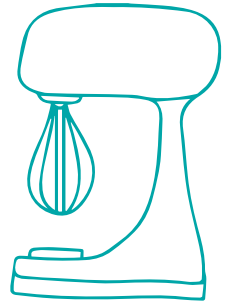
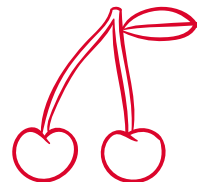
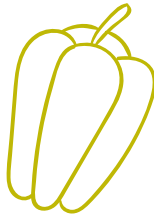
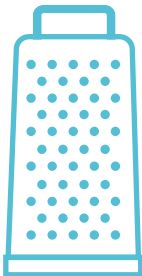


# back TO BASICS



## A GUIDE TO HEALTHY LIVING

BY LOVERS AND SUPPORTERS OF  
LADY ZAINAB HELPING HANDS



اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ  
اللَّهُمَّ كُنْ لَوْلِيِّكَ الْحُجَّةِ بْنِ الْحَسَنِ  
صَلِّوْا نُتَكَ عَلَيْهِ وَعَلَى آبَائِهِ  
فِي هَذِهِ السَّاعَةِ وَفِي كُلِّ سَاعَةٍ  
وَلِيًّا وَحَافِظًا وَقَائِدًا وَنَاصِرًا وَدَلِيلًا وَعَيْنًا  
حَتَّى تُسْكِنَهُ أَرْضَكَ طَوْعًا وَتُمَتِّعَهُ فِيهَا طَوِيلًا

In the name of Allah, the Beneficent, the Merciful.

O Allah, (please do) send blessings to Muhammad and the Household of Muhammad.

O Allah, be, for Your representative, the Hujjat (proof), son of AlHassan, Your blessings be on him and his forefathers, in this hour and in every hour, a guardian, a protector, a leader, a helper, a proof, and an eye.

Until You make him live on the earth, in obedience (to You), and cause him to live in it for a long time.



*Lady Zaynab*  
Helping Hands



# disclaimer

The intention of the contributors and editors of this book was to provide a handy reference to all those looking to begin and/or maintain a healthy lifestyle in line with Islamic values and the most current of medical and scientific information available to us. The use of the advice, guidelines, and recipes in this book are in no way meant to substitute the advice of your medical physician. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attentions.

We have made every effort to ensure that the information contained within these pages is correct at printing time. The contributors, editors, and the LZHH project do not assume and hereby disclaim any liability to any party for any loss, damage, and/or disruption caused by any errors or omissions whether such errors occur from negligence, accidents, or any other cause.

It is our through our love for Sayyeda Zainab AS and our dedication to the orphans, distressed, and oppressed that live near and within her sanctuary that we set about this work, dedicating it to their cause and their plight. LZHH assumes no responsibility and no liability of the works presented within these pages therein.

# foreword

Is There Something I want to Improve?

If your current life is pleasing to you in every aspect of your life, be it your mental, physical, emotional, spiritual and social state, then you may have no reason to apply this book. However, if there is something about your life that you wish to improve- perhaps something missing that you would like to include, than this is a small gift for you.

The book you're holding in your hands at this moment contains some of the most organic teachings available to you. I have been profoundly touched and influenced by the sisters who have selflessly gathered simple yet so mindful recipes for the mind, body and the soul.

In fact I'm deeply honoured that my team of LZHH has asked me to provide a brief Foreword to this book, which I consider to be a must have in our homes. I urge my fellow readers to carry this book with you for a few weeks. Allow the energy that it contains to permeate through through any resistance that your mind/ body and soul might offer and let it resonate in changing your lifestyle.

Islam is a way of life! In this book, you will find articles that briefly touch upon holistic living and how to change our eating habits. Isn't it so apt to say, "You are what you eat! ". Eating and drinking are among basic requirements of a person's material life. If these needs are not met correctly, it's effects on the body, mind and spirit are detrimental. Since the body works as a vehicle for the soul, disorder in the body will undoubtedly disrupt it.

Our 6th holy Imam Sadiq A.S. states, " The foundation of the body is based on bread". In another narration, a person asks Abu Dharr, "What is the best deed after believing in God!?" He replied, "Performing ritual prayers and eating bread" .

Seeing the person surprised by this response, Abu Dharr continued, "If there is no bread, God will not be worshipped."

It is implied that eating bread gives a person enough strength to perform ritual prayers.

Considering the above hadith, the Holy Prophet Mohammad SAW's aim for eating was noble; rather than eating to comfort one's self, in essence it is to prepare the body in reaching God's nearness. We learn from the holy household a.s. that the Prophet of Islam pbuh chose food that was halal (permissible), simple and beneficial.

When food was brought for the holy prophet, he would say:

" Bismillah, O God, make this gift a gift for which we are grateful so that we gain the gift of paradise through it. Bismillah, O God, grant us abundance in what you have provided for us and make it continue". "

May this reading be a pleasant one for the mind and the soul. As a woman, I would highly encourage you to try out the amazingly delicious recipes and enjoy them with your loved ones.

Once again, I would like to appreciate all my noble sisters who have dedicated sleepless nights to gift you this book. May Allah swt reward them infinitely and give you noble readers to think of the plight of the orphans and the poor in the world today. May Allah swt hasten the reappearance of the awaited saviour Al Mahdi ajfs a.s. May Allah swt accept our humble efforts in His pleasure.

Wabbillahi-Tawfeeq, Humble servant

*Sis Nasim Walji Rirmohamed*

# Living 'fitrah lifestyle'

Islam is a holistic way of life – a 'fitrah lifestyle'. It provides mankind with a way to God, based on the most pristine social and health structure. In fact, religion is not only based on sin and good deed, rather, it cultivates a person's mind, body and soul into living a healthy lifestyle. Religion offers so much guidance, yet the misconception is that religion is a dogmatic burden - and if that original message of Islam is reduced to a mere set of rituals and rules enforced primarily through fear, with attention focused on how others are following the rules and prescriptions, the way to God will be severely constricted.

One way in which Islam offers guidance on issues of lifestyle is the stance taken about health in the Holy Qur'an. Chapter 5 of the Holy Qur'an is called Al-Ma'idah - The Table Spread. This indicates that part of our everyday life, our social life, our health life stems from the food we place on our table. Food influences the body, mind and soul. One may notice that Islam has prohibited the eating of pork, which is scientifically proven to have many negative health implications. According to a prophetic narration, the mind is Allah's most beloved creation because with it, Allah is worshipped. The soul, on the other hand, is our presentation of our actions. Thus, we need to be mindful about the food we eat so that the soul and mind stays well protected, alongside the body. The body is like a house and whatever owns the house, takes control of it. Hence, Islam places emphasis on what we eat.

Imam Ali (as) says, "Surely, there is a verse in the Qur'an which gathers all the medicine: 'eat and drink and do not be excessive...' (7:31)" In another Hadith, the Holy Prophet (saw) says: "We are a nation which does not eat unless we are hungry, and if we eat we do not become full." Clearly, these are the teachings of a balanced and well-maintained body to keep the mind focused and the soul protected. We now term this as a healthy balanced diet. As the Holy Prophet (saw) stated "The stomach is the house of illness and having a balanced diet is head of every medicine." These were not just sayings recorded, but were well practiced by Ahlulbayt (as).

As mentioned, we take our health for granted, similarly, we also take our food and water for granted. We are spoilt with choices of foods and drinks, so much so that people today spend money to lose weight because of the high population of the western world is obese. On the contrary, in a war-torn country like Syria among other countries, food is not a luxury. More than half a million people have been displaced, made homeless and streams of people have fled from the constant threats. Children in Syria lack basic necessities like clean water and food and many have died due to lack of malnutrition and starvation.

May Allah (swt) help us to awaken our souls to be able to help the poor and the orphans at the Sayyada Zaynab (as) area in Syria. May Allah (swt) hasten the reappearance of our twelfth Holy Imam Al Mahdi (ajtf).

Qasim Assady

The Holy proximity of Lady Fatema Ma'suma (as), Qum Al Muqqaddasah and Sayyada Zaynab (as) Sham.

September 2017



TABLE OF  
*contents:*



“eat OF WHAT  
IS LAWFUL  
AND WHOLESOME ON  
*the earth...* (2:168) ”



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# The introduction

Dear readers,

In your hands is the 'Back to Basics Guide for Healthy Living and Recipe Book', a book that started as an inspiration from a "healthy" debate for a women's health awareness day as we celebrated the Lady of Light, Fatima Az Zahra(AS) and her legacy of life. The objective behind the renaissance of the book- a basic principle of life that many of us have either have forgotten or take for granted due to the hectic and busy lifestyle we live or simply pay no heed to that which is "healthy living". For many, this is a lifestyle choice, and for others, the forgotten philosophy of life. Hence, an evaluation and closer inspection of who we are and what we eat transcended into the title of going back to what the Allah (SWT), and our religion of Islam teaches us- the basic principle of life, which underlines our very existence of life; vitality and longevity. As human beings, we are supposed to live an organic life, where we enjoy a simple, basic lifestyle that is coupled with good health, faith and prosperity... after all, we are what we eat!

The book is by no means a complete guide as this would be beyond our limited ability and scope and is, therefore, just a humble attempt to raise awareness, draw our attention and maybe create a platform whereby we share knowledge through articles of health or simply share those tried and tested family recipes that may help us make small changes in life that can make a big difference to ourselves and to the lives of those who we may be directly and indirectly responsible.

Finally, as human beings and as Muslims we have a moral, religious and social responsibility to care for those who have less than us. As Imam Ali(AS) says:

"God has set aside a portion of the rich's wealth for the poor, and a poor man goes hungry only because a rich man enjoys his wealth (instead of giving that portion away)."

Nahjul Balagha - 3[546].

Although we may be in a position whereby we have a choice of what we put in our tables and what we eat with a feeling of immense gratitude to the Almighty God, we cannot ignore the plight of those who can barely put a meal together for themselves or their poor and struggling families, healthy living is but a faraway dream...

Therefore, considering the above, all the proceeds from this book will go towards Lady Zaynab Helping Hands in providing for those who cannot afford a proper meal or a decent standard of life.

We thank you for your support and hope by this we can extend some warmth, love and provide a healthy meal to many more.

With best wishes,

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Aiman Karim Dewji

Zahira Ladak

Sameera Yusufali

# Acknowledgments

Imam al-Rida (AS) said, 'Whoever does not thank the one who does him a favour from among Allah's creatures has not thanked Allah either.'

[Uyoun Akhbar al-Ridha (AS), v. 2, p. 24, no. 2]

We thank Allah (SWT) and the Imam of our time for this humble opportunity and would like to appreciate each and everyone who has helped in making this book possible. From our generous donors to those who have contributed with articles, recipes, business ads and those who offered us words of comfort, help and support in time of need.

Your reward lies with Allah (SWT) as we pray for your success in this world and the Hereafter. We are truly indebted to you all as Allah (SWT) says in Suratul Rahman, 60:

Is the reward of goodness anything but goodness?

