

Ramadan Recipes for Little Chefs

Kid-Friendly Kitchen Adventures



IslamiCity

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Ramadan Recipes for Little Chefs is a delightful collection of stories and recipes specially crafted for young chefs during the blessed month of Ramadan.

In this book, children will embark on exciting culinary journeys through vibrant tales that accompany each healthy recipe. From fruity yogurt parfaits to chocolate-dipped fruit and beyond, these kid-friendly dishes are not only delicious but also packed with the energy needed to keep young minds and bodies active during fasting hours.

With simple instructions and fun activities, kids can take charge of their kitchen adventures, creating tasty treats to share with their families and friends.

Get ready to explore the joys of cooking and storytelling with "Kid-Friendly Kitchen Adventures" – where every recipe is a delightful tale waiting to be told!



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Ramadan Recipes for Little Chefs



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01 Trail Mix Energy Balls

Adventure of Adam & Layla



Scan for video
of the Recipe

In a bustling neighborhood during the blessed month of Ramadan, there lived two extraordinary treats named Trail Mix Energy Balls. These delightful companions were a perfect blend of wholesome ingredients, combining the crunch of nuts, the sweetness of dried fruits, and the energy-packed goodness of oats and honey.

One sunny afternoon, as the aroma of delicious dishes filled the air, two adventurous siblings named Adam and Layla decided to embark on a special Ramadan journey with their favorite snack, Trail Mix Energy Balls. With excitement bubbling in their hearts, they packed a basket full of these nutritious treats, ready for the adventure that awaited them.

Their first stop was the neighborhood mosque, where families gathered to break their fast and pray together. As Adam and Layla entered the courtyard, they shared their Trail Mix Energy Balls with their friends and neighbors, spreading happiness and joy.

With the sun setting in the distance, casting a golden glow over the city, Adam and Layla continued their journey through the streets, sharing their snacks with those in need.

Trail Mix Energy Balls

They visited the homes of the elderly, offering them Trail Mix Energy Balls as a token of love and respect. They also stopped by the local orphanage, where they shared laughter and smiles with the children, brightening their day with the delicious treats.

As they walked through the bustling marketplace, Adam and Layla encountered vendors selling fruits and sweets for Iftar. They offered them Trail Mix Energy Balls, explaining how these nutritious snacks could provide a boost of energy during the long days of fasting.

Their adventure reached its peak as they arrived at the city park, where families gathered to enjoy the cool evening breeze and break their fast together. Adam and Layla shared their Trail Mix Energy Balls with everyone they met, spreading love and kindness throughout the park.

As the stars twinkled in the night sky and the crescent moon shone brightly above, Adam and Layla returned home, their hearts full of happiness and gratitude. They knew that their Ramadan adventure with Trail Mix Energy Balls had been a journey of love, compassion, and generosity—a journey they would always cherish in their hearts.

Trail Mix Energy Balls Recipe

Ingredients



1 cup rolled oats



1/2 cup nut butter (such as peanut butter, or almond butter)



1/4 cup honey or maple syrup



1/2 cup mixed nuts and seeds (e.g., almonds, walnuts, pumpkin seeds, sunflower seeds)



1/4 cup dried fruits (e.g., raisins, cranberries, chopped dates)



1/4 teaspoon cinnamon (optional)



Additional mix-ins like chocolate chips or shredded coconut (optional)

Trail Mix Energy Balls Continued

Instructions

1

In a large mixing bowl, combine rolled oats, nut butter, and honey or maple syrup. Stir until well combined.



2

Add mixed nuts, chocolate chips and seeds, dried fruits, cinnamon, and salt to the bowl. Mix until all ingredients are evenly distributed.

3

roll the mixture into bite-sized balls, about 1 inch in diameter, and place them on a baking sheet lined with parchment paper.



4

Once all the mixture is rolled into balls, transfer the baking sheet to the refrigerator and chill for at least 30 minutes to firm up.

