

Barley & Pomegranates Salad

This salad is a refreshing treat in the month of Ramadan: fresh & nourishing but substantial enough to fill you up.

Cook Time: 30-35 minutes

Serves: 4

Meal Type: Side Dish

Ingredients:

- 1 cup barley (Prophetic Food)
- 1 cup pomegranate arils (PF)
- 1/2 tsp ground cumin
- 1/2 tsp black pepper
- 1/4 cup Mint or parsley, freshly chopped
- 1 apple, diced (optional)
- 6 celery sticks, diced
- 3/4 tsp salt
- 2 tbsp olive oil (PF)
- 2 garlic cloves, minced
- 1/2 a lemon juice or 1-2 tbsp vinegar (PF)



Method:

1. Rinse barley in cold water. Cook in 3 cups of salted water until soft about 30 minutes. Drain the water and let it cool.
2. Transfer to a large mixing bowl, add the cumin, pepper, lemon/vinegar and mint/parsley, celery, olive oil, garlic and apple and combine well.
3. Finally combine the pomegranate and serve.

* Salad can be refrigerated in air tight container for 2 days.

Refreshing Watermelon

Prep Time: 5 minutes

Serves: 1

Meal Type: Drink

Ingredients:

- 2 cups of seedless watermelon (PF)
- 4 cups ice
- 1 Tbsp of low fat yogurt for a creamy texture (optional)

Method:

1. Place watermelon slices, & ice in a blender
2. Blend until smooth
3. Enjoy