We would also like to acknowledge sheikh Qasim Assadi and sister Nasim Walji Pirmohamed for their contribution and inspirations behind the Lady Zaynab Helping Hands charity to help those in need. May Allah reward them abundantly.

Finally, a big thank you to our Back to Basics Team who have worked tirelessly in making sure you have a book in your hands that we hope will serve many hungry ones!

May Allah bless you all for your support!

Last but not least a tribute to those fallen heroes who have laid their lives saving the shrine of our beloved lady Zaynab (AS) in whose charity this book has been compiled and dedicated to. We remember them with al Fatiha and salute them with the solutions of peace and blessings as Allah (SWT) says in the holy Qur'an: "And reckon not those who are killed in Allah's way as dead; nay, they are alive (and) are provided sustenance from their Lord" (3:169)

# Dedications:

This book, a Guide to Healthy Living is dedicated to the Imam of our time Imam Mahdi (ATFS).

A dedication to the Son of Zahra- The Lady of Light whose inspiration has motivated us to pursue this gastronomical and healthy living guide to better prepare ourselves and our children to serve him. We pray to Allah to hasten his reappearance as Imam has himself urged the Shias to do so, he has said 'Pray for the early reappearance because in it lies your deliverance.' (Beharul Anwaar vol. 52, p. 29)

The Holy Prophet (SAW) has said: "Give presents to your dead people."

A humble gift in the loving memories of those who have touched our hearts with their love and warmth which is so deeply missed. In moments of joy, celebration and sorrow they are dearly missed but we cherish the memories and legacies they have left behind. They live in our hearts and thoughts and memories of fond forevermore...

We pray to God to bless their souls and elevate their position in the Garden of Bliss.  
"O Allah, instill happiness in the spirits of the inhabitants of the graves."

In loving memory of all Marhumeen and:

Marhum Mirza Ali Bashir Akbar  
Marhumeen of Bandali Family  
Marhum Mehdi Begum  
Marhuma Afroze, Shaeen  
Marhum Mahfooz Bukhari  
(s/o Mahmood Hussain Bukhari)  
Marhumeen of Canani Family  
Marhuma Marzia Bai Dattoo  
Marhum Roshan Ali Dattoo  
Marhumeen of Dattoo Family  
Marhuma Batul Oni Dewji  
Marhum Firoz Dharsi  
Marhuma Fatma Nayani Dharsi  
Marhum Mohamed Ali Aladdin Dharsi  
Marhumeen of Dharsi Family  
Marhum Barkatali Dinani  
Marhumeen of Dinani Family  
Marhuma Kaniz Kermalli  
Marhum Gulam Mehdi Abdullah Lalji

Marhuma Fatima Nathani Gulam Mehdi Abdullah Lalji  
Marhum Amirali Habib Sharif Manekia  
Marhuma Amina Moorji  
Marhum Gulam Abbas Moorji  
Marhumeen of Moorji Family  
Marhumeen of Mukhi and Nasser Families  
Marhuma Rukiabai Nurmamade (Maa Canani)  
Marhumeen of Nurmamade Family  
Marhuma Fatimabai N. Remtula  
Marhumeen of Remtula Family  
Marhum Baqar Niyaz Rizvi s/o Zahid Hussain Rizvi  
Marhumeen of Shaikh Family  
Marhuma Leyla Sultan  
Marhum Mohamed Husein R. Walji  
Marhum Syed Mohammed Abbas  
Marhum Syed Zahid Hussain Rizvi & Sikandar Bano  
Marhum Syed Mahmood Hussain Bukhari &  
Sardar Begum  
Marhum Syed Abdul Hussain Naqvi  
Sadiq Ali Ibne Ahmed Ali Yasin





# Soups & Salads



# Sunny Kale Cruncher Salad

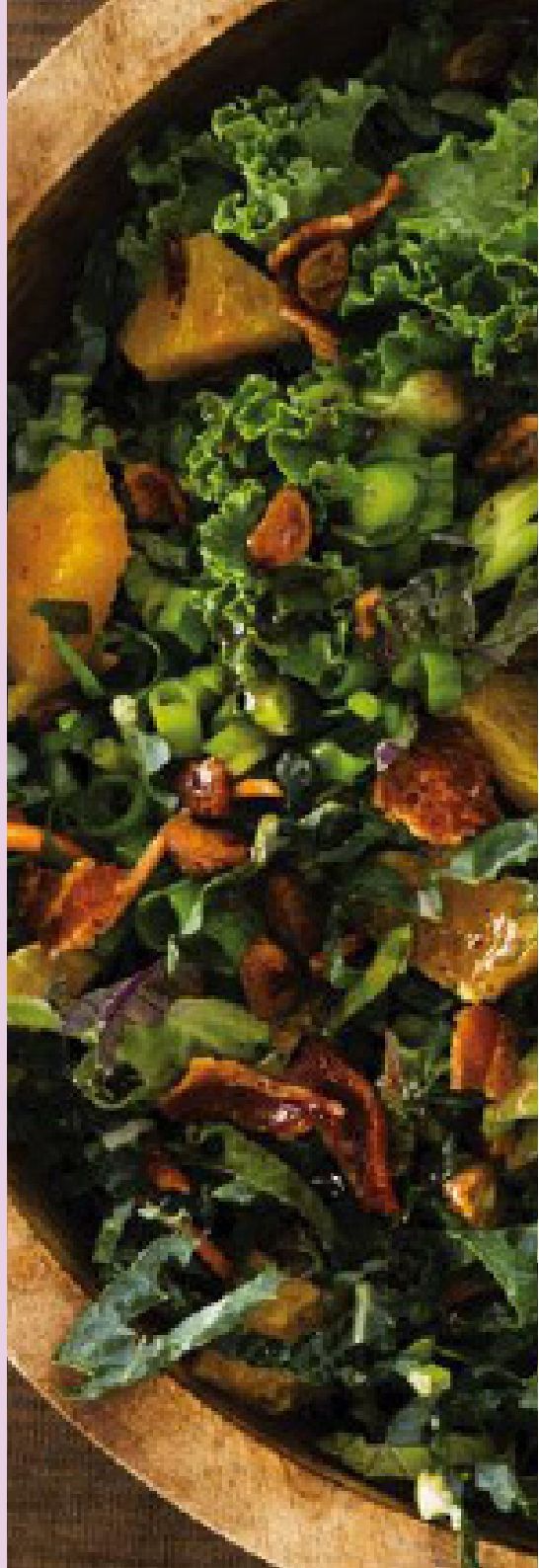
**CONTRIBUTED BY: AIMAN KARIM DEWJI**

## INGREDIENTS:

Radish, diced  
Sweet Maui onion, diced  
Walnuts  
Kale  
Shredded carrots  
Cabbage, chopped  
Seedless tangerine segments  
Feta Cheese

## DRESSING:

EVOO/Balsamic/Peppercorn spices  
or Kraft Balsamic Vinaigrette  
Dressing





## METHOD:

In a pot cook the potatoes cut in cubes, drain and set aside. Bring to boil 300g of black eye beans or use a small can, boil two eggs, chop the onion and then assemble. In a bowl put the roughly split tuna, the chopped onion, the black eye bean and the pre-boiled and drained potatoes. Stir well.

Split the eggs into slices and garnish with green/ black olives. Season to taste with olive oil and vinegar and voila! A perfect homemade tuna and bean sallaad- just tuck in and enjoy the magic of simple yet delicious food.

To me this dish always brings lots of memories of those hot and sunny days spent with family and friends on a perfect Portuguese summer, when you would just need something light and refreshing but as a potato lover I do add these as an option.

You can try without them! I always remember Tia Lou whenever I make this, as she would make it so nicely and serve with so much passion!

# Portuguese Homemade Tuna & Bean Salad

**CONTRIBUTED BY: FATIMA BANDALI**

## INGREDIENTS:

500g Potatoes (optional)  
300g Black eye beans  
2 cans of tuna  
2 eggs  
1 Small or medium size onion  
A handful of fresh parsley  
Green or black Olives  
Olive oil and vinegar to drizzle

# Brown Rice Salad

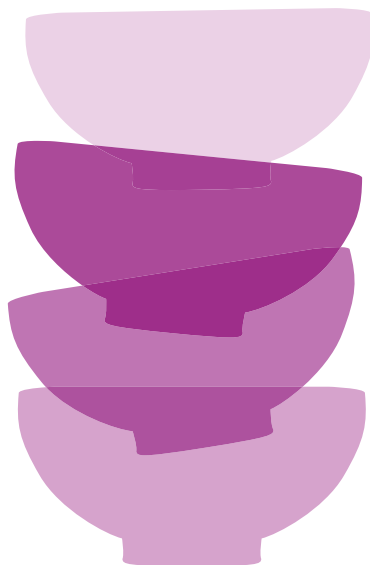
## INGREDIENTS:

6oz brown rice  
6 spring onions  
1 red pepper diced  
2oz currants  
2oz cashew nuts  
2 tbsp sunflower seeds  
6 tbsp soy sauce dressing  
3 tbsp chopped parsley

## DRESSING:

(makes enough for two salads)

6 fl oz sunflower oil  
4 tbsp soy sauce  
2 tbsp Lemon juice  
Clove of garlic crushed  
Salt and pepper



## METHOD:

Cook rice until tender

Chop other ingredients and  
put in bowl

Add dressing and toss thoroughly



# Mango Pepper Salad

**CONTRIBUTED BY: AIMAN KARIM DEWJI**

## INGREDIENTS:

1 large Mango  
½ red pepper  
½ green pepper  
¼ red onion  
3 tbsp cilantro chopped

## DRESSING:

1 tbsp vinegar  
1tbsp brown sugar  
1 tbsp. olive oil  
Salt and pepper to taste

Chop/ slice up veggies, and dress with remaining ingredients.

# Fresh quinoa Salad

CONTRIBUTED BY: JABEEN SHAIKH

## INGREDIENTS:

2 cups dry quinoa, cooked  
per package directions  
2 cans black beans, drained and rinsed  
1 10 oz bag frozen corn  
10 green onions finely chopped  
1 bunch fresh cilantro, finely chopped  
1 green bell pepper, finely chopped  
1 red bell pepper, finely chopped  
1 yellow red bell pepper, finely chopped  
1 tbsp cumin powder  
1 tbsp sea salt  
½ tbsp black pepper  
½ tbsp chili flakes  
1/3 cup lime juice  
1/3 cup olive oil  
2 tbs red or white vinegar

## METHOD:

Make a dressing with the lime juice, cumin, pepper, chilli flakes, salt, vinegar, and olive oil. Place cooked fluffed quinoa in a large bowl. Add bell peppers, corn, cilantro, onions, beans, and the dressing. Toss gently to combine.



## DRESSING INGREDIENTS:

1/4 cup olive oil  
1/4 cup vinegar  
(or lemon juice, if preferred)  
1/4 tsp. salt  
1/4 tsp. black pepper  
1/4 tsp. oregano

## METHOD:

Toss your salad ingredients together (first seven ingredients)

Mix dressing ingredients together in bowl (last five), and to the salad before serving.

