

# Ramadan Recipes

Suhoor, Snacks and Iftar  
simplified with



# Ramadan Mubarak!

We are Doaa and Freda, two moms from NYC who are passionate about real food, wholesome ingredients, and making life a little bit easier for moms and busy people just like us. Spice Tree Organics, our line of pure, organic global spice blends, was started to help everyone bring global flavors and delicious cuisine into their homes without relying on toxic spice packs or unhealthy take out.

With Ramadan here, we thought to create a book of some of our favorite suhoor, snack and iftar recipe ideas using our spice blends so you could have some inspiration and help in the kitchen. We know every moment in Ramadan counts, and we hope this books helps free you up for the things that matter most during this blessed month.

Any and all spice blends featured here can be found at [spicetreeorganics.com/spices](https://spicetreeorganics.com/spices).

Thank you for letting us be a part of your Ramadan table. We hope you enjoy the recipes!



***Suhoor Time!***

# Foul - Stewed Fava Beans



A Suhoor staple in many MidEast countries, stewed fava beans are filling and nutritious. Tomatoes and peppers add extra hydration. Eggs can be broken into the skillet for a Tajine of Foul, or Tahina sauce can be mixed in for an Egyptian version.

## INGREDIENTS:

- 1 can foul mudammes
- 1 small onion, diced
- 3 garlic cloves, chopped
- 1 large tomato, diced
- 1 red pepper, diced
- 1-2 tsp **Yemeni Hawaaij**
- 2 tbsp olive oil
- salt, to taste

## METHOD:

Heat olive oil in a skillet.  
Cook onion until soft.  
Add in garlic, tomato, and pepper, cook for 5 mins then add the canned fava beans and **Hawaaij** spice. Simmer for 10 mins until saucy, add salt.

Serves 2-3

# Boiled Eggs on Greens



The protein in eggs make them a perfect Suhoor, and serving them on a bed of mixed greens with tomatoes and your favorite cheese on top gives you extra vitamins and good fat. Sprinkle on our Cairo Falafel blend for added deliciousness!

## INGREDIENTS:

4 hard or soft boiled eggs  
**Cairo Falafel**, for sprinkling  
3 cups mixed greens  
1 cup cherry tomatoes  
Olive oil and lemon  
Cheddar cheese, shaved

## METHOD:

Boil eggs to your liking. In a bowl, toss the mixed greens and tomatoes with olive oil, lemon and a bit of salt. Slice eggs on top and top with **Cairo Falafel**, salt and the cheese.

Serves 2

# Coconut and Chai-Spiced Oats



Oatmeal is a suhoor favorite for its versatility and slow digestion. We love pairing it with coconut and chai spices.

Top with the fruit and nuts of your choice!

## INGREDIENTS:

1 cup old fashioned oats  
2 cup water  
6 tbsp coconut milk  
1/4 cup shredded coconut  
1 tbsp honey, or to taste  
1 tsp **Chai Confection**  
pinch of salt

## METHOD:

Bring water to a boil with a pinch of salt, then add the oats. Stir, reduce heat, and cook for about 15 minutes, until water is mostly gone. Stir in coconut milk, honey, and **Chai Confection**. Top with fruit or nuts

**Serves 2**

# Frittata w/ Mexican Flavors



Frittatas are wonderful as they can be made ahead and reheated, and you can fill them with any veggie and spice combo you desire. We particularly love this Mexican version

## INGREDIENTS:

4 Eggs  
1 tomato, diced  
1 small onion, diced  
1 jalapeno, diced  
3 garlic cloves, chopped  
1/2 cup cilantro  
1/2 cup shredded cheese  
3/4 cup cream  
1.5 Tsp **Barbacoa** Spice blend

## METHOD:

Preheat oven to 375. Grease an oven safe dish then add the onion, garlic, tomato, and jalapeno to the base. Whisk the eggs, cream, **Barbacoa** spice, and salt together, then pour into the dish. Top with the cheese and bake for 10 mins.

**Serves 2**

# Dal Fry



Lentils are eaten throughout SouthEast Asia for Suhoor, as their high fiber and slow release carb content make them a great and filling pre-dawn meal.

