditions of Muslim mothers around the world. As we embark on this flavorful adventure, we delve into the heart of the home – the kitchen, where mothers are the ultimate culinary artists, infusing each dish with love, heritage, and nourishment.

Ramadan, the holiest month in the Islamic calendar, is a time of spiritual reflection, fasting, and communal gatherings. Amidst the spiritual devotion, mothers play a central role in ensuring that their families are nourished and energized throughout the day. In this special edition, we pay tribute to the culinary prowess of Muslim mothers, who masterfully blend tradition with innovation to create healthy and wholesome recipes for Ramadan and beyond.

As we flip through the pages of this cookbook, we are transported to kitchens around the world, where mothers lovingly prepare meals that not only nourish the body but also feed the soul. From the bustling streets of Cairo to the tranquil villages of Indonesia, the aroma of spices and the sizzle of pans unite us in a culinary celebration of faith, family, and community.

So, roll up your sleeves, gather your ingredients, and let the culinary journey begin. Ramadan Mubarak – may your kitchen be filled with joy, love, and the delightful flavors of healthy Ramadan recipes for mums.





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01

Moroccan Harira Soup



Ingredients

- 1 cup dried chickpeas
- 1/2 cup green lentils
- 1/4 cup olive oil
- 1 onion, finely chopped
- 2 cloves of garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 red bell pepper, diced
- 1 can (400g) diced tomatoes
- 2 tbsp tomato paste
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tsp turmeric
- 1/2 tsp cinnamon
- Salt and pepper to taste
- 1/4 cup chopped fresh cilantro (for garnish)
- 1/4 cup chopped fresh parsley

Instructions

Drain and rinse chickpeas and lentils, cook until tender. Sauté onion, garlic, carrots, celery, and bell pepper until soft. Add tomatoes, tomato paste, spices, salt, and pepper, cook 5 mins. Pour water, bring to boil, simmer 30 mins. Add chickpeas and lentils, simmer 15 more mins. Adjust seasoning, serve hot, garnished with cilantro, parsley, and lemon juice.

Moroccan Harira Soup

(continued)



Scan QR code for
Video of the Recipe

Fun Fact: Moroccan Harira is traditionally consumed during Ramadan to break the fast at sunset. It is a nourishing and hearty soup that is packed with proteins and various spices, making it a comforting dish for the occasion.

Servings: 4-5 bowls

Cooking Time: 2 hrs

Equipment:

Large pot

Cutting board and knife

Wooden spoon or ladle

Measuring cups and spoons

Cost of Ingredients: USD \$10

- Dried Chickpeas: \$1.50
- Green Lentils: \$0.50
- Olive Oil: \$0.50
- Onion: \$0.50
- Garlic: \$0.25
- Carrots: \$0.50
- Celery: \$0.50
- Red Bell Pepper: \$0.75
- Diced Tomatoes (400g): \$1.00
- Tomato Paste (2 tbsp): \$0.25
- Ground Cumin (1 tbsp): \$0.25
- Ground Coriander (1 tbsp): \$0.25
- Turmeric (1 tsp): \$0.25
- Cinnamon (1/2 tsp): \$0.25
- Salt and Pepper: \$0.25
- Fresh Cilantro: \$0.50
- Fresh Parsley: \$0.50
- Lemon Wedges: \$0.50



02

TURKISH PIDE

Ingredients

- 2 1/4 tsp active dry yeast
- 1 tsp sugar
- 1 cup warm water
- 3 cups all-purpose flour
- 1 tsp salt
- 2 tbsp olive oil
- 1/2 lb ground lamb or beef
- 1 onion, finely chopped
- 1 tomato, diced
- 1 green bell pepper, diced
- 1/4 cup chopped fresh parsley
- 1 tsp ground cumin
- 1 tsp ground paprika
- Salt and pepper to taste



Instructions

Dissolve yeast and sugar in warm water; let sit until frothy. Combine flour, salt, yeast mixture, and olive oil to form dough. Let dough rise until doubled. Cook ground meat, onion, tomato, bell pepper, parsley, cumin, and paprika; season. Roll out dough, spread filling, fold edges, and brush with oil. Bake until golden brown. Let cool before serving.

Turkish Pide

(continued)



Scan QR code for Video of the
Recipe

Fun Fact: It is similar to Italian pizza and is known for its boat-like shape. Pide is typically served hot and fresh from the oven. Enjoying pide during Ramadan not only satisfies hunger but also reinforces cultural identity and heritage.

Servings: 3-4

Cooking Time: 1 hr

Equipment:

Baking sheet

Parchment paper

Skillet

Oven

Cost of Ingredients: USD \$8

- Active dry yeast: \$0.50
- Sugar: \$0.05
- Warm water: \$0.00
- All-purpose flour: \$0.75
- Salt: \$0.05
- Olive oil: \$0.25
- Ground lamb or beef: \$4.00
- Onion: \$0.50
- Tomato: \$0.50
- Green bell pepper: \$0.50
- Fresh parsley: \$0.25
- Ground cumin: \$0.25
- Ground paprika: \$0.25
- Salt and pepper: \$0.25



DATE AND BANANA CAKE

Ingredients

For the cake:

- 1 cup pitted dates, chopped
- 2 ripe bananas, mashed
- 1 cup boiling water
- 1 tsp baking soda
- 1/2 cup unsalted butter, softened
- 1 cup granulated sugar
- 2 eggs
- 1 3/4 cups all-purpose flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1 tsp vanilla extract

For the caramel icing:

- 1/2 cup unsalted butter
- 1 cup packed brown sugar
- 1/4 cup milk
- 1 tsp vanilla extract
- 2 cups powdered sugar



Instructions

For Cake:

Preheat oven to 350°F (175°C). Mix dates, bananas, and boiling water with baking soda; let sit. Cream butter and sugar, then beat in eggs. Gradually add dry ingredients, alternating with date mixture. Stir in vanilla. Bake in greased dish for 30-35 minutes. Let cool.

