

للعالمين



Recipe

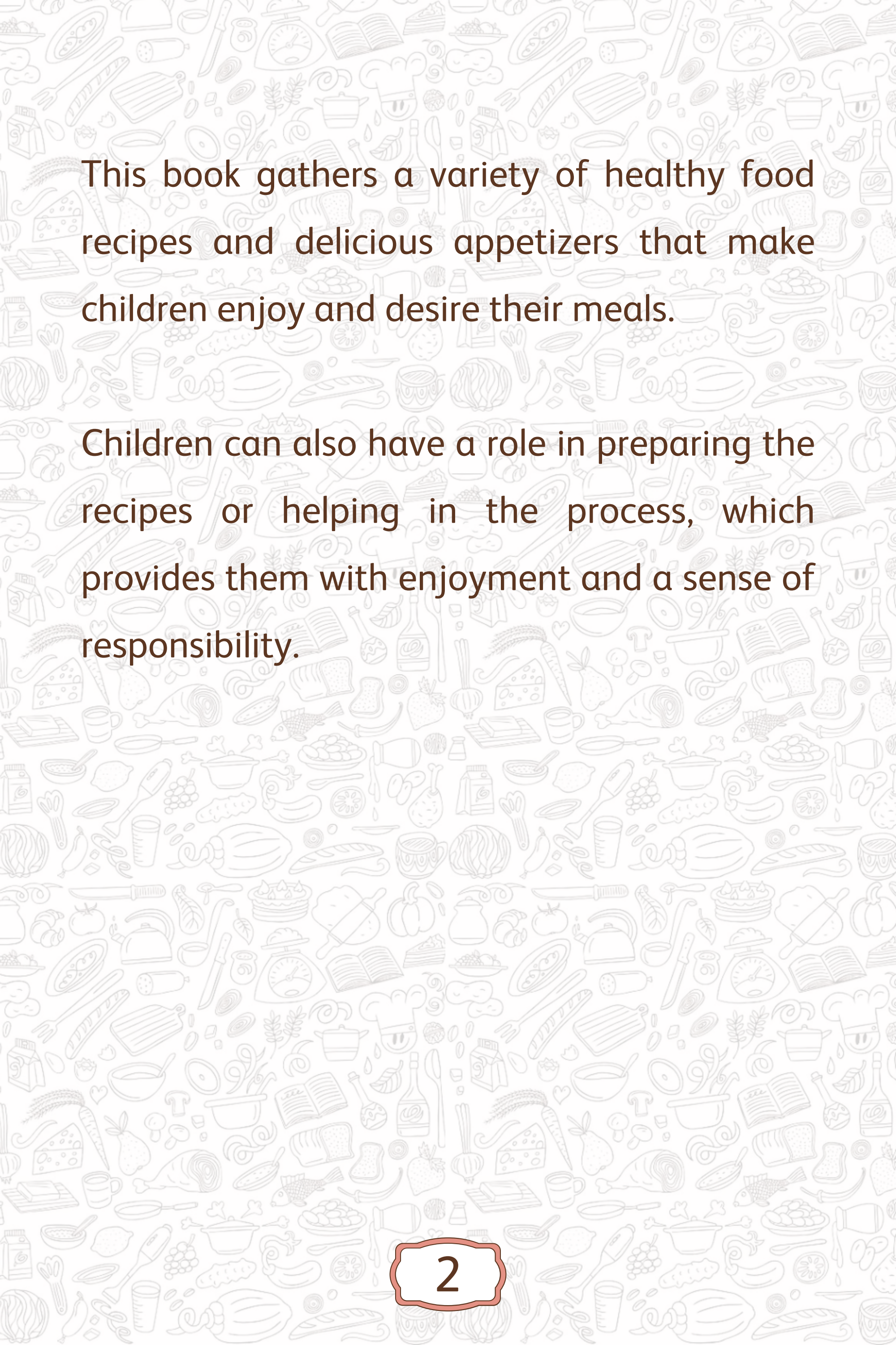
Introductory Level

"A Recipe Book"

Introduction:

Praise be to Allah, we praise Him, seek His help, and ask for His forgiveness. We seek refuge in Allah from the evils of our souls and the misdeeds of our actions. Whomsoever Allah guides, none can misguide, and whomsoever He misguides, none can guide.