## INGREDIENTS

2 tbsp ghee  
1/2 cup yellow split peas, soaked  
1.5 tbsp ginger garlic paste  
1 small onion, minced  
1 tomato, minced  
2 green chilis, minced  
1/2 tbsp **Garam Masala**  
1/2 tsp cumin seed  
1/2 tsp turmeric  
2 sprigs curry leaves  
Salt, to taste

## METHOD

Boil the peas in plenty of salted water until mushy. In a saucepan, heat the ghee and add the cumin seeds. After 1 min, add the onion, tomato, chili, and ginger garlic paste. Cook for 5 mins then add split peas, remaining spices, and 1 cup water. Add salt to taste and cook together for 10 mins.

**Serves 2**



# Mana'eesh bil Za'atar



Za'atar flatbreads are a must on Suhoor tables across the Levant, and it's easy to see why. Pair them with Labna, tomatoes and cucumbers, or with boiled eggs. Freeze these and reheat as needed.

## INGREDIENTS

1/2 lb store bought pizza dough  
1/2 cup **Beiruti Za'atar**  
1/2 cup olive oil

## METHOD:

Preheat oven to 400. Roll out rounds of pizza dough to 6" circles. Mix the **Beiruti Za'atar** and the olive oil, and spread 2 tbsp on each round of dough, leaving a half inch border. Transfer to a baking sheet and bake for 8 minutes, until golden.

# Chai Spiced Granola Muffins



These power muffins are full of whole grains, honey, and granola. We like spelt or einkorn flour for a lighter taste. They're perfect with your favorite suhoor smoothie.

## INGREDIENTS

2 cups whole grain flour  
3/4 cup honey or maple syrup  
1 cup fruit and nut granola  
3/4 tsp **Chai Confection**  
1 tsp baking powder  
1/2 tsp baking soda  
1/3 cup coconut oil  
1 tsp vanilla extract  
3/4 cup buttermilk  
1/2 tsp salt

## METHOD:

Preheat oven to 400. Combine the dry ingredients in one bowl, and the wet ingredients in another. Mix the two, stirring just to combine. Using an ice cream scoop, fill a lined muffin tray with the batter. Sprinkle extra granola on top of each muffin and bake for 16 mins.

**Makes 12 muffins.**

The image features a repeating geometric pattern of white lines on a light blue background. The pattern consists of interlocking squares and stars, creating a complex, symmetrical design. In the center, the text "Iftar Time!" is written in a bold, black, cursive font. The text is centered horizontally and vertically within the frame.

***Iftar Time!***

# Kofta bil Saniyah



This traditional Palestinian entree comes together easily and goes well with a variety of vegetable sides and rice dishes.

## INGREDIENTS:

2 lb ground beef  
2 tsp **Lebanese Seven Spice**  
1 medium onion, minced  
1/3 cup parsley, chopped  
1 red chili or 1/2 red pepper,  
chopped  
salt  
1 tbsp butter

2 tbsp pine nuts  
1/2 cup tahina paste  
1/3 cup water  
2 tbsp white vinegar  
1 large garlic clove  
.5 tsp cumin  
2-3 tbsp chopped mint  
paprika, for sprinkling

## METHOD:

Preheat oven to 350.

To make the koftas, mix the ground beef, onion, chili, parsley and **Lebanese Seven Spice**. Add 2 tsp salt and mix well. Form the koftas by making little torpedoes. Heat olive oil in a skillet and brown the koftas on all sides.

Transfer the koftas to a baking sheet and bake for 8 mins.

Meanwhile, make the tahini sauce by placing the tahina paste, water, vinegar, garlic, cumin and salt in a food processor. Blend until the consistency is like that of runny honey. Add more water if necessary and taste for salt and vinegar.

Melt the butter in a skillet and saute the pine nuts in the butter until they are browned.

To plate, spread a layer of the Tahina sauce on a platter. Top with the koftas, then drizzle more tahina sauce on top of them. Scatter the pine nuts and chopped mint on top of the koftas, sprinkle with paprika and serve.

# Yemeni Haneedh



Whether for yourself or for guests, everyone needs a good roast lamb recipe in their arsenal. We love Yemeni Haneedh for its simplicity and its flavor.

## INGREDIENTS:

- 5-6 lb bone in lamb, chopped in large pieces
- 1 large onion, sliced
- 2-3 tbsp **Yemeni Hawaa'ij** or **Middle Eastern Shawerma**
- olive oil
- salt
- 3 cups water

## **METHOD:**

Preheat oven to 400.