Variations: Add grilled chicken or shrimp to make it a meal, or add more veggies (sliced bell pepper, tomatoes, mushrooms, etc).

Enjoy!

# Greek Salad

**CONTRIBUTED BY: SAMEERA YUSUFALI**

## INGREDIENTS:

Romaine salad  
(chopped, soaked in cold water,  
drained)  
Red onion  
(sliced in rings)  
Tomatoes  
(sliced thinly)  
Cucumber  
(sliced in halves)  
Black olives  
(halved)  
Banana pepper  
(sliced in rings)  
Feta cheese, crumbled

# Strawberry Spinach Salad

**CONTRIBUTED BY: JABEEN SHAIKH**

## INGREDIENTS:

8 cups baby spinach leaves  
1/2 medium onion, sliced  
1 cup maple toasted walnuts (recipe below)  
1 cup sliced strawberries (for variation can use 1 can mandarin oranges-drained)  
1 cup dried cherries or cranberries  
1 cup crumble feta cheese  
1/2 cup spicy balsamic Vinegrate (recipe below)

## DRESSING:

4 tbs balsamic vinegar  
1/2 tps spicy brown mustard  
1/4 tsp onion powder  
1 tsp crushed garlic  
1/4 tsp ground cumin  
1/4 tsp crushed red pepper flakes  
4 tbs extra virgin olive oil  
salt and ground black pepper to taste

## TOPPING:

2 cups walnuts (in halves)  
1/3 cup maple syrup (preferably organic)  
1/4 tsp sea salt

## METHOD:

Place spinach leaves in serving bowl or plates, top with red onion, strawberries, walnuts, feta, dry fruit all in that order and toss or pour dressing over top.

## DRESSING METHOD:

Whisk balsamic vinegar and mustard together in a bowl. Add onion powder, garlic, cumin, and crushed red pepper, salt and pepper as desired. Slowly drizzel in the olive oil, whisking constantly until fully incorporated, and continue to whisk for an additional 1 to 2 minutes. Let the dressing sit for 10 min to allow flavors to develop. Store leftover in the fridge.

## TOPPING METHOD:

Add the walnuts to a large frying pan and turn the heat onto medium...add maple syrup and the sea salt to coat and saute on the pan until the walnuts are toasted and you can smell the fragrance. All the maple syrup will have hardened onto the nuts. Do not allow to burn! place on a baking sheet separated, on parchment paper, and allow to cool. The nuts will get harder and crunchier as they cool down. Once dried and completely cool..transfer to an airtight container and store in the fridge. Perfect as a topping on salads or on their own as a snack!



# Tabbouleh

**CONTRIBUTED BY: AIMAN KARIM DEWJI**

## INGREDIENTS:

5-6 bunches Italian parsley,  
finely hand chopped  
(it's easier to first cut stems  
off the bunches then wash and chop)

7-8 tomatoes, finely chopped

1 ½ Cup fine burghul  
(pre-soaked in warm water for  
½ hour then drained)

2 english cucumbers, peeled finely  
chopped

½ red onion, finely chopped

2 lemons, juiced

½ Cup extra virgin olive oil

Salt to taste

Mix all ingredients together and  
adjust the seasoning if needed

## Some Tips from Shaheen...

I'm a huge fan of prepping healthy meals ahead of time that we can take with us when we're on the go. Doing so helps us stick to our nutrition goals and saves us time during the week.

That's just one reason I love simple mason jar salads. Not only are mason jars totally hip, their vertical shape makes them especially nice for storing salads. Since the dressing is at the bottom of the jar, and the greens are at the top, nothing gets soggy!

They're also relatively inexpensive and can be purchased by the dozen at major retailers like Target, Kmart, and Amazon.

Check out the next page for a few tricks to keep in mind for creating the perfect mason jar salad!







## METHOD:

Combine vinegar, oil, garlic, and parsley in a small bowl; whisk to blend. Season with salt and pepper if desired; mix well. Evenly divide dressing between 4 one-quart Mason jars. Set aside.

Evenly layer chickpeas, carrots, bell peppers, cabbage, cucumber, salad greens, and sunflower seeds on top of dressing in jars.

Serve immediately or cover and refrigerate for up to 3 days. Shake before serving.

# Mason Jar Salad

**CONTRIBUTED BY: SHAHEEN LAKHANI**

## INGREDIENTS:

- ½ cup white balsamic vinegar
- 2 Tbsp. extra-virgin olive oil
- 2 cloves garlic, finely chopped
- ¼ cup finely chopped fresh flat leaf (Italian) parsley
- Sea salt (or Himalayan salt)
- Ground black pepper (to taste; optional)
- 2 cups chickpeas, drained, rinsed
- 1 cup sliced carrots
- 1 medium red bell pepper, chopped
- 1 medium yellow bell pepper, chopped
- 2 cups chopped red cabbage
- 1 cup chopped cucumber
- 8 cups assorted salad greens (like mixed spring lettuce)
- ½ cup raw sunflower seeds

# Mason Jar Salad Tips & Tricks

## Start with The dressing

Pour the dressing in first to coat the bottom of the jar. Dressings like vinaigrette work best. Thicker dressings can stick to the jar.

## Layering is The key

The secret to a perfect mason jar salad is layering. The first ingredients you add are what create a barrier between the dressing and the lettuce, so add hearty ingredients that won't soak up the liquid such as carrots, peppers, or beans.

## When to add Grains

Whole grains keep well for several days and add flavor, texture, and fiber. Good choices are quinoa, brown rice, farro, and whole-grain pasta.

## What about fruit?

Fresh fruits are delicious, but you'll want to make sure to eat them sooner than later. Soak sliced fruits like apples and pears for a few minutes in salted water before adding them to the jar to prevent browning.

## Greens go at the top

Remove as much moisture as possible from washed lettuce to prevent wilting. Pack your arugula, spinach, or other greens at the top of the jar. You'll be surprised at how much you can fit in the small space.

## Pack layers tightly

You want as little air as possible between layers to help your salad stay fresh longer.

## Keep your jars upright

When storing or transporting, keep jars upright to prevent the dressing from reaching the greens.

## How to eat it

Shake up your jar and then pour everything into a bowl and serve! In a pinch, you can eat straight from the jar, but it's hard to mix everything well when it's tightly packed.

You've heard to "eat the rainbow." Well here's why. The colors found in nature are each associated with different phytonutrients.

By eating a wide range of them, you provide your body with a broad spectrum of nutrition. For instance, carrots and yellow bell are rich in beta-carotene, red peppers contain lycopene, and red cabbage has powerful antioxidants...everything in this salad is packed with nutrition, but we just love how it tastes!

Shaheen Lakhani

# Chicken Vegetable Barley Soup

CONTRIBUTED BY: JABEEN SHAIKH

## INGREDIENTS:

2 Quarts Chicken Broth  
1 ½ cups shredded cooked chicken  
½ cup dry barley  
2 Large Carrots, chopped  
2 Stalks celery, chopped  
1 can (14.5 oz) diced tomatoes with juice  
1 onion chopped  
1 can black beans or garbanzo beans  
3 bay leaves  
2 tsp garlic paste  
1 tsp salt  
¾ tsp pepper  
1 tsp white sugar  
1 tsp curry powder  
½ tsp coriander powder  
½ tsp cumin powder  
1 tsp paprika  
1 tsp dried parsley  
1 tsp Worcestershire sauce  
2 Tbs lemon juice

## METHOD:

Add 2 tbs oil to a large pot and sauté the onions, celery, and carrots for 4 to 5 min.

Add garlic and sauté additional 2 min.

Pour Chicken Broth in.

Add the shredded chicken, barley, carrots, celery, canned tomatoes, beans, and bay leaves.

Add the rest to the ingredients (except lemon juice), bring to a boil then cover and simmer over medium-low heat for 90 min.

You may add some water if soup is too thick.

Add lemon juice and remove bay leaves before serving

Enjoy!

## METHOD:

Heat olive oil in a large pot over medium heat. Add onions, celery, and garlic. Cook and stir until vegetables begin to soften, about 5 minutes. Add thyme, tarragon, and celery seed and cook for 30 more seconds.

Add the broth and potatoes. Bring to a boil and reduce heat to medium-low. Cover and simmer for 5 minutes. Add broccoli and simmer 5 - 7 more minutes, until broccoli and potatoes are tender.

Carefully use a hand blender to blend areas of the soup but it should still be chunky. I prefer not blending it until smooth

Whisk together milk and flour until smooth and add to soup. Increase heat to medium and cook until mixture is bubbly and has thickened, stirring constantly. Add both cheeses and sprinkle with fresh ground pepper. Heat until cheeses are melted.

# Skinny Broccoli Soup

**CONTRIBUTED BY: AIMAN DAUDALY**

## INGREDIENTS:

1 tsp extra virgin olive oil  
1/2 cup chopped onions  
1/2 cup chopped celery  
1 garlic clove, minced  
1/2 tsp dried thyme, dried tarragon, and celery seed  
2-1/2 cups no-salt-added chicken or vegetable broth  
1 cup peeled and diced potatoes  
3 cups small broccoli florets  
1 cup low-fat milk (or 1%)  
2 Tbsp all-purpose flour  
3/4 cup shredded light sharp cheddar cheese  
1/4 cup freshly grated Parmesan cheese  
freshly ground black pepper



““ CALL ON YOUR  
*Lord*

TO GIVE US A VARIETY OF  
FOOD WHICH THE EARTH PRODUCES,  
SUCH AS GREEN-HERBS,  
CUCUMBERS, GARLIC, LENTILS,  
AND ONIONS... (2:61) ””

## METHOD:

Soak barley and wheat all night  
(if don't have one just do either)  
Next day rinse and clean

Take chicken (rinse and clean  
in vinegar) and add lasan/adu  
and salt

In a pan add chicken and cook  
for a little bit to take out smell  
of chicken

Add barley/wheat, tomato,  
onion and add water.

Boil in slow heat.

When cooked (1 hour to 1 1/2  
hour) take out chicken and  
shred

Blend soup with hand machine  
Add chicken.

In fry pan add butter (or little  
butter and oil), add a small  
handful of onion and fry till  
golden brown and add to soup  
with cilantro and lemon.