Trail Mix Energy Balls

Continued



Preparation Time:
Approximately 15 minutes

Total Servings: Makes
about 12-16 energy balls



Cost Estimation

Rolled oats:

\$1 - \$2

Nut butter:

\$3 - \$5

Maple syrup:

\$2 - \$4

Mixed nuts :

\$2 - \$4

Dried fruits:

\$2 - \$3

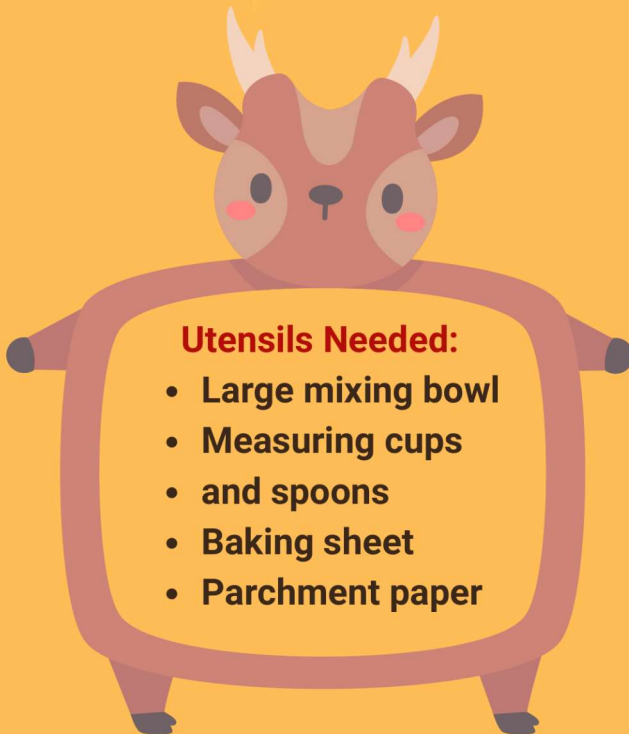
Additional mix-ins:

\$3

Total:

\$15-\$20

Cooking is like magic!



Utensils Needed:

- Large mixing bowl
- Measuring cups
- and spoons
- Baking sheet
- Parchment paper

yum!

02

Fruity Yogurt Parfaits

Sara & Ali's story



Scan for the video
of the Recipe

Once upon a time, in a quaint neighborhood nestled between rolling hills and lush greenery, lived two curious siblings named Ali and Sara. As the blessed month of Ramadan approached, they eagerly anticipated the special moments and delicious treats that awaited them.

One sunny afternoon, Ali and Sara's mother introduced them to a delightful new creation: Fruity Yogurt Parfaits. These colorful and nutritious treats were made with layers of creamy yogurt, crunchy granola, and a variety of fresh fruits.

Excited to embark on a Ramadan adventure with their favorite snacks, Ali and Sara set out on a journey to share the joy of Fruity Yogurt Parfaits with their friends and neighbors.

Their first stop was the bustling marketplace, where vendors sold an array of fruits and nuts. With baskets in hand, Ali and Sara carefully selected the freshest strawberries, juicy blueberries, and ripe mangoes to create the perfect parfait toppings.

Next, they visited the local dairy farm, where they collected creamy yogurt made from the milk of happy cows grazing in the fields. With smiles on their faces, Ali and Sara thanked the farmers for their hard work and dedication.

Fruity Yogurt Parfaits **Continued**

As the sun began to set and the call to prayer echoed through the streets, Ali and Sara made their way to the neighborhood mosque. There, they shared their Fruity Yogurt Parfaits with their friends and neighbors, spreading happiness and joy to all who gathered to break their fast.

With each colorful layer of yogurt and fruit, Ali and Sara shared stories of kindness, compassion, and generosity, reminding everyone of the true spirit of Ramadan.