In a large roasting pan, mix the lamb with half of the spices, 1 tbsp salt, and olive oil. Coat the meat thoroughly with the spices. Leave to marinate for one hour (optional).

Scatter the sliced onion into the roasting pan with the lamb.

Mix the last tablespoon of spice with 3 cups of water and a tsp of salt, then pour into the roasting pan.

Cook in the oven, uncovered, for half an hour, then cover the tray and cook an additional hour and a half, or until the meat is fork tender. Serve with Basmati rice and enjoy!

# Shaami Kabobs



This recipe comes from Delhi, where spiced beef patties are a popular street food. They make iftar easy, especially if you freeze a batch before or after cooking.

## INGREDIENTS:

2 lb ground beef	2 green chiles, minced
1 tsp. cumin seeds	1 tbsp minced ginger
1 medium red onion, minced	Salt, to taste
1/2 cup chana dal soaked	1/2 cup minced cilantro
1/3 cup mint, chopped	1 tbsp <b>Garam Masala</b>
1/2 tsp turmeric	1 tsp. red chile powder
1.5 tbsp ginger garlic paste	1/2 cup ghee



## METHOD:

Heat some oil in a saucepan. Cook cumin seeds and half the minced onion until golden, 6–8 minutes. Add dal, mint, turmeric, chili, garlic ginger paste, salt, and 1.5 cups water. Boil, then reduce heat to medium–low and cook until dal is mushy and mixture is slightly dry, about 1 hour. Let cool.

Place the lentil mixture in a food processor. Add the beef, half the cilantro, the **Garam Masala**, red chili powder, and salt; purée into a thick paste.

Stir remaining minced onion and cilantro with minced ginger in a bowl. Portion beef mixture into about 30 balls. Working with 1 ball at a time, push index finger into center to create an indent. Place ½ tsp of the onion mixture inside and pinch the edges shut. Roll into a ball, then flatten each ball into a patty. Melt the ghee in a skillet over medium high heat. Cook the kabobs, flipping once, until cooked through and browned, about 5 minutes total.

Serve with sliced onion, lime wedges, and your favorite chutney!

# Chicken Satay w/ Peanut Sauce



For a twist on standard chicken skewers, try this delicious Malaysian chicken satay, made easy and inexpensively at home.

## INGREDIENTS:

- 2 lbs boneless skinless chicken thighs
- 1/2 cup coconut milk
- 1/4 cup fish sauce
- 1 tbsp **Malaysian Curry**
- 1 tablespoon light brown sugar (or palm sugar)

## METHOD:

Clean the chicken thighs from excess fat and cut into strips of desirable length (4" x 1.5")

In a large bowl mix the coconut milk, fish sauce, **Malaysian Curry** blend and sugar. Mix well. Add the chicken strips and make sure they are well coated in marinade. Let sit for at least one hour, ideally overnight for best flavor.

Soak wooden skewers in water for 20 minutes

Preheat oven to broil or heat grill. Remove chicken from marinade and skewer each strip lengthwise. Broil/Grill for 2 to 3 minutes on each side until golden brown and cooked through.

Serve hot alongside peanut sauce and enjoy!

# Shepherd's Pie



There are infinite ways to make Shepherd's pie, and it's an easy iftar option that's full of comfort. You can switch up the veggies in the filling, add cheese to the potatoes, or change the spice for variation.

## INGREDIENTS:

- |                        |   |
|------------------------|---|
| 2 lbs russet potatoes  | 1 portobello mushroom cap, diced          |
| 6 tbsp salted butter   | 1 cup peas                                |
| 2/3 cup whole milk     | 1 tbsp minced garlic                      |
| 1 lb ground beef       | 1.5 tbsp <b>Southwest Taco and Fajita</b> |
| 1 medium onion, diced  | 1 tbsp Worcestershire                     |
| 1 medium carrot, diced | 1.5 tbsp tomato paste                     |

## METHOD:

Preheat oven to 400.

Boil the potatoes in heavily salted water until cooked through and soft. Using a ricer or a masher, mash the potatoes, then add in the butter and milk. Taste and adjust for salt.