# Barley Soup

**CONTRIBUTED BY: SAMEERA YUSUFALI**

## INGREDIENTS:

1 cup of barley  
1 cup wheat (optional)—soak all  
night  
2-3 soup chicken pieces  
1/4 lasan  
1/4 adu  
1 tsp. salt  
4 cups of water  
(when dry keep adding cups)  
1 tomato  
1/2 onion chopped  
1 small handful of onions for later  
frying  
1 small cilantro bunch  
1/2 lemon (to taste)

# Fusion Chicken Corn Soup

**CONTRIBUTED BY: ZOHRA KANJI**

## INGREDIENTS FOR CHICKEN AND STOCK:

250-300g chicken  
Salt to taste  
1 teaspoon garlic paste  
1 teaspoon ginger paste  
Some black pepper  
1 teaspoon cumin coriander powder  
Few splashes vinegar  
1-2 mugs of water

## INGREDIENTS FOR SOUP:

Coriander 8-10 sprigs  
Green chili (optional)  
2-3 cups sweetcorn  
2 tablespoons oil  
1 mug milk (semi-skimmed)  
Soy sauce  
Vinegar  
1 egg  
Coriander

## METHOD:

Boil the chicken in all the ingredients. Once boiled, shred the chicken and save the stock, you will need it all. Blend half of the sweet corn with some water to make a paste. You can blend all of it, but leaving half of it adds a bite, set aside.

In a deep pot heat around 2 tablespoons of oil, add the coriander, let it fry and then add the blended corn mixture. Add some black pepper followed by the shredded chicken and the reserved chicken stock.

Let it simmer then put in a mug of milk. If you left some of the corn as a whole add it at this stage. Put in around 4 tablespoons of soy sauce. Add more water if needed. I normally add 2 mugs approximately.

Taste for salt and adjust accordingly, as the stock and soy sauce may make it salty. Beat an egg (or two if u want more) in a bowl. When the soup is boiling, use a tea or oil strainer and gradually pour the egg in, GO SLOW or else you will end up with scrambled egg bits instead of fine egg strings.

Lastly for thickening the soup, add 2 tablespoons of cornflour into quarter mug of cold water, stir to make smooth mix and add into the soup, let it simmer till it boils, add few splashes of vinegar and its ready to serve.



## METHOD:

Fry the onion until it is golden, add the turmeric and add then a cup of water.

Place the lid and let the onion soften (2-3 minutes).

Place the chickpeas, beans and lentils in a large pot, add another 8 cups of water, bring to a boil over medium-high heat. Reduce heat to medium, cover and cook until lentils are tender.

Add the chopped vegetables, noodles, salt and pepper. Stir well, cover and cook for another 30-40 minutes on medium-low heat.

Add more water if needed. Taste and adjust the seasoning. In medium pan, heat 3 tablespoons olive oil over medium-high heat.

Add sliced onions and fry until golden. At this stage, adding small amount of turmeric to the fried onion is optional.

Add the dried mint and sauté few seconds.

Pour the soup in a large serving bowl, garnish with fried onion and mint mixture and drizzle with a generous amount of liquid kashk. Serve hot with warm bread and extra kashk on the side. Enjoy!

# Ash Reshteh

(PERSIAN BEAN AND NOODLE THICK SOUP)

CONTRIBUTED BY: TOOBA JAVID

## INGREDIENTS:

- 1 cup red kidney beans, cooked\*
- 1 cup chickpeas, cooked
- 1 cup lentils, soaked, drain
- 1 bunch parsley, chopped
- 1 bunch cilantro, chopped
- 1 bunch spinach, fresh or frozen, chopped
- 1 bunch scallion or chives, chopped
- Salt and pepper to taste
- 6 ounces dried noodles, you may find Reshteh (noodles) in Persian grocery stores
- 1/2 teaspoon turmeric
- 1 medium onion, sliced
- Water

\*Cook in advance with water and a of bit of salt or use canned.

## INGREDIENTS FOR GARNISH:

- 1 large onion, thinly sliced
- 2 tablespoons dried mint
- Vegetable oil or olive oil
- 1 cup kashk (liquid whey)

# Hearty Vegetable Soup

CONTRIBUTED BY: SHAHEEN LAKHANI

## INGREDIENTS:

1 Tbsp. olive oil  
1 medium onion, chopped  
2 medium carrots, sliced  
2 cloves garlic, chopped  
1 cup white corn kernels  
1 (14.5 oz) can diced tomatoes,  
no salt added  
3 cups low-sodium organic vegetable  
broth  
1 tsp. dried ground thyme  
2 bay leaves  
1 cup broccoli florets  
(or cauliflower florets)  
2 medium red or white potatoes, cut  
into  $\frac{3}{4}$ -inch cubes  
1 medium yellow squash,  
cut into  $\frac{3}{4}$ -inch cubes  
1 cup medium zucchini,  
cut into  $\frac{3}{4}$ -inch cubes

## METHOD:

Heat oil in large stockpot over medium-high heat.

Add onion and carrots; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.

Add garlic; cook, stirring frequently, for 1 minute.

Add corn, tomatoes, broth, thyme, and bay leaves. Bring to a boil. Reduce heat to medium-low; cook, stirring occasionally, for 10 minutes.

Add broccoli and potatoes; cook, stirring occasionally, for 5 to 6 minutes.

Add squash and zucchini; cook, stirring occasionally, for 5 to 6 minutes.

” HE CAUSES TO GROW FOR YOU

THEREBY THE CROPS,

*olives,*

PALM TREES, GRAPEVINES,

AND FROM ALL THE FRUITS.

INDEED IN THAT IS A SIGN FOR A

*people who give thought....(16:11)* ”



# Healthy Spicy Prawn Soup

CONTRIBUTED BY: SAIRHA NURMOHAMED

## INGREDIENTS:

- 1 tbsp coconut oil
- 200g crunchy stir fry vegetable bag
- 140g mushrooms
- 2 tbsp green Thai curry paste
- 400ml low fat coconut milk
- 400 ml veg stock
- 300g fine egg straight to wok noodles (to make it healthier you could add rice vermicelli noodles instead)
- 200g frozen large king prawns

## METHOD:

Sauté the vegetables and mushroom in the oil for 2 mins, then remove from the ip.

In the same pot fry the green curry paste for 1 min, then throw in the coconut milk and veg stock, let it come to the boil, and then throw in the prawns.

Close ip, set to manual for 2 minutes. QR, change to sauté mode and throw in noodles, cook for a further 2 mins. Done!





# Masoor Daal Soup

**CONTRIBUTED BY: FATIMA ALIDINA**

## INGREDIENTS:

4-5 medium carrots  
chopped into chunks  
2 tbsp masoor daal  
(adjust up or down for  
desired thickness)  
2 celery sticks chopped  
Spring onions  
600ml Chicken stock

## METHOD:

Saute the spring onions in some  
butter with garlic. Add carrots,  
spring onions and daal.  
Add salt, pepper and fresh red chilies  
to taste. Add stock and stir  
Cook in soup mode for 12 mins on  
sealing NPR. Once done garnish with  
coriander and a dash of lemon







# Homemade Beet Chips

---

## INGREDIENTS:

2 medium beets  
1 teaspoon extra-virgin olive oil

## METHOD:

Preheat oven to 350 degrees.

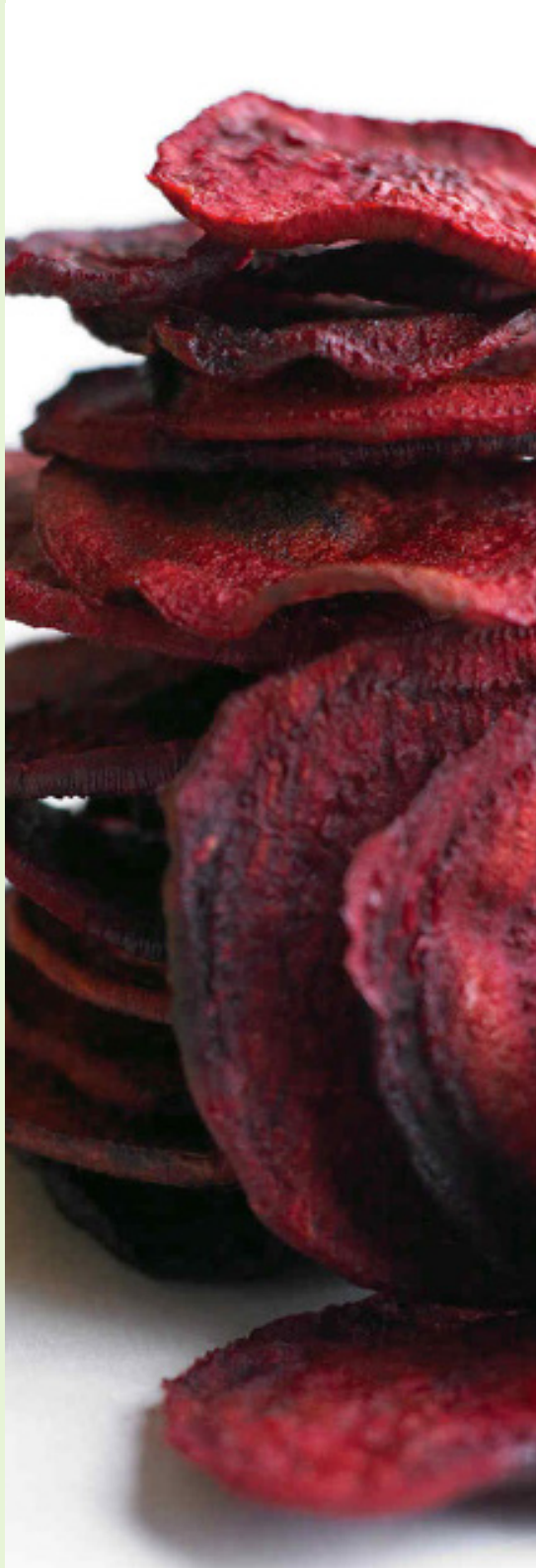
Peel beets and slice 1/16 inch thick with a mandoline.

In a large bowl, toss beets with extra-virgin olive oil.

On a rimmed baking sheet, arrange beets in a single layer. Bake until edges of beets begin to dry out, about 20 minutes.

Uncover and rotate chips. Bake 10 to 20 minutes, removing chips as they become lightened in color.

Transfer to a rack; chips will crisp up as they cool.







# Homemade Zucchini Chips

---

## INGREDIENTS:

2 large zucchini, thinly sliced  
Kosher salt  
Freshly ground black pepper  
1 1/2 c. freshly grated Parmesan  
Sauce, for dipping

## METHOD:

Preheat oven to 400° and line a baking sheet with parchment. Arrange zucchini slices on baking sheet and season with salt and pepper. Top each with Parmesan. Bake until deeply golden and crisp, 20 to 25 minutes. Serve with marinara, salsa, or any other sauce!