I bear witness that there is no deity worthy of worship but Allah alone, without any partner, and I bear witness that Muhammad is His servant and messenger. May Allah's peace and blessings be upon him, his family, and all his companions.



This book gathers a variety of healthy food recipes and delicious appetizers that make children enjoy and desire their meals.

Children can also have a role in preparing the recipes or helping in the process, which provides them with enjoyment and a sense of responsibility.

Peanut Butter and Jam Sandwich



Ingredients: Bread, peanut butter, jam.

Method: Let the children spread peanut butter and Jam on the bread slices, then close the sandwich.

Cheese Sandwich



Ingredients: Bread, cheese slices or any type of cheese available and preferred.

Method: The children place a slice of cheese between the bread slices, and the bread can be toasted slightly until the cheese melts.

Smiley Face Sandwich



Ingredients: Slices of toast, cheese slices, cucumber, tomato, olives, bell pepper.

Method:

1. Cut the bread slices into a circular shape using a cutter, or leave them square as desired.
2. Place a slice of cheese on top of the bread.
3. Slice the cucumber into circles for the eyes, place olives on top of them, cut the tomato into small pieces for the nose, and use the bell pepper for the mouth to create a smiling face.

Fruit Salad



Ingredients: Apples, bananas, grapes, kiwi, strawberries, lemon juice, 1 teaspoon of honey, yogurt.

Method:

1. Cut the fruits into small pieces and place them in a bowl.
2. Add the lemon juice, honey, and yogurt, then gently mix the fruits.
3. Serve the salad in colorful bowls to make it appealing to children.

Apple Rings with Peanut Butter



Ingredients: Apples, peanut butter, a sprinkle of cinnamon.

Method: Let the children spread peanut butter on apple rings and sprinkle them with cinnamon.

Fresh Fruit Drink



Ingredients: 1 cup of fresh orange juice, half a banana, half a cup of strawberries, 1 teaspoon of honey (optional).

Method:

1. Place all the ingredients in a blender and blend well until you get a smooth drink.
2. Pour the drink into a glass and serve chilled.

Energy Balls



Ingredients: Oats, peanut butter, honey.

Method: Let the children mix the ingredients and shape them into small balls.

Fruit and Yogurt Snack



Ingredients: 1 cup of plain yogurt, banana slices, blueberries, strawberries, 1 teaspoon of honey (optional), a small amount of granola.

Method:

1. Place the yogurt in a small bowl.
2. Arrange the fruit slices on top of the yogurt.
3. Sprinkle the granola and add honey if desired.
4. Serve as a snack or a healthy breakfast.

Apple with Butter and Cinnamon



Ingredients: Apple slices, butter, cinnamon.

Method: Let the children spread butter and cinnamon on the apple slices, then lightly sauté them on the stove.

Chocolate-Covered Fruits



Ingredients: Strawberries, grapes, melted chocolate.

Method:

1. Wash the fruits and dry them well.
2. Dip each strawberry or grape into the melted chocolate.
3. Place the chocolate-covered fruits on parchment paper and refrigerate until the chocolate hardens.

Vegetable Slices with Hummus



Ingredients: Cucumber, carrots, celery, bell peppers.

Method: Let the children (with assistance) cut the vegetables and dip them in blended, cooked hummus.

Tortilla Pizza



Ingredients: Small tortilla bread, tomato sauce, shredded mozzarella cheese, green pepper slices, olives, tomatoes.