In a skillet, heat some oil, then saute the diced onion and carrots for 5 mins, until mostly cooked. Add the ground beef and salt, breaking the beef up with a wooden spoon as you mix. Cook the beef through, then add the diced mushroom, minced garlic, and the **Southwest Taco and Fajita** spice. Cook for five minutes, then add in the tomato paste and mix through. Pour in the peas, and a cup of water, then simmer for half an hour until the juices thicken. Taste and adjust for salt.

Pour the beef filling into a baking dish, then add the mashed potatoes on top. Bake for half an hour, or until the potatoes have browned and the sauce is bubbling from the sides.

# Harira



In Morocco, it is customary to break fast with this hearty soup, which may be vegetarian or include chunks of lamb. You may add additional veggies, like carrots, or use orzo in place of vermicelli.

## INGREDIENTS:

- |                                      |   |
|--------------------------------------|---|
| 2 tbsp olive oil                     | 1 cup brown lentils                     |
| 1 large onion, diced                 | 1 cup red lentils                       |
| 4 garlic cloves, minced              | 1 cup dried chickpeas, soaked overnight |
| 1 tbsp <b>Moroccan Ras el Hanout</b> | 1/2 cup vermicelli                      |
| 1/2 tsp pepper                       | 4 cups broth                            |
| 1/2 tsp turmeric                     | 4 cups water                            |
| 4 tomatoes, diced                    | lemon                                   |
| 2 tbsp chopped cilantro              |   |

### METHOD:

Heat olive oil in a large soup pot over medium-high heat. Add onion and cook until soft and lightly golden, 8 to 10 minutes. Stir in garlic, **Moroccan Ras el Hanout**, pepper, and turmeric. Cook for 2 mins more then add the tomato and cilantro and bring heat up. Cook, stirring, for about 5 mins, until the tomatoes break down and thicken, then add 1 tsp salt, the brown lentils, red lentils and chickpeas. Add the water and broth. Bring to a boil, then reduce to a gentle simmer, partially covering the soup pot.

Let soup simmer for 1 hour, until the beans are very soft. It may be necessary to add more liquid from time to time—the soup should be thick but pourable. Just before serving, add pasta and let cook for 5 mins. Squeeze in lemon and serve at iftar time.

# Lentil Soup



Elsewhere across the Middle East, you'll find that lentil soup is the opening meal of choice. This Turkish style soup is the perfect balance of savory and spicy.

## INGREDIENTS:

1.5 cups red lentils, rinsed  
9 cups water  
1 large onion, diced  
1 large potato, diced  
1 large carrot, diced

1 large red pepper, diced  
2 cloves garlic, minced  
1 tsp cumin  
5 tsp **Istanbuli Kofta**  
3 tbsp butter  
Salt



### **METHOD:**

Melt butter in a 4 quart pot. Saute onion, red pepper, carrot, and potato for 5 mins. Add garlic and saute for 2 mins. Add red lentils and saute for 2 additional mins. Add water, salt, and spices. Bring to a boil, then reduce to simmer, partially covered, for 30 mins, stirring occasionally.

Using a hand blender, puree the soup until everything is smooth. Alternatively, pour soup into a blender and puree. Put the pureed soup back on the heat and bring to a quick boil. Top with dried mint, red pepper flakes, and lemon. Serve with extra mint and lemon and enjoy.

# Mousakka



Though a bit time consuming, this dish blends Greek and classical French influences into a delicious meal your family will love. You can switch out potatoes for zucchini and swap the cheese to your liking.

## INGREDIENTS:

1 large onion, minced  
2 lb ground beef  
1/4 cup tomato paste  
2 tsp **Athenian Gyro**  
1 1/2 tsp salt  
1 28oz. can crushed tomato  
1 stick butter

1 cup flour  
4 cups milk  
2 eggs, beaten  
3 large eggplant, cut into 1/4"  
thick slices  
5 medium russet potatoes,  
peeled, thinly sliced  
1 cup grated Gruyere cheese

## METHOD:

Heat oven to 450. Sprinkle eggplant slices with salt, brush with olive oil, and bake, 10 minutes per side or until eggplant is golden. Set aside and lower oven temp to 350.

While eggplant is cooking, bring a large pot of salted water to a boil. Add potatoes; cook until barely tender, 8 mins. Drain and set aside.