# No fat Tea bread

CONTRIBUTED BY: NURJEHAN WALJI

## INGREDIENTS:

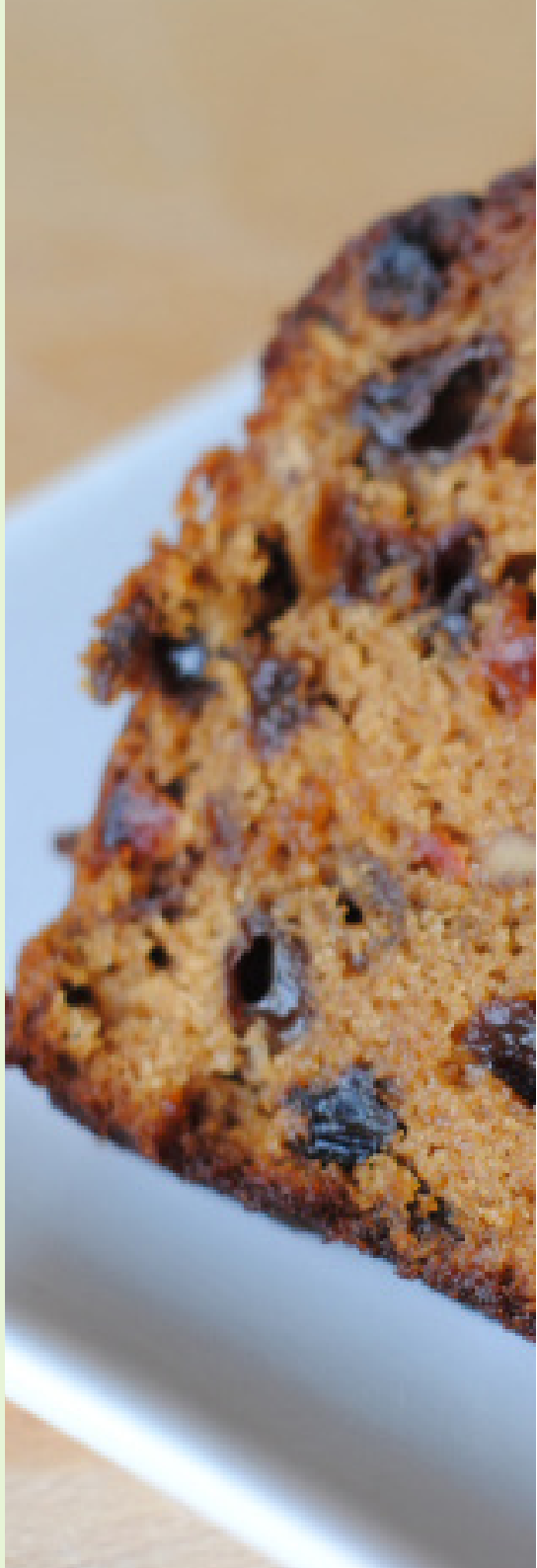
12 oz mixed dried fruit  
¼ pt strong tea  
½ lb self-rising flour  
4 oz demerara sugar  
1 ½ level tsp mixed spices  
2 large eggs

## METHOD:

Grease a 2-lb loaf tin & base lined.  
Soak dried fruits in tea overnight.  
Preheat the oven to 350 degrees.  
Mix the flour, sugar and mixed spices together. Beat the eggs into the mixed fruits.

Then add the dry ingredients, stir until well mixed. Pour mixture into the tin and level top with the back of a spoon and sprinkle over some sugar.

Bake just above centre of oven for 1 to 1 ¼ hours or until cooked.



## METHOD:

Roast the oats by placing them under the grill. Once cooled, add the pitted dates and nuts.

In a separate bowl, mix together 15 tablespoons of tahini and 18 tablespoons of date syrup.

Give the mixture a taste before adding it to the oats. If it tastes a bit sour, add another tablespoon or two of date syrup.

Add this mixture to the oats and mix well until well incorporated.

Flatten it out in a tray keeping the desired thickness and place it in the fridge.

After 2-4 hours, it should be ready to be sliced into cereal bars.

# Persian date granola bars

CONTRIBUTED BY: SIDIKA VALLI, QOM IRAN

## INGREDIENTS:

4 cups Oats  
Tahini  
Date syrup  
Pitted Dates  
Nuts (optional)

## NOTE:

You can play with the mixture and add less (or more!) of the tahini and date syrup mixture to the oats, or reduce the date syrup and substitute with natural honey or sprinkle desicated coconut before placing it in terms fridge to cool.

Desired nuts to use are hazelnuts and almonds.

\*\* children under three should consume date syrup in moderation

# Almond Joy energy bites

CONTRIBUTED BY: SHAHEEN LAKHANI

## INGREDIENTS:

12 oz.  
(about 2 cups, loosely-packed)  
Medjool dates  
2 cups almonds  
1/2 cup shredded coconut  
1/2 cup unsweetened cocoa powder  
1 Tbsp. coconut oil  
1 Tbsp. vanilla extract  
1/2 tsp. almond extract  
(optional)

## METHOD:

Add dates and remaining ingredients to a food processor.

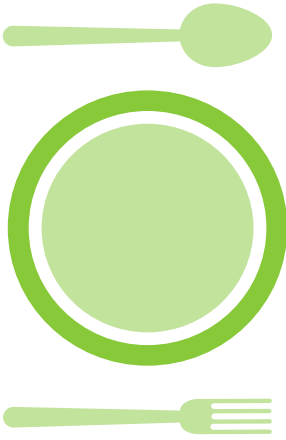
Pulse a few times to combine, then use a rubber spatula to scrape the sides of the bowl.

Blend the mixture for about 3 minutes, or until the mixture has moved past the crumbly stage and begins to clump and stick to the sides of the food processor.

Use a spoon or small cookie scoop to measure out a tablespoon of dough (or your desired size) and roll it into a ball. If desired, roll the ball in a bowl of coconut flakes. Or just set it aside to eat as-is.

Repeat with the remaining dough. (Alternately, you can flatten the dough into the bottom of an 8x8-inch parchment-lined baking dish, then cut it into bars.)

Store the energy bites in an airtight container for up to 2 weeks.



#### METHOD:

Stir all ingredients together in a medium bowl until thoroughly mixed.

Cover and let chill in the refrigerator for half an hour.

Once chilled, roll into balls of whatever size you would like.  
(Mine were about 1" in diameter.)

Store in an airtight container and keep refrigerated for up to 1 week.

Makes about 20-25 balls.

## Chocolate Chip & Peanut Butter no bake energy bites

CONTRIBUTED BY: SHAHEEN LAKHANI

#### INGREDIENTS:

- 1 cup (dry) oatmeal  
(I used old-fashioned oats)
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips or cacao nibs (optional - I opted for mini chocolate chips)
- 1/3 cup honey or agave nectar
- 1 tablespoon chia seeds  
(optional)
- 1 teaspoon vanilla extract

# Pumpkin No Bake Energy Bites

CONTRIBUTED BY: SHAHEEN LAKHANI

## INGREDIENTS:

- 8 oz. (about 1 packed cup) chopped dates
- 1/4 cup honey
- 1/4 cup pumpkin puree
- 1 Tbsp. chia seeds or flax seeds
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- A pinch of salt
- 1 cup old-fashioned oats (dry, not cooked)
- 1 cup toasted coconut flakes
- 1 cup toasted pepitas (pumpkin seeds)

## METHOD:

Combine the dates, honey, pumpkin puree, chia (or flax) seeds, cinnamon, ginger, nutmeg and salt in a food processor, and pulse until smooth and combined.

Transfer the mixture to a large bowl, and stir in the oats, coconut flakes and pepitas until evenly combined. Cover and refrigerate for at least 30 minutes.

Once the mixture is cool (and easier to work with), use a spoon or cookie scoop to shape it into your desired size of energy balls. (Mine were about 1-inch in diameter.)

Alternately, you can line a small baking pan with parchment paper, and press the mixture evenly into the pan, let it cool, and then cut into bars.

Store covered in the refrigerator for up to 2 weeks. (Storing them in the refrigerator especially helps the energy bites hold their shape.)

## METHOD:

Combine the dates, honey, chia seeds, flax seeds and salt in a food processor, and pulse until smooth and combined. You should be able to stir the mixture -- if it is too thick, add in another tablespoon or two of honey.

Transfer the mixture to a large bowl, and stir in the oats, pistachios, dried cranberries, and white chocolate chips until evenly combined. Cover and refrigerate for at least 30 minutes.

Once the mixture is cool (and easier to work with), use a spoon or cookie scoop to shape it into your desired size of energy balls. (Mine were about 1-inch in diameter.)

Alternately, you can line a small baking pan with parchment paper, and press the mixture evenly into the pan, let it cool, and then cut into bars.

Store covered in the refrigerator for up to 2 weeks. (Storing them in the refrigerator especially helps the energy bites hold their shape.)

# Cranberry Pistachio Energy Bites

CONTRIBUTED BY: SHAHEEN LAKHANI

## INGREDIENTS:

- 8 ounces (about 1 packed cup)  
chopped dates
- 1/2 cup honey
- 1 Tablespoon chia seeds  
(optional)
- 1 Tablespoon ground flax seeds
- A pinch of salt
- 1 1/2 cups old-fashioned oats  
(dry, not cooked)
- 1 cup shelled pistachio nuts
- 1 cup dried cranberries
- 1/3 cup white chocolate chips  
(optional)

# Date Balls

CONTRIBUTED BY: ASIYA KHAKI

## INGREDIENTS:

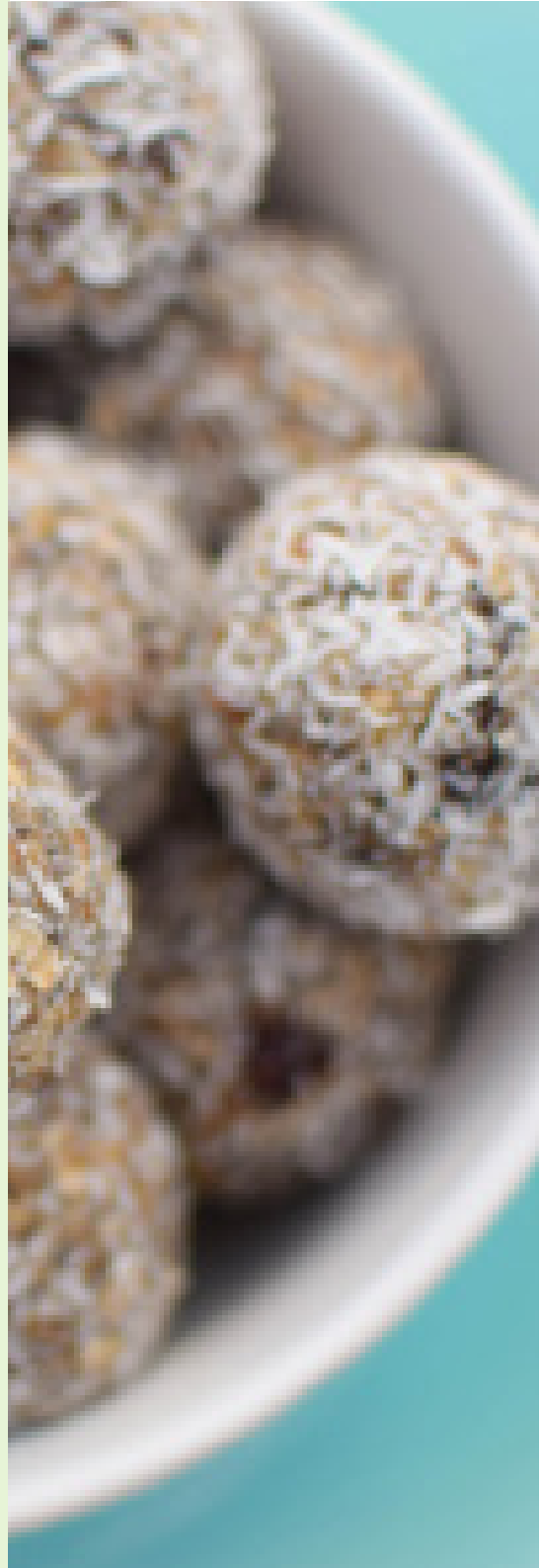
4 dates. 1 tbsp Cocoa Powder  
1/4 cup of Nuts  
(walnuts or cashews work great)  
1 tsp Honey

## OPTIONAL INGREDIENTS:

Pinch of Sea Salt  
Pumpkin Pie Spice

## METHOD:

Using a ninja, crush the nuts to smaller bit size pieces. Add the remaining ingredients and pulse until a loose mixture is formed. Remove contents and roll into balls.