Method:

1. Place the tortilla on a baking tray.
2. Spread tomato sauce over it.
3. Sprinkle mozzarella cheese on top of the sauce.
4. Decorate the pizza with green pepper slices, olives, and tomatoes.
5. Bake in the oven at 180°C (350°F) for 10 minutes or until the cheese melts.

Mahlabia Recipe



Ingredients: 1 cup of milk, 1 tablespoon of cornstarch, 2 tablespoons of sugar (to taste), a pinch of vanilla (optional).

Method:

1. With adult supervision, heat the milk until it boils.
2. Add the cornstarch to the milk, stirring immediately to prevent lumps from forming.
3. Sweeten with sugar and add vanilla.
4. Pour into serving dishes and let it cool. Once set, garnish with nuts.

Ice Cream Dessert



Ingredients: Any type of available biscuits, a packet of Dream Whip (optional), a packet of caramel cream, 2 cans of cream, 3-5 pieces of cheese, powdered milk, water or liquid milk, chocolate, vanilla.

Method:

1. Arrange the biscuits neatly in a glass dish.
2. In a bowl, combine the cream, caramel cream, Dream Whip (if using), and the remaining ingredients. Mix until well blended. Pour this mixture over the arranged biscuits.
3. Repeat the process to form layers.
4. Refrigerate until chilled.

Fruit Ice Cream Recipe



Ingredients: Any type of favorite and available fruit, orange juice or any other kind, sugar (to taste).

Method:

1. Cut the fruit you want to include in the ice cream into small pieces.
2. Squeeze 3 oranges and add a little sugar to the juice.
3. Prepare ice cream molds or regular cups.
4. Place the chopped fruit - in small pieces - at the bottom of the mold.
5. Pour the juice over the chopped fruit.
6. Put it in the freezer until it solidifies.

Date Balls



Ingredients: Dates, biscuits, nuts, ground cardamom, ground coffee, chocolate.

Method:

1. Remove the pits from the dates.
2. Mix the pitted dates until they form a paste-like consistency.
3. Add small pieces of crushed biscuits, chopped nuts (such as walnuts or almonds), a pinch of ground cardamom, and a pinch of coffee to the paste.
4. Knead the mixture well, then form it into small balls.
5. You can decorate the balls by coating them with small chocolate pieces, or with crushed biscuits and nuts.

Pancake Recipe



Ingredients: 1 cup flour, 1 tablespoon sugar, 1 teaspoon baking powder, 1/4 teaspoon salt, 3/4 cup milk, 1 egg, 2 tablespoons melted butter or oil.

Method:

1. In a large bowl, mix the flour, sugar, baking powder, and salt.
2. Add the milk and egg, and mix well until a smooth batter forms.
3. Heat a pan over medium heat and add a little butter or oil.
4. Pour a portion of the batter into the pan for each pancake. Wait until bubbles form on the surface, then gently flip using a large spatula and cook the other side until golden brown.
5. Repeat the process with the remaining batter.
6. Serve with honey, chocolate, or fruits as desired.

Volcanic Cake with Chocolate Sauce



Ingredients: 2 or 3 eggs, 1 1/2 cups sugar, 3 cups flour, 1 1/2 cups hot water or liquid milk, 3/4 cup vegetable oil, 2 tablespoons baking powder, cocoa powder, vanilla or caramel flavoring (optional).

Method:

1. Mix the eggs, vanilla, and sugar until the sugar dissolves.
2. Add the oil to the mixture and stir well.
3. Add half of the hot water and mix.
4. Gradually add the flour, baking powder, and cocoa powder to the mixture, stirring continuously.
5. Finally, add the remaining hot water and mix until the batter becomes smooth.
6. Grease the cake pan with sesame seeds or butter, then pour the batter into the pan.
7. Bake in the oven, starting with the bottom heat, then switch to the top heat until fully cooked.

Chocolate Sauce Ingredients: 1 cup oil, 1/2 cup water, 1 cup (or less) cocoa powder, 1 cup powdered sugar.