Heat 3 tbsp oil in the pot over medium heat. Add onion and cook until soft, about 5 mins. Add beef, cook until meat is browned, about 12 minutes. Add tomato paste and **Athenian Gyro**; mix well and cook until the tomato paste darkens, about 2 mins. Add crushed tomatoes and 2 cups water; then bring to a boil. Simmer, covered partially, until almost all liquid is evaporated, about 1 hour. Season with salt and pepper and set aside.

While meat sauce is cooking, heat butter in a medium saucepan over medium heat. Add flour; whisk constantly for 2 minutes. Add 1.5 tsp salt and milk. Cook, stirring until thickened, about 10 minutes. Remove from heat; pour into a blender with the eggs, then blend until smooth.

To assemble the dish, spread 1 cup bechamel on bottom of a 9" x 13" baking dish; sprinkle with 1/3 cup gruyere. Spread potatoes over cheese; top with eggplant. Pour meat sauce over eggplant; spread remaining béchamel over meat sauce. Sprinkle with remaining gruyere; bake until golden brown, about 1 hour. Serve hot and enjoy.

# Chicken and Potatoes



Ramadan is prime time for one skillet meals, and this dish of chicken stewed with onions, potatoes and red peppers is a win

## INGREDIENTS:

- 1 4lb chicken, cut into eights,  
then breasts cut in half
- 1 large onion, sliced
- 2 large potatoes, sliced in 1/2 inch thick rounds
- 1 large red pepper, sliced
- 2 tbsp **Damascus Kofta**
- 1 cup tomato sauce

## METHOD:

In a bowl, mix the 2 tbsp **Damascus Kofta** with 2 tsp salt.

Preheat oven to 400.

In a large dutch oven, lay the sliced onions in the base. Taking the chicken pieces one at a time, massage the spice mix onto each piece of chicken, front and back, making sure you get under the skin, and lay each piece over the onions.

Top the chicken with the sliced potatoes and sliced pepper. Sprinkle any leftover **Damascus Kofta** on the potato. Drizzle olive oil all over, then top with 1 cup tomato sauce that you've mixed with 1/4 cup water. Cover the dutch oven and cook for one hour, flipping the chicken pieces half way. After an hour, remove the cover and, if the chicken is cooked, leave it in the oven another 10 minutes so the chicken and potatoes are brown

Serve with buttered rice and enjoy.

# Chicken Makhani



This classic is extremely satisfying and filling after a long day's fast.  
Serve with rice and buttered naan.

## INGREDIENTS:

- |  |                                |
|--|--------------------------------|
| 1 cup whole milk yogurt                              | 1 large onion, minced          |
| 2 cloves garlic, crushed                             | 2 cloves garlic, minced        |
| 1 tbsp grated ginger                                 | 1 tsp ginger, minced           |
| 1.5 tsp ground cumin                                 | 2 tbsp <b>Tandoori Masala</b>  |
| 1.5 tsp ground coriander                             | 20 oz crushed tomatoes         |
| ¼ tsp turmeric                                       | 1-2 Tbsp honey, to taste       |
| ¼ tsp ground cardamom                                | 1 1/2 cup half and half        |
| 2 lb skinless, boneless chicken<br>thighs or breasts | 4 tbsp butter                  |
|  | 1 tsp. dried fenugreek leaves, |

## METHOD:

Whisk the first 7 ingredients in a large bowl, and add salt and pepper to taste. Drop chicken thighs or breasts into marinade.

Cover and refrigerate for a few hours, or overnight.

Remove the chicken from the fridge, scrape the excess marinade, and put them on a broiler pan. Broil the chicken pieces for 15 mins, until browned in spots and just cooked through. When cool enough to handle, chop them into smaller pieces.

While the chicken is cooking, start on the sauce. In a food processor, puree the onion, garlic, and ginger. Heat a medium skillet, and add the oil. Add the onion, garlic, and ginger to the pan, and cook on medium-low heat for about 8 minutes, stirring occasionally, until golden.

Puree crushed tomatoes in food processor and set aside.

Add the 2 tbsp **Tandoori Masala**, and stir into the onions. Cook for one min, then add the crushed tomatoes, honey, and salt. Stir to mix, and cook on medium-low heat for 10 mins, or until sauce is slightly thick.

Add in the half and half and butter, stir to combine. Once butter is melted, add the chopped chicken pieces into the sauce. Let simmer in the sauce for 10 mins. Add the crushed fenugreek leaves and serve. Enjoy with fresh naan and steamed basmati rice.