## METHOD:

In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.

Preheat oven to 350 degrees F (175 degrees C).

Coat one side of each flour tortilla with butter flavored cooking spray.

Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.

Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges.

Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

# Fruit Salsa and Cinnamon Chips

---

## INGREDIENTS:

2 kiwis,  
peeled and diced  
2 apples - peeled,  
cored and diced  
8 ounces raspberries  
1 pound strawberries  
2 tablespoons white sugar  
1 tablespoon brown sugar  
3 tablespoons  
fruit preserves, any flavor  
10 (10 inch) flour tortillas  
butter flavored cooking spray  
2 tablespoons cinnamon sugar

# Spicy Roasted Sweet Potatoes

CONTRIBUTED BY: ZAHIRA LADAK

## INGREDIENTS:

3 medium sweet potatoes, scrubbed clean  
2 tablespoons olive oil  
1 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon chili powder  
1/2 teaspoon paprika  
1 teaspoon parsley  
1/4 teaspoon cumin powder

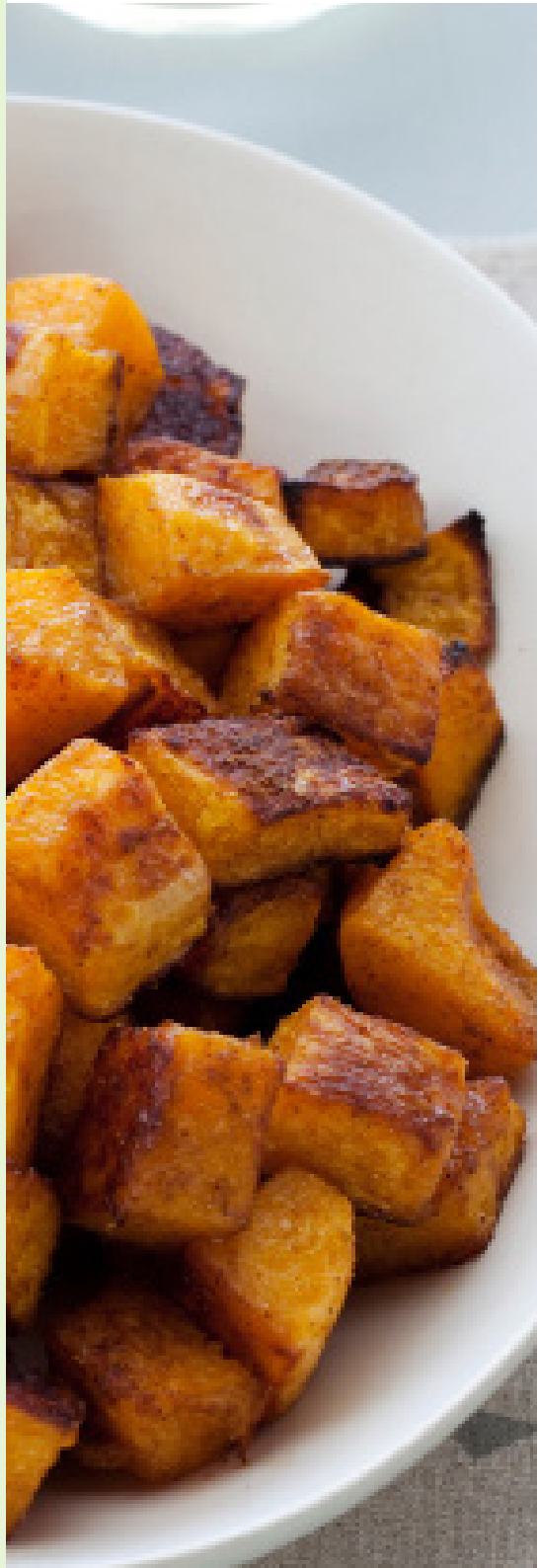
## METHOD:

Preheat the oven to 450° F. Cut the sweet potatoes into equal sized wedges.

Arrange the sweet potato wedges on a baking sheet and drizzle with the olive oil and sprinkle the the dry ingredients. Toss the sweet potato wedges to coat evenly.

Place into the preheated oven and roast until the potatoes are browned, crispy on the outside and fork tender on the inside, about 25 minutes.

Remove from the oven and serve.



## METHOD:

Boil the potatoes until soft.  
Peel and cut into small cubes

In a wok that has been heated well, add oil, then quickly add all the remaining ingredients (except lemon).

You will see them sizzle in the heat, but be careful not to let them burn.

Stir fry until you can smell the fragrance and then add the cubed potatoes.

Toss Gently to combine and add lemon juice

ENJOY!

## Green Chili Cumin Potatoes

CONTRIBUTED BY: JABEEN SHAIKH

## INGREDIENTS:

1 8 Lb bag of Potatoes  
2 bunches coriander/cilantro leaves,  
fresh and chopped finely  
5 to 10 green chillies,  
chopped finely  
(depending on taste and level of heat  
desired)  
3 tbs cumin seeds  
Juice of 3 to 5 Lemons  
¼ cup oil (preferably mild olive oil  
or ghee)  
Salt to taste

# Afghan Pirki

CONTRIBUTED BY: NOORBIBI ARIFI

## INGREDIENTS:

### DOUGH:

Self-rising flour - 1.5kg  
Chapatti flour - 2 hand full  
Salt - 1 tablespoon  
Yeast - 1 full teaspoon (leave in 100ml warm water)  
Vegetable Oil - 5 tablespoons  
Water (approx. 1.5 litre, may need more/less)

### FILLING:

Leeks - 500g (chopped/diced)  
Coriander - 100g (chopped)  
Parsley - 50g (chopped)  
Spinach Puree - 400g (drained using sieve)  
Garlic - Half bulb (peeled and grated)  
Onion - 3 or 4 big (peeled and grated)  
Green Chilli - (chopped)  
Seasoning - mix salt (1 tablespoon), curry powder (1/2 table spoon) and Vegetable masala (1 tablespoon)  
Vegetable Oil - 300ml

## METHOD:

### DOUGH:

Add flours, salt, yeast, oil into a large mixing bowl. While mixing, add water until dough consistency is formed, knead the mixture thoroughly (make sure dough isn't sticky). Once dough is formed, cover and wrap bowl. Leave in warm place until risen (approx. 4hrs).

### FILLING:

Heat the oil into a large non-stick wok and add onion, saute for 3mins. Add garlic, mix until garlic and onion are brown in colour. Add the spinach puree, coriander and parsley and mix for approx. 7mins. In a separate pan, add leeks and heat for approx. 5mins until soft. Then add the leeks to the wok mixture and stir. Add the seasoning and chilli. Mix thoroughly on heat for approx 3mins, then turn off the heat.

### PIRKI:

Preheat a large oven proof tray in the oven, 240 degrees. Roll out dough and cut into medium sized circles (using circular shaped cutter or bowl and knife). Add spinach mixed onto half the circle using spoon and the fold the other half of the dough over to make semi-circle/moon shaped. Brush oil onto the preheated tray and transfer the Pirki onto it (approx. 4 Pirkis will fit onto the tray at a time). Dip finger into water and seal the Pirki along the edges (brush water on top to give golden brown finish). Put into oven to cook until golden brown (approx. 10mins). Repeat step 13-18 until dough or spinach mixture has finished.

A photograph of two eggplants, one slightly behind the other, showing their characteristic dark purple, glossy skin and green stems. The eggplants are positioned vertically on the left side of the page.

# Ringna

## (EGGPLANT APPETIZER)

CONTRIBUTED BY: SAMEERA YUSUFALI

### INGREDIENTS:

One eggplant  
Lasan  
1 whole tomato  
½ onion  
salt  
pepper

### METHOD:

Cut eggplant in half and put some oil on face and put face down on the pan and grill eggplant. Broil for 10-15 mins until soft

Spoon out eggplant and throw out skin. Mash eggplant. In pot, saute onion (very small diced) when golden brown, add ½ tsp. lasan and one green chili (diced small), and one fresh tomato (either grinded or blended in machine). If you have crushed tomato or tomato sauce add a little for color. Add eggplant, then add salt to taste, ¼ black pepper, and a little lemon. Lastly, with small piece of coal, smoke slightly.

# Dhokra

CONTRIBUTED BY: MUMTAZ HASHAM

## INGREDIENTS:

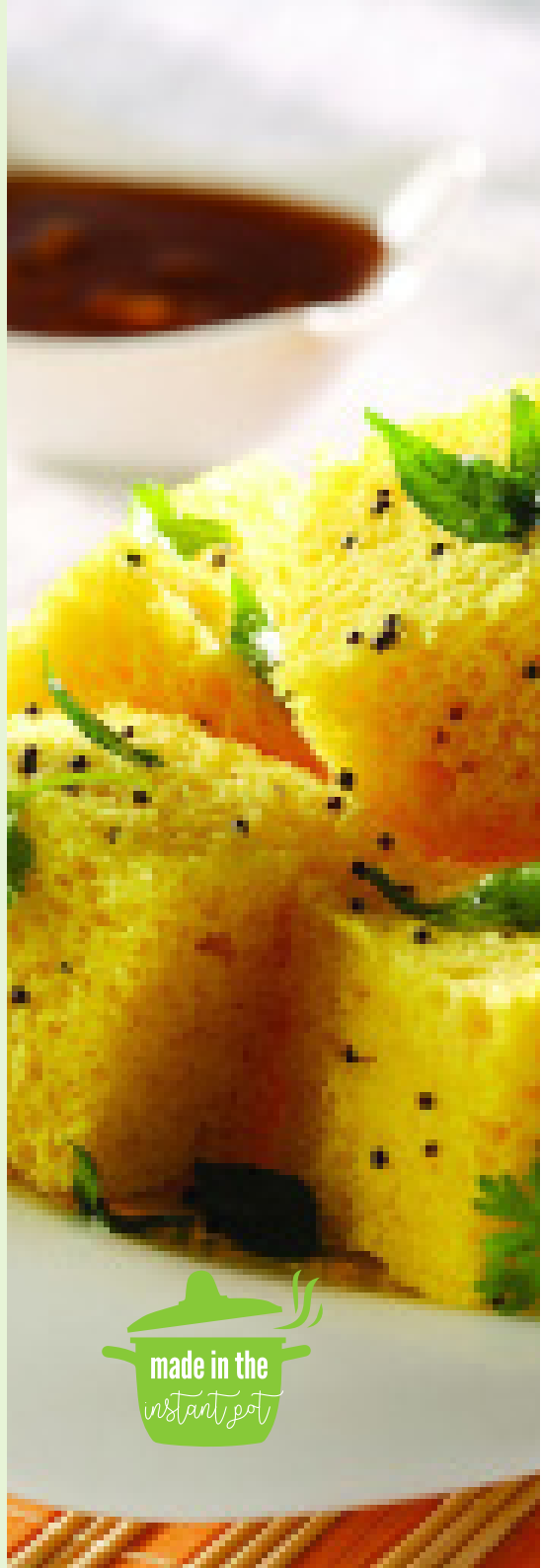
- 1 cup sooji coarse
- 3/4 cup plain yoghurt
- 3 tbsp lemon juice
- 1 tsp garlic paste
- 3/4 tsp salt
- 1/4 tsp haldi
- 3/4 cup hot water
- 1/3 bunch chopped coriander
- 1 pkt or 1 tsp Eno

