



**Food
of the
Month**



Raspberries



FUN FACT

The true purpose of Ramadhan, as of all forms of Islamic worship is to draw people closer to Allah. Though normal pursuits and occupations are carried on as usual, the emphasis on moral and spiritual values and concentration on them are intensified, and everything is subordinated to the main purpose.

The hearing, the sight, the tongue, the mind are all under stricter control. For instance, not only vain talk, but much talk is also eschewed, so that there should be greater concentration on remembrance of Allah and reflection upon His attributes.

The Holy Prophet said: *'He who abstains from food and drink during the period of the fast but does not restrain himself from uttering a falsehood starves himself to no purpose.'*

It is related of him that during Ramadhan, his own concern for and care of the poor, the needy, the sick and the orphan was intensified manifold, and that his charity knew no limit.

7th June – 7th
July is when
this year
Muslims will
fast during
the month
of Ramadan.

For more info. see: <http://www.alislam.org/library/links/00000069.html>

Health benefits

- Raspberries are excellent sources of vitamin C, manganese and dietary fiber. Raspberries are also rich in B vitamins, folic acid, copper and iron.
- Raspberries have a high concentration of ellagic acid, a phenolic compound that prevents cancer, thereby stopping the growth of cancer cells and eliminating the progress of some cancers.
- The oil from raspberries has a sun protection factor. Furthermore, it helps to lose weight and also takes proper care of your skin while aging. In order to improve your immune system, this berry actually looks after your overall health structure.
- This berry also has a high proportion of dietary fiber. Raspberries are one of the plant foods with the highest ranking fiber contents. Of all contents, fiber comprises around 20% of the berry's total weight.

Honey muesli with raspberries & hazelnuts

Ingredients:

- 225g porridge oat, jumbo ones give a good texture
- 125ml freshly squeezed orange juice
- 225ml natural yoghurt, can be low fat
- 3 tbsp. clear honey
- Finely grated zest of 1 lemon
- 2 red or pink dessert apples
- 2 x 125g punnets raspberries
- 50g hazelnuts in their skins, lightly toasted and coarsely chopped
- Single cream, to serve (optional)



Honey muesli with raspberries & hazelnuts

Method:

1. Mix oats, orange juice and 300ml/1/2 pint cold water in a bowl.
2. Cover with cling film and leave in the fridge overnight.
3. The next morning, stir in the yogurt, honey and lemon zest. Quarter and core the apples, grate them in and stir well.
4. Spoon into bowls and top with raspberries and toasted hazelnuts.
5. Pour on a little single cream, if you like.



References

Slide 1 – “Woman With Fruit Hat” Image courtesy of [africa] / FreeDigitalPhotos.net

Slide 3 – Fast Fact courtesy of <http://www.alislam.org/library/links/00000069.html>

Slide 2 – Raspberry photo courtesy of <https://pixabay.com/en/raspberries-red-berries-raspberry-336671/>

Slide 4 – Health Benefits info. courtesy of <https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-raspberry.html>

Slides 5-6 – Recipe and photos courtesy of <http://www.bbcgoodfood.com/recipes/2255/honey-muesli-with-raspberries-and-hazelnuts>

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SEE

YOU

NEXT

MONTH

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