# Grilled Lamb Chops



Nothing is easier than these grilled lamb chops. They require no marination time, and the flavor combinations are endless

## INGREDIENTS:

2 racks of lamb, fat trimmed and portioned individually  
1-1.5 tbsp your favorite Spice Tree Organics blend  
Olive oil  
salt

## METHOD:

Brush chops with olive oil, then rub spice blend of choice and salt on both sides of the lamb chops. Grill or broil. Serve with Moroccan Potato Salad or Turkish Eggplant Salad. Enjoy!



# Kabobs- Four Ways!



Everyone should start Ramadan off with some Kabobs in the freezer, marinated and ready to defrost and grill. However, our recipes are so tasty, you could get away with as little as a half hour of marination if cooking same day.

## #1: Puerto Rican Pinchos

For 1lb of cubed chicken, make the marinade by mixing 1 tbsp **Puerto Rican Adobo**, 1/2 tbsp **Latin Sazon**, 1.5 tbsp barbecue sauce, 1 tbsp olive oil, 1/2 tbsp vinegar, and 1 tsp salt. Mix well, skewer, and grill. Perfect with grilled corn on the side!

## #2 Greek Chicken Souvlaki

For 1lb of cubed chicken, make the marinade by mixing 3/4 tbsp **Athenian Gyro**, 1/2 a minced onion, 1 tbsp lemon juice, 1 tbsp olive oil, and 1 tsp salt. Mix well, skewer, and grill. Top with extra oregano leaves. Perfect with your favorite tzatziki!

## #3 Tandoori Beef Kabobs

For 2 lbs cubed sirloin, mix 1/2 cup yogurt, 1.5 tbsp ginger garlic paste, 1 tbsp lemon juice, 1/2 cup chopped cilantro, 1/2 tbsp **Tandoori Masala**, and 2 tsp salt. Mix well, skewer and grill. Serve with cucumber raita and enjoy!

## #4 Middle Eastern Lamb Kabobs

For 2 lb cubed lamb, mix 1 tbsp **Damascus Kofta**, 1 tbsp **Istanbuli Kofta**, 2 tsp salt, and 2 tbsp olive oil. Mix well, skewer and grill. Serve with baba ghanoush and enjoy!

# Shrimp Kabsa



I've always loved shrimp and rice biryanis, and this Arabian spin, popular in the Middle Eastern Gulf, is fragrant and delicious

## INGREDIENTS:

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 2 cups basmati rice              | 1 tsp ground cumin              |
| 3 tbsp olive oil                 | 4 tsp garlic, minced            |
| 2 medium onions, thinly sliced   | 1 tbsp chopped ginger           |
| 1 green pepper, diced            | 2 plum tomatoes, finely chopped |
| 3 tsp <b>Mecca Rice and Meat</b> | 2.5 cups water                  |
| 1 1/4 tsp ground turmeric        | 2 lb. jumbo wild shrimp         |
|                                  | 3 tbsp. finely chopped parsley  |
|                                  | 3 tbsp. finely chopped cilantro |

## METHOD:

In a large bowl, combine the shrimp with 1 tbsp olive oil, 1 tsp chopped garlic, 1 tsp **Mecca Rice and Meat** blend, and 1/4 tsp turmeric. Add salt and set aside.

In a large saute pan with lid, add the remaining 3 tbsp olive oil and add the sliced onions and ginger. Saute until the onions are golden, about 10 minutes. Add the diced pepper and saute until soft, about 3 minutes. Add the remaining 3 tsp minced garlic, the diced tomatoes, the remaining 2 tsp **Mecca Rice and Meat**, the 1 tsp cumin, and the remaining 1 tsp turmeric. Stir well and let cook for about 5 minutes, until the tomatoes are soft.

Add the rice to the pot, and mix well so that the rice is coated with the spices. Add in the water and season with salt to taste.

Bring to a boil, then arrange the shrimp on top of the rice. Cover the pan, and cook on low heat for 20 minutes, or until the rice absorbs the liquid and the shrimp is cooked through.

Set the shrimp aside, then mix the chopped parsley and cilantro into the rice. Arrange the rice on a platter, and set the shrimp on top. Serve and enjoy!