## METHOD:

Prepare above mixture. Grease round pan and manual for 10 mins -- NPR  
When done remove from pot sprinkle with chilly powder and let cool completely

While it's steaming you can do your wagar as follows:

- 1 tbsp oil
  - 1/2 tsp mustard seeds (rai)
  - Sliced green chillies
  - 7-8 curry leaves
  - 1 tsp sesame seeds
- Pour mixture on dhokra.



## METHOD:

Switch on instant pot on sauté high, add chicken mince and fry till no water seen--about 20-23 min

Add finely chopped onion, peas and sweetcorn.

Leave to cool, cut the wraps in half, Add the mixture  
Fold over and seal with flour and water paste

You can air fry them, grill them, bake them or put in toaster  
Also light spray both sides with flora 1 cal spray

Lastly, with small piece of coal, smoke slightly.



# Tortilla Samosa

CONTRIBUTED BY: RUBINA HUSSEIN

## INGREDIENTS:

1kg chicken mince  
1 tbsp oil  
Fry the mince with oil  
1.25 tsp salt  
1 tsp garlic paste  
1/2 tsp ginger paste  
2 tbsp Shan masala tikka seekh kebab powder  
1/4 tsp haldi  
1 tsp dhana jeera powder  
1/2 tsp red chilli powder







# Breakfast Dishes



# Banana Oatmeal Muffins

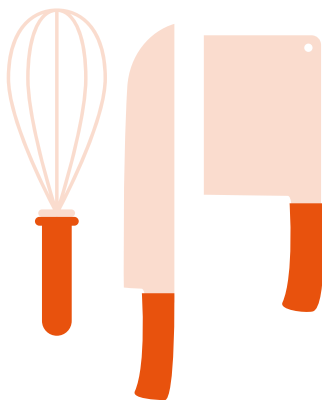
CONTRIBUTED BY: AIMAN KARIM DEWJI

## INGREDIENTS:

1 1/2 Cups uncooked Oatmeal  
1 1/4 Cups Flour  
1 1/2 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon cinnamon  
1/4 teaspoon salt (optional)  
A pinch ground nutmeg  
1/2 cup sugar  
1 whole egg  
1/4 cup oil  
1 teaspoon vanilla  
3 whole ripe bananas mashed

## TOPPING:

1/2 cup oatmeal  
1/4 teaspoon cinnamon  
2 Tablespoons brown sugar  
2 Tablespoons melted butter



## METHOD:

In a large bowl mix oatmeal, flour, baking powder, baking soda, cinnamon, nutmeg and sugar together.

In a smaller bowl mix egg, oil and vanilla. Add to dry ingredients and stir.

Stir in bananas

Divide into 12 sprayed or lined muffin tins.

In another bowl combine topping ingredients. Sprinkle over muffin batter.

Bake at 375 for 20 minutes

# Banana oat Pancakes with a Berry Compote

METHOD:

PANCAKES

Blend and then make several mini pancakes or 2-3 big ones!

COMPOTE

Bring the blueberries, sweetener, lemon juice, and water to a boil.

Reduce to simmer then add slurred cornstarch/water

Let thicken.

Use other berries for different flavors

Store in a air tight mason jar for up to 2 weeks.

**CONTRIBUTED BY: AIMAN DAUDALY**

INGREDIENTS:

1/2 banana

2 eggs

Handful of oats-1.5-2 tbsp

Cinnamon

Vanilla

Blend and then make several mini pancakes or 2-3 big ones!

BLUEBERRY COMPOTE:

1 cup fresh or frozen blueberries-  
used frozen

1 tbsp of sweetener of your choice-  
used stevia.

2 tsp fresh lemon juice

2 tbsp water

1/2 tsp cornstarch

1 tbsp water (extra)

☞☞ Surely there is a lesson

FOR YOU IN THE CATTLE:  
WE PROVIDE YOU TO  
DRINK OUT OF THAT WHICH  
IS IN THEIR BELLIES...

*pure milk*

WHICH IS AN APPETIZING  
DRINK... ☞☞





# Low calorie French toast

**CONTRIBUTED BY: AIMAN DAUDALY**

## INGREDIENTS:

2 slices of low fat whole wheat  
bread.  
(I prefer Sara Lee 45 calories/slice)  
1 egg  
2 tsp maple syrup/honey  
1 tsp cinnamon  
2 tbsp milk

## METHOD:

Combine egg, 2 tsp maple/honey, 1  
tsp cinnamon, 2 tbsp milk.  
Let bread soak 5 min. Turning half  
way

Heat skillet  
Use nonstick spray and. Cook each  
side 2-3 min

Top with fresh berries and enjoy with  
a tall glass of milk!

# Overnight Chai Oats

## INGREDIENTS:

- 1 cup oats
- 1 cup almond-coconut milk
- 2 tablespoons chia seeds
- 2 tablespoons shredded coconut
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon ground ginger
- 1/4 teaspoon nutmeg

## METHOD:

Combine oats, almond-coconut milk, chia seeds, coconut, cardamom, cinnamon, vanilla extract, ginger, and nutmeg in a bowl or mason jar. Cover with plastic wrap and refrigerate, 8 hours to overnight, top with your choice of fresh fruit before eating!



# Egg Muffin Frittata

## METHOD:

Heat oven to 350°F.

Beat eggs, milk, salt and pepper in medium bowl until well-blended.

Add cheese, zucchini, bell pepper and onion; mix well. Spoon evenly into 12 greased muffin cups, about 1/4 cup each.

Bake in 350°F oven until just set, 20 to 22 minutes. Cool for 5 minutes.

Remove from cups; serve warm.

## OTHER INFO

These flavorful muffin frittatas can be made ahead; just reheat in the microwave for a quick breakfast, snack or appetizer.

Quick breakfast solutions: Bake muffin frittatas the night before and refrigerate. Quickly re-warm in the microwave in the morning.

Lighter Option: This frittata muffin recipe can be made with reduced-fat cheese, if desired.

## INGREDIENTS:

6 eggs  
1/2 cup milk  
1/4 tsp. salt  
1/8 tsp. pepper  
1 cup shredded Cheddar cheese  
(4 oz.)  
3/4 cup chopped zucchini  
1/4 cup chopped red bell pepper  
2 tbsp. chopped red onion  
Any other meats/vegetables of your  
choice

# Healthy Fruit Salad

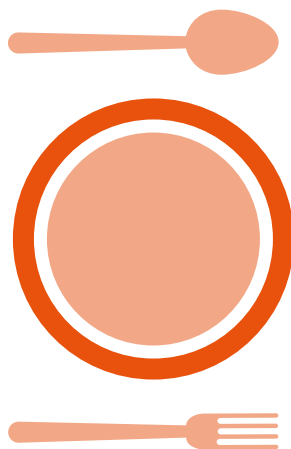
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## INGREDIENTS:

1 cup uncooked quinoa (tricolor)  
1½ cup strawberries, sliced  
1 cup blackberries  
1 cup blueberries  
1 mango, diced

### Honey Lime Glaze:

¼ cup honey  
2 tablespoons lime juice  
1 tablespoon chopped basil for garnish



## METHOD:

Rinse and prepare the quinoa according to package. Let quinoa cool to room temperature.

In a large bowl, combine quinoa, strawberries, blueberries, and mango.

## GLAZE:

In a small bowl combine the honey and lime juice. Drizzle over the fruit salad and toss to coat.

Garnish with fresh basil.





# Skinny Fried Egg and Avocado Toast

---

## INGREDIENTS:

- 2 eggs (fried sunny side up)
- 2 slices of bread (toasted)
- 1 small avocado
- 1 teaspoon lime juice
- Sea salt
- Black pepper
- Parsley (optional for topping)

## METHOD:

Prepare toast and fried eggs to personal preference.

Peel and mash avocado with the lime juice, salt and pepper.

Spread avocado evenly on each slice of toast then top each with a fried egg and additional seasonings you prefer. Serve immediately.





# Cauliflower grilled cheese

CONTRIBUTED BY: AIMAN KARIM DEWJI

## INGREDIENTS:

- 1 head cauliflower,  
(to make about 4 cups processed cauliflower)
- 2 eggs, lightly beaten
- 1/2 c. finely grated Parmesan
- 1/2 tsp. oregano
- 1 1/2 c. shredded white Cheddar

## METHOD:

Cut cauliflower into florets. Process cauliflower florets in a food processor until the texture resembles rice.

Alternatively, you can grate the cauliflower.

In a medium bowl, combine processed cauliflower, eggs, Parmesan and oregano. Mix until evenly combined then season with salt and pepper.

Heat a large nonstick skillet over medium heat. Spray with cooking spray then scoop the cauliflower mixture into a small patty on one side of the pan.

Repeat to form a second patty on the other side. (These are your “bread” slices.) Press down on both pieces with a spatula and cook until golden underneath, about 5 minutes. Flip and cook until the other sides are golden, about 3 minutes more.

Top one cauliflower slice with cheese then place the other cauliflower slice on top. Cook until the cheese is melted, about 2 minutes more per side. Repeat with remaining ingredients.

## METHOD:

Boil the sweet potatoes until soft,  
then peel

In a saucepan, warm the oil and  
add the chilli flakes, basil and salt

After a few minutes add the  
chopped tomatoes and simmer  
Chop the carrots into small pieces  
and add to the tomatoes, cook  
until soft

Add the lentils and simmer for 5  
minutes

Pour into an ovenproof dish  
In a separate bowl add the peeled  
potatoes, add 1-2 teaspoons of  
milk and mash until soft and a  
smooth paste is formed

Spoon (or pipe!) onto the lentil  
mixture.