As the month progressed, Ali and Sara continued their adventure, sharing their delicious treats with those in need. They visited the homes of the elderly, offering them Fruity Yogurt Parfaits as a token of love and respect. They also stopped by the local orphanage, where they shared laughter and smiles with the children, brightening their day with the nutritious snacks.

As Ramadan drew to a close and the crescent moon appeared in the night sky, Ali and Sara returned home, their hearts full of gratitude for the blessings of the month. They knew that their Ramadan adventure with Fruity Yogurt Parfaits had been a journey of love, friendship, and community—a journey they would always treasure in their hearts.

Fruity Yogurt Parfaits

Recipe



Ingredients

Vanilla yogurt

Oats and raisins

**Mixed berries
(strawberries, and
blueberries)**

Honey

Instructions

Layer vanilla yogurt with oats, raisins and mixed berries in small cups or glasses to create colorful parfaits. Kids can get creative with the layering and top with a drizzle of honey or a sprinkle of cinnamon.

Fruity Yogurt Parfaits

Recipe Continued

Prep Time: 5 mins

Assemble Time: 5 mins

Servings: 4

Equipment Needed:

Small glasses for serving

Spoon for layering

Cost Estimation

Vanilla yogurt: \$3 - \$5

(for a 32 oz container)

Oats and Raisins: \$4 - \$6

(for a 12 oz bag)

Mixed berries): \$5 - \$7 (
for a mix of fresh berries)

Honey: \$3 - \$5

(for a small bottle)

tasty

03

Chocolate-Dipped Fruit

Fun with Ayesha and Zain



Scan for the video
of the Recipe

During the holy month of Ramadan, young Ayesha and her little brother Zain loved to help their mother prepare special treats for Iftar, the meal to break their fast. One day, their mother introduced them to a delightful surprise: Chocolate-Dipped Fruit.

Excited by the idea, Ayesha and Zain quickly joined in the fun. Together, they carefully selected ripe strawberries, slices of juicy oranges, and chunks of sweet pineapple. With giggles of delight, they dipped each piece of fruit into melted chocolate, watching as it transformed into a delicious treat.

As the sun dipped below the horizon and the call to prayer echoed through the air, Ayesha and Zain eagerly awaited the moment to enjoy their sweet creation. When the time came, they sat together with their family, savoring each bite of the chocolate-covered fruit.

With smiles on their faces and love in their hearts, Ayesha and Zain realized that the true joy of Ramadan was not just in the delicious treats they enjoyed, but in the moments shared with family and the blessings of togetherness.

Chocolate-Dipped Fruit Recipe



Ingredients



Dark chocolate



Strawberries,



Cherries



Apple slices



Bananas

Chocolate-Dipped Fruit Recipe Continued



Instructions

1

Melt dark chocolate in a microwave-safe bowl **with the help of an adult.**

2

Dip fresh fruit like strawberries, bananas, cherries and apple slices into the melted chocolate.

3

Place the dipped fruit on a baking sheet lined with parchment paper and chill until the chocolate sets.



Equipment Needed:

1. Microwave-safe bowl for melting chocolate
2. Spoon or spatula for stirring chocolate
3. Baking sheet lined with parchment paper for setting dipped fruit
4. Optional: Small bowls for toppings

Chocolate-Dipped Fruit Continued



Preparation Time:
Prep Time: 10 minutes
Dipping Time: 10 minutes
Chilling Time: 30 minutes

Cost Estimation:
Dark chocolate: \$3 - \$5
Fresh fruit: \$5 - \$7

Total: \$10



**You can add different fruits according
to your liking**

04 Fruit Kebabs

Story time with Omer & Sana



Scan for the
video of the Recipe

Once upon a time, in the bustling city of Al-Andalus, there lived two siblings named Sana and Omer. Every year, during the holy month of Ramadan, they eagerly awaited the arrival of Iftar, the time to break their fast.

One afternoon, as they sat with their parents preparing for Iftar, their mother announced a special surprise: they would be making Fruit Kababs! Omer and Sana's eyes sparkled with excitement as they imagined the colorful and delicious treats they were about to create.

Their mother laid out an array of fresh fruits - succulent strawberries, juicy watermelon chunks, sweet pineapple slices, and tangy oranges. With laughter and joy, Omer and Sana carefully skewered the fruits onto bamboo sticks, creating vibrant kababs that resembled rainbows.

As the sun dipped below the horizon and the call to prayer echoed through the air, Omer and Sana eagerly awaited the moment to enjoy their fruity creations. When the time came, they sat together with their family, savoring each bite of the delicious Fruit Kababs.

Fruit Kebabs

With each juicy bite, Omer and Sana felt grateful for the blessings of Ramadan - for the opportunity to fast, for the chance to come together as a family, and for the sweetness of the fruits that adorned their table.

As they savored the last bite of their Fruit Kababs, Omer and Saa knew that Ramadan was not just about abstaining from food, but also about cherishing the simple joys and blessings that surrounded them. And as they looked forward to the next day's adventures, they felt grateful for the love and togetherness that filled their hearts during this special month.



Fruit Kebabs Recipe

Ingredients

fruits (e.g.,
strawberries,
grapes, pineapple,
melon)



Instructions

Thread chunks of your
favorite fruits onto
skewers to create
colorful and nutritious
fruit kabobs.



Fruit Kebabs Recipe Continued

yummm!

Total Preparation Time:
10-15 mins

Servings:
4-6

Cost Estimation:
fruits : \$8 - \$12
Wooden
skewers: \$3 - \$5
Total: \$15

Tropical

Equipments:
1. Wooden
skewers
2. Cutting board
3. Knife



DELICIOUS

05 Hummus Wraps



Scan for the
video of Recipe

In the vibrant city of Damascus, there lived two siblings named Omar and Layla. Every year, during the sacred month of Ramadan, they eagerly anticipated the delicious dishes their mother would prepare for Iftar, the meal to break their fast.

One sunny afternoon, as the aroma of spices filled the air, Omar and Layla's mother announced a special surprise: they would be making Healthy Hummus Wraps for Iftar! Excitedly, Omar and Layla gathered around the kitchen counter as their mother laid out the ingredients.

With laughter and joy, they spread creamy hummus on whole wheat tortillas and adorned them with crunchy cucumbers, crisp lettuce, and ripe tomatoes. As they carefully rolled up the wraps, they imagined the delightful flavors they were about to taste.

As the sun began to set and the call to prayer echoed through the city, Omar and Layla sat eagerly at the table, waiting to break their fast. When the time came, they unwrapped their Hummus Wraps and took the first bite, savoring the delicious combination of flavors.

With each mouthful, they felt a burst of energy and gratitude for the nourishing meal that filled their bellies. They knew that Ramadan was not just about abstaining from food during the day but also about appreciating the blessings of health and family.

As they enjoyed their Hummus Wraps together, Omar and Layla felt grateful for the love and togetherness that surrounded them during this special month. And as they looked forward to the next day's adventures, they knew that their Ramadan journey was filled with joy, kindness, and delicious, healthy meals.



Hummus Wraps

Recipe



Ingredients

Whole wheat wraps or tortillas

vegetables (e.g., cucumbers, bell peppers, carrots, lettuce)

Hummus

Instructions

Spread hummus onto whole wheat wraps or tortillas. Add your favorite fillings such as sliced cucumbers, bell peppers, carrots, and lettuce. Roll up the wraps and cut them into pinwheels for a tasty and healthy snack.

Hummus Wraps

Recipe Continued

Preparation Time:
Washing and slicing
vegetables: 10-15 minutes

Servings:
4-6 Wraps

Equipment Needed:

1. Cutting board
2. Knife
3. Spatula or spoon
for spreading hummus



RECEIPT

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Whole wheat wraps

or tortillas: \$3 - \$5

Hummus: \$3 - \$5

vegetables: \$5 - \$7

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TOTAL: \$17



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