***Snack Time!***

# Date Energy Bites



Date bites have become a popular way to pack nutrition in a small bite. These are great for a taraweeh energy boost.

## INGREDIENTS:

- 1 cup rolled oats
- 1 cup shredded coconut
- 3/4 cup almond butter
- 1 tsp **Chai Confection**
- 1/2 cup date puree
- 1 tbsp chia seeds
- 1/4 cup honey
- 1 tsp vanilla
- pinch of salt

## METHOD:

In a bowl, mix almond butter, vanilla and honey. Add in oats, coconut, **Chai Confection**, date puree, salt and chia seeds. Mix together until combined. Roll into balls and place on a baking sheet lined with parchment. Refrigerate at least 30 minutes before eating.

# Homemade Nut Bars



The nuts are roasted in a mild curry powder to enhance their flavor in place of the traditional Chaat Masala. They're a great pre-dawn or post-iftar snack, especially for nursing moms!

## INGREDIENTS:

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 cup raw cashews               | 1 cup puffed rice           |
| 1 cup raw almonds               | 1/2 cup coconut chips       |
| 1/2 cup raw walnuts             | 1/2 cup chopped dates       |
| 1 tablespoon virgin coconut oil | 1 tbsp flax meal            |
| 2 tsp NYC Halal Cart Chicken    | 1 tbsp toasted sesame seeds |
| 1/2 tsp salt                    | 1/2 cup brown rice syrup    |

### Method:

Preheat oven to 325. Combine cashews, almonds, walnuts, coconut oil, **NYC Halal Cart Chicken**, and salt in a bowl and stir to coat. Spread evenly on a lined baking sheet, and bake until nuts are lightly toasted, about 9 mins.

Line a 9-inch square baking sheet with parchment paper, leaving an overhang on 2 sides. Mix the toasted nuts, puffed rice, coconut chips, dates, flax meal, and sesame seeds in a medium bowl. Add brown rice syrup, and stir to coat. Transfer to baking sheet, and bake at 325 until starting to set, 15 mins.

Remove pan and let cool 20 minutes. Lift the nut mix from the pan using the parchment overhang. Discard the parchment and cool nuts completely on a wire rack. Use an oiled knife to cut evenly into 12 bars. Store in an airtight container with parchment between each bar.



# Malaysian Chicken Curry Puffs



Try these curry puffs pre or post iftar! They pack a ton of flavor in a small mouthful, and are baked rather than fried.

## INGREDIENTS:

1 lb puff pastry  
1 small carrot, diced  
1 small sweet potato, diced  
1 cup petite peas  
1 small gold potato, diced  
2 tbsp ginger garlic paste

1/2 lb chicken breast, diced  
1.5 tbsp **Malaysian Curry**  
1/2 tbsp sugar  
2 tsp salt  
1 egg, beaten and mixed with  
1 tbsp water

## METHOD:

In a steam basket, steam the carrot, sweet potato, potato, and peas until tender.

Heat oil in a skillet on medium heat, then add the ginger garlic paste. Cook for one minute, then add the diced chicken, the **Malaysian Curry** and salt. Cook until the chicken is cooked through. Add the steamed vegetables and the sugar, then cook 5 minutes more.

Preheat oven to 400. Flour your counter and roll out each puff pastry sheet to thin it slightly. Using a 3" round cutter, cut as many rounds as you can from the pastry. You may reroll scraps to get more rounds.

Lightly brush the edges of the rounds with the egg wash. Spoon a tbsp of cooled filling in the center of each round, then bring the edges together and crimp them with your hand or a fork.

Place the pastries on a baking sheet. Brush with egg and bake until golden brown, about 25 minutes.

# Desserts!



We can't deny some of our snacks of choice during Ramadan are the sweetkind.. and we have the solution!

Substitute cinnamon or cardamom for our **Chai Confection** blend in your baklava, ras malai, kunaafah, qatayef, rice pudding, cupcakes, or whatever other sweet treat you cook up. It gives everything a wonderfully exotic twist, and our cupboard is never without it.

*We hope you enjoyed our book  
of Ramadan Suhoor, Iftar, and  
Snack ideas!*

*As always, find more of our recipes  
on our website.*

*Enjoy this blessed month with your  
loved ones, and remember -*

*Live Deliciously,  
Live Healthy,  
Live Spice Tree Organics!*

