



ENERGY BOOSTING RAMADAN RECIPES BELOW 30 MINS



DATES MILKSHAKE

INGREDIENTS:

- 5 mejdool dates - pitted, coarsely chopped*
- 1/2 cup cold milk
- 1 tablespoon chia seeds
- 1 cup good-quality vanilla ice cream
- 1/4 teaspoon freshly-grated cinnamon (optional)

DIRECTIONS:

1. In a blender, process the dates and 1/4 cup milk at high speed until smooth.
2. Add remaining 1/4 cup milk, vanilla ice cream, and cinnamon; blending at low speed until well mixed. The goal is to achieve a paste-like texture with minimal chunks.
3. Pour into a tall, chilled glass, top with whipped cream, and serve immediately.



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DATES OVERNIGHT OATS

INGREDIENTS:

- 1/2 cup (heaping) whole rolled oats
- 2/3 cup full cream milk
- 5 mejdool dates - pitted and diced
- 1 tablespoon chia seeds
- 2 tablespoon honey
- 1/2 teaspoon vanilla extract
- Pinch of salt
- 1/3 cup plain greek yogurt

DIRECTIONS:

1. Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a jar with a tight-fitting lid.
2. Close and refrigerate for at least 4 hours, but preferably overnight before eating.



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SALMON WITH DATES GLAZE

INGREDIENTS:

- 1/2 tsp garlic powder
- 1/2 tsp chilli powder
- 1/2 tsp cumin
- 1/2 tsp paprika
- Pinch of salt
- Black pepper
- 10 mejdool dates
- 1 1/2 tsp cider vinegar
- 1 pack salmon fillets
- Drizzle olive oil

DIRECTIONS:

1. Preheat your oven.
2. Soak dates till soften, remove water and pound into a paste.
3. Place salmon on foil and drizzle with olive oil.
4. Sprinkle each fillet with 1/2 tsp of spices, rubbing the dry rub over the top and sides of the fish.
5. Bake for 5 minutes, brush with half of the dates mixture, and bake for 1 more minute.
6. Brush with remaining dates mixture and bake for 1 minute.