Top with crumbled feta cheese  
Bake in oven for 20 minutes.

# Healthy Vegetarian Cottage Pie

**CONTRIBUTED BY: ALISHA ALANA**

## INGREDIENTS:

400g Italian chopped tomatoes  
(1 tin)  
390g green lentils  
(1 tin)  
1 teaspoon coconut oil  
3 carrots  
Basil leaves  
3 medium-sized sweet potatoes  
Almond milk  
100g feta cheese  
Pinch salt  
Chilli flakes

# Portuguese style Tomato rice

CONTRIBUTED BY: FATIMA BANDALI

## INGREDIENTS:

300g of rice  
1 small onion  
1 clove garlic  
2 tablespoons olive oil  
250g chopped tomato  
1 Tbsp tomato puree (optional)  
1 medium carrot cut in slices  
1 bay leaf  
Salt to taste

## METHOD:

Pre-soak the rice for half an hour before cooking if possible but not essential.

In a non-stick pot saute the chopped onion and the garlic clove in the olive oil.

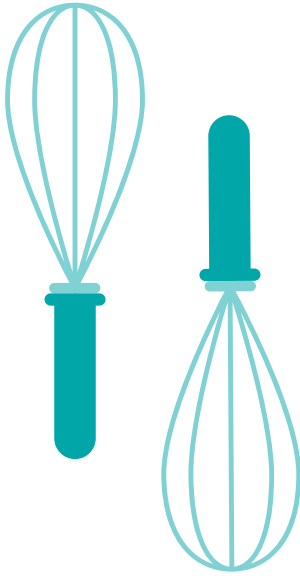
Then, add the chopped tomatoes with skin, carrots and a bay leaf to the pot.

Add the water (1 ½ or 2 times the volume of the rice), season with salt and pepper (optional) and bring to the boil.

Add the rice, washed and drained.

Bring to the boil, cover and simmer for about 20 minutes or until cooked. You can add peas if you like the taste - I usually don't!

Serve with grilled fish, chops, or any other dish, and why not top it with a Portuguese style salad and enjoy the Lusitania flavours?!



### METHOD:

Put 1 ½ cups of rice and ½ cup washed masoor in rice cooker

Add three cups of water

Add a little less than 2 flat tsp. of salt

Cook masala mixture and add to rice cooker

Note: Goes great with keema saag and red kabaab saag.

# Masoor Rice

CONTRIBUTED BY: SAMEERA YUSUFALI

INGREDIENTS:

MASOOR RICE:

Two cups of rice  
(\*one cup is for two people)  
½ cup masoor  
(washed 2-3 times)

MASALA:

2-3 tbsp. of oil  
A handful of onions chopped  
1 tsp. of jeeru (flatish)  
2-3 small pieces of taj  
5-6 loving  
3-4 elchi  
A little less than ½ tsp. lasan  
½ tsp. hardar

# Cabbage Curry

CONTRIBUTED BY: FATEMA HASHAM

## INGREDIENTS:

1 white cabbage chopped  
1 carrot grated  
1 tsp Rye (Mustard seeds)  
1 Green capsicum chopped  
2 tbsp Oil  
¾ tsp Turmeric powder  
½ tsp Chilli powder  
Salt to taste

## METHOD:

Presoak the chopped cabbage in water for 15-20 minutes.

Put some oil in a large pot and then add the rye and capsicums. Let it cook in the oil for a bit. Then add Turmeric powder, salt and chilli powder.

Mix all the ingredients together. Next add the grated carrots and mix so that all the carrots are covered in the masala. Next add the cabbage and mix so that the cabbage is coated with the masala.

Then cover and let it cook on medium heat. Don't add water as water will be released from the cabbage itself. Mix the cabbage once in a while. When the cabbage shrinks in size and is soft and transparent it is ready.

You can boil the water off or leave some of water if you prefer. Serve with rotli, rice or use as a spring roll filling!



## METHOD:

Heat the oil then add the chopped onions and fry for a bit till the onions become translucent. Next add the whole tin of chopped tomatoes and all the spices and cook for a while till the sauce thickens and the tomatoes become soft and mushy and start removing oil from the sides. Next add the tomato paste and cook for a little while. Then add the chopped spinach and stir everything together. Wait till all the spinach defrosts, stirring once in awhile. Then add the water and wait till it starts to boil then add the coconut powder and mix it all in together (alternatively if you want to use coconut milk instead of powder then you don't need to use water but just put some coconut milk instead). Then wait for the curry to become the thickness you want. If you like it watery then don't boil it for too long and if you like it thick then let it boil till it becomes the consistency you like.

Serve with rotli or rice.

# Spinach Curry

**CONTRIBUTED BY: FATEMA HASHAM**

## INGREDIENTS:

350g of chopped spinach (frozen)  
One tin chopped tomatoes  
One onion chopped  
3 tbsp Oil  
½ cup of water  
Tomato paste 1 tbsp  
Coconut powder 2 tbsp  
Salt 1½ tsp  
Chilli ½ tsp  
Hardar ½ tsp  
Mixed herbs ½ tsp

# Gujarati Ringna Bateta

CONTRIBUTED BY: SUKAINA KASSAM

## INGREDIENTS:

A healthier alternative to the fried aubergine and potato curry that I love!

2 medium aubergines, cubed

3-4 Potatoes, cubed

Oil

Tomato, chopped

Tbsp ginger garlic paste

Tsp mustard seeds

Tsp cumin seeds

Salt, to taste

Tsp chilli powder

Half tsp turmeric powder

Tsp coriander powder

1/2 tsp cumin powder

1- 2 tsp jaggery, optional

2 tbsp passata

## METHOD:

Heat a little oil and add mustard seeds, when they pop add the cumin seeds. Add the ginger garlic paste and fry for a few seconds. Put the chopped tomato in and saute till soft. Add the salt, chilli, turmeric, cumin and coriander powder. Mix the spices and add the cubed aubergines and potatoes. Stir it all till the vegetables are well coated in the mixture. Add the passata and jaggery, if using.

Give it all a good stir and add just under half a cup of water. Cover and cook, sealed on manual 2 - 3 mins.

NB: I cooked it for 3 mins manual, NPR but found the aubergines very soft. Hence I would suggest cooking for 2 mins if u like the ringna less mushy and more able to retain their shape. Also forgot that with vegetable curries, it is better to do QPR )

Garnish with coriander leaves and serve with rotli.



## METHOD:

In the main pot using sauté, heat oil, add rai and limbro. When it starts crackling add mixture above. Let the tomato paste sauté for a bit to give some color, then add your boiled Chana, mix well, and sauté. Let the masala coat your Chana.

Add 2-3 potatoe cubes (this I do to make gravy thick) and put 2-3 cups water using manual mode and seal cook for 3 mins. NPR

Open lid and stir - turn simmer on and add the balance of the potatoes, at this time if you find its watery you can mix 1 tbsp flour in water and put in the pot to thicken it, mix well, cancel sauté and cover, seal and manual mode for 2 mins. NPR

Open lid and stir, add lemon juice and cilantro. Serve with Dar bhajia, chevdo and chutney --- mouth watering.



# Chana bateta

## CONTRIBUTED BY: MUMTAZ HASHAM

### INGREDIENTS:

1/2 cup raw Chana soaked for 4 hours and boiled for 20 mins using bean mode with 1/2 tsp kosher salt

Drain and wash boiled Chana and keep aside

Peel and cube 1-2 med size potatoes and keep aside

1 tsp salt

1/2 tsp red chili powder

1/2 tsp harder

1 Tsp salt

3 tsp tomato paste

1/2 tsp crushed garlic

handful chopped cilantro for garnish

1 tbsp lemon juice

Take small bowl add 2 tbsp water and all the above ingredients except lemon juice and mix

3 tbsp oil

1 tsp mustard seeds (rai)

few leaves of limbro (curry leaves)

# Spicy Cooked Eggs

CONTRIBUTED BY: FARZANA REZA HOODA

## INGREDIENTS:

4 eggs  
1 can of sweet cherry tinned tomato -  
can use any tomatoes  
1 spring onion  
1 tsp minced garlic  
Chilli flakes to Taste  
Seasoning to taste  
1 tsp cumin  
Coriander powder  
Handful of chopped fresh coriander  
Fresh coriander to garnish

## METHOD:

Using a large deep frying pan -  
In a little oil (I used rapeseed)  
add the chopped spring onion.

Then add the garlic and tomatoes.

Add the spices and coriander  
and let it simmer for a good  
15 minutes until the flavours have  
infused.

Make 4 little holes in the mixture  
and add 4 eggs separately into  
each hole.

Put a lid on the pan and let it  
simmer slowly until the eggs are  
cooked making sure the yolks are  
not over cooked if you like them  
runny!

Serve in the pan for all to dig in.

Enjoy with fresh bread/  
Naan / pita bread or some  
steamed broccoli.

☞☞ O Moses,

...CALL UPON YOUR  
LORD TO BRING FORTH  
FOR US FROM THE EARTH  
ITS GREEN HERBS AND

*its garlic*... (2:61) ☞☞



# Tuna Cakes

WITH A SPICY AVOCADO JALAPENO  
DIPPING SAUCE

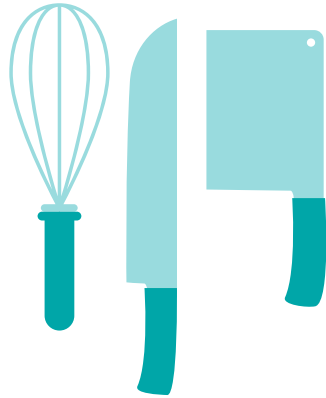
CONTRIBUTED BY: AIMAN DAUDALY

## INGREDIENTS:

2 cans albacore tuna  
1/4 tsp onion powder  
1/4 tsp garlic powder  
Chili flakes  
Himalayan salt  
Black pepper  
Chopped jalapeño  
1/2 Shredded zucchini (squeeze in cloth  
or towel to release all moisture)  
1/4 cup shredded carrot  
1 egg  
2 tbsp old fashioned oats  
1 tsp Greek yogurt

## DIP:

1/2 avocado  
Chopped jalapeño  
Plain Greek yogurt  
Cilantro  
Lemon juice  
Salt  
Pepper  
Water to thin



## METHOD:

### CAKES:

Mix all together and keep in fridge to  
firm for 30 minutes.

Form patties gently with hands.  
Squeeze excess water if needed then  
reform.

Make sure pan is hot first then drizzle  
with a good virgin olive oil.

Gently place 3 in pan and keep on  
medium/low until crispy for 3-4  
minutes then gently turn with a flat  
spatula

### DIP:

Blend in a nutri bullet or blender until  
blended.

Thin more if needed as a dressing

## METHOD:

Place fish in a baking dish and squeeze three wedges of lime over it. Whisk together the oil, chili powder and half of the chopped jalapeno, and pour over the fish.

Let marinate for 15 minutes while you make the salsa. In a small bowl, toss together the tomatoes, onion, cilantro, garlