

Talbina-II

Cook Time: 30-40 minutes

Serves: 1-2



Ingredients:

- 1 Cup barley perals
- 1 Cup milk
- 2 tbs olive oil
- 1 Cup water
- Brown sugar (to taste)
- Handful of almonds (peeled & sliced)

Method:

1. Heat oil in a pan and cook barley over medium heat for 10 minutes or until golden.
2. Add milk, water & almonds, and bring it to boil.
3. Reduce heat to medium-low, cover and simmer until barley is tender for 20-30 minutes.
4. Uncover and add brown sugar to your taste.
5. Serve cold.

Date Delight

Prep Time: 5 minutes

Serves: 1

Meal Type: Drink

** Bonus Recipe*

Ingredients:

- 1 Cup Milk (sunnah)
- 2 Large or 4 small dates (sunnah)
- Few Ice cubes

Method:

1. Place dates, milk and ice in a blender
2. Blend until smooth
3. Enjoy



* You can also add some almonds and honey as per your taste.