For Caramel Icing:

Melt butter with brown sugar and milk; boil. Remove from heat; stir in vanilla and let cool. Gradually whisk in powdered sugar until smooth. Pour over cooled cake and let set before serving.

Date and Banana Cake (continued)



Scan QR code for Video of the
Recipe

Fun Fact: Dates are mentioned in the Quran in several verses. For example, in Surah Maryam (19:23-26), when Mary (Maryam) gave birth to Prophet Jesus (Isa), she was advised to shake the trunk of a palm tree to have fresh ripe dates fall upon her, providing her with sustenance and refreshment during her time of need.

Servings: 5-6

Cost of Ingredients: USD \$10

Cooking Time: 1 hr

For the cake:

Equipment:

9x13 inch baking dish

Mixing bowls

Spatula or whisk

- Pitted dates: \$2.00
- Ripe bananas: \$1.00
- Boiling water: Negligible cost
- Baking soda: Negligible cost
- Unsalted butter: \$1.50
- Granulated sugar: \$0.50
- Eggs: \$0.50
- All-purpose flour: \$0.50
- Baking powder: \$0.10
- Salt: \$0.05
- Vanilla extract: \$0.50



For the caramel icing:

- Unsalted butter: \$1.50
- Packed brown sugar: \$0.75
- Milk: \$0.10
- Vanilla extract: \$0.50
- Powdered sugar: \$1.00

04

PALESTINIAN
MUSAKHAN**Ingredients**

1 whole chicken, cut into pieces
4 large onions, thinly sliced
1/2 cup olive oil
2 tsp ground sumac
1 tsp ground allspice
1 tsp ground cinnamon
Salt and pepper to taste
4-6 large flatbreads (such as taboon or pita bread)
Toasted pine nuts and chopped parsley for garnish (optional)

Instructions

Preheat oven to 350°F (175°C). Sauté half of the onions until golden. Season and brown chicken in a skillet with remaining onions. Transfer to a baking dish, top with reserved onions, and bake covered for 45-60 minutes. Tear flatbreads, arrange on a platter, and place cooked chicken on top. Drizzle with pan juices, garnish with pine nuts and parsley. Serve hot.

**PALESTINIAN
MUSAKHAN**
(continued)



Scan QR code for Video of the
Recipe

Fun Fact: Ramadan is a time for strengthening bonds with family, friends, and the community. Sharing meals together, including special dishes like Musakhhan, fosters a sense of togetherness, unity, and camaraderie.

Servings: 5-6

Cost of Ingredients: USD \$31

Cooking Time: 2 hr

Equipment:

Large skillet

Baking dish

Foil

Oven

- Whole chicken: \$5 to \$10
- Onions: \$2 to \$3
- Olive oil: \$2 to \$3
- Ground sumac: \$2 to \$3
- Ground allspice: \$1 to \$2
- Ground cinnamon: \$1 to \$2
- Salt and pepper: Negligible cost
- Flatbreads: \$3 to \$5



05

EGYPTIAN HAWAWSHI



Ingredients

1 lb (450g) ground beef or lamb
2 medium onions, finely chopped
2 tomatoes, finely chopped
2-3 cloves of garlic, minced
1 tsp ground cumin
1 tsp ground coriander
1/2 tsp paprika
Salt and pepper to taste
1/4 cup chopped fresh parsley
4-6 rounds of Egyptian baladi bread or pita bread

Instructions

Preheat oven to 400°F (200°C). In a skillet, brown ground beef or lamb. Add onions, cook until translucent. Stir in garlic, tomatoes, cumin, coriander, paprika, salt, and pepper. Cook until tomatoes soften. Remove from heat, stir in parsley. Place bread rounds on baking sheet. Spoon meat mixture onto bread. Bake for 10-15 minutes until bread is crisp and meat is heated through. Serve hot.

EGYPTIAN HAWAWSHI (continued)



Scan QR code for Video of the
Recipe

Fun Fact: Hawawshi is a popular street food in Egypt, often enjoyed as a quick and satisfying meal. This will help you in bringing something different on the table during Ramadan.

Servings: 5-6

Cooking Time: 1 hr

Equipment:

Large skillet

Baking sheet

Oven



Cost of Ingredients: USD \$20

- Ground beef or lamb: \$5 to \$8
- Onions: \$1 to \$2
- Tomatoes: \$1 to \$2
- Garlic: \$0.50 to \$1
- Ground cumin: \$1 to \$2
- Ground coriander: \$1 to \$2
- Paprika: \$1 to \$2
- Salt and pepper: Negligible cost
- Fresh parsley: \$1 to \$2
- Baladi bread or pita bread: \$2 to \$3





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