

Nabeez (Sunnah Drink)

Nabeez (Nabidh) was one of the drinks consumed by the Prophet ﷺ. In his time, it was typically made with dates (Ajwa preferred) or raisins and water.

Prep time: 1 minutes

Yield: Serves 2

Meal Type: Drink



Ingredients:

- 7 Ajwa dates (60 grams), or
2 of the Medjool type or any other dates (50-100 grams).
- 16-24oz water

Method:

1. Place Ajwa dates in water.
2. Let soak overnight (8-12 hours is sufficient) at room temperature.
3. In the morning remove dates from the water (set them aside).
4. Drink the date water.
5. Eat the 7 dates (as a healing and protection for evil that day).
6. Another option is put ingredients in blender making frothy drink.

*** Nabeez must never be left for more than 2-3 days, otherwise it may start to ferment, which is the start of the alcohol brewing process.**



Health Benefits:

- Tendency to remove acidity from the stomach and digestive system
- Helps to remove other metabolic wastes from the body
- Improves digestion as it's high in soluble fiber
- Strengthens memory
- Assists the spleen function, liver, throat, chest and prostate and so is particularly good for men
- Provides Energy
- Improves mental clarity

