

# Talbina (Sunnah food)

Talbina is a simple dish that was enjoyed by the Prophet Muhammad ﷺ and his Sahaba. The Prophet ﷺ used this dish as a means for curing the sick and to comforting those who have lost loved ones.



Cook Time: 15 minutes

Serves: 1-2

Meal Type: Broth



## Ingredients:

- 1-2 Tbsp 100% whole grain barley flour
- 1 Cup milk
- 1 Cup water
- 1-2 tbsp Honey

## Method:

1. Pour barley flour into water and milk.
2. Stir on low heat for about 10-15 minutes or until a porridge-like consistency is reached.
3. Sweeten with honey to your liking.

\*This broth can be used as a stock for soups or as a thickener.

Aisha (may Allaah be pleased with her) used to recommend Talbina for the sick and for one who is grieving over a dead person. She (may Allaah be pleased with her) used to say, "I heard the Messenger saying, 'The Talbina gives rest to the heart of the sick person and makes it active and relieves some of his sorrow and grief.' " [Saheeh Bukhari (5689)].

## Health Benefits:

- Good source of insoluble and soluble fiber
- Holds healing properties
- Lowers cholesterol
- Strengthens the heart
- Protects from cancer, alzheimer, and depression
- Controls blood sugar levels, Type 2 Diabetes, mellitus and hypertension
- Warms and soothes the stomach
- Maintains bowel regularity
- Helps in treating colon cancer and constipation

## Tips:

- You can also buy barley pearls and then grind them to a flour-like consistency.

- Remember that barley flour is used as a thickener and so it will thicken as you cook it. Do not leave it in the stove for too long or you may come back to a floppy brick of barley porridge! If this does happen, you can add more water or milk and re-stir while reheating.