Method:

1. Mix all the ingredients in a blender until the mixture becomes a smooth chocolate sauce.
2. Adjust the thickness by adding water if it's too thick or adding dry ingredients if it's too runny.
3. Pour the sauce over the cake while it's still hot.
4. Garnish with walnuts or as desired.

Enjoy the rich chocolatey flavor!

Tuna Recipe



Ingredients: 1 can of tuna, Tomatoes (as desired), A piece of cheese (can be substituted with salt, but cheese adds flavor), A pinch of pepper, A pinch of salt, Olive oil (as desired).

Method:

1. In a bowl or plate, combine all the ingredients and mix well until everything is blended together.
2. It can be eaten as is, or served with bread or rice.

Delicious Egg Recipe



Ingredients: 1 medium onion, 1 small tomato, eggs, oil.

Method:

1. Chop the onion.
2. Heat a pan with some oil over medium heat.
3. Once the oil is hot, carefully add the onion (be cautious not to let water droplets fall into the hot oil). Cook the onions until they turn golden brown, stirring occasionally to prevent burning.
4. Meanwhile, chop the tomato.
5. Once the onion reaches the desired color, add the chopped tomato and let it cook in the pan until fully softened.
6. Add spices like pepper, cumin, coriander, and salt to the mixture.
7. When the mixture is cooked, pour the beaten eggs over it and stir well until the eggs are fully cooked.
8. Keep stirring the mixture to prevent it from burning on the bottom while remaining undercooked on top.
9. You'll know it's done when all the liquid egg turns solid. You can brown it a little if desired.

Pasta with Yogurt



Ingredients: Pasta, water, a pinch of salt, oil, yogurt, garlic, mint (optional).

Method:

1. Boil a pot of water with 1 tablespoon of salt and 1 tablespoon of olive oil.
2. Once the water boils, add the pasta.
3. When the pasta becomes soft, an adult should carefully drain the water and rinse the pasta several times, then place it in a strainer.
4. In a separate bowl, add the yogurt, crush the garlic until finely minced, and add mint (if desired). Then, mix the pasta with the yogurt mixture and stir well.

Delicious Mashed Potato Recipe



Ingredients: Boiled potatoes, vegetables and spices (as desired).

Method:

1. To boost nutritional value, add various cooked vegetables (even ones that might not be a child's favorite) along with spices and salt.
2. Mash the potatoes and spread them out like dough. Shape them into a smiling face or other fun shapes.
3. Fry the shapes in an air fryer for a healthier option or lightly brush with oil and bake in the oven until crispy.

Lentil Soup



Ingredients: Lentils, coriander, garlic, lemon.

Method:

1. In a pot, cook 1 cup of lentils with salt over medium heat. Cover and let it simmer for about 35 minutes until tender.
2. Once the lentils are cooked, sauté the coriander and minced garlic in some clarified butter (or ghee) until they become fragrant and soft. Add this mixture to the pot of lentils.
3. Pour the lentil soup into a large bowl, drizzle with lemon juice, and serve hot.

Chicken Meatballs



Ingredients: Cooked and minced chicken breasts, spices and vegetables (as desired), bread crumbs.

Method:

1. Combine the cooked minced chicken with spices, salt, and pepper.
2. Form the mixture into balls, then coat them in beaten egg and roll them in bread crumbs (or crushed seasoned dry bread).
3. Fry the meatballs in an air fryer. Optionally, you can skewer them with toothpicks for easy serving.

Serve hot and enjoy!

Olive Salad



Ingredients: Olives, tomatoes, parsley, onion, lemon.

Method:

1. Pit the olives.
2. Chop 2 tomatoes, a bunch of parsley, and a small onion.
3. Combine the chopped vegetables with the olives, and mix well with lemon juice, 1 tablespoon of olive oil, and 1 tablespoon of ground pepper.

Serve the salad fresh and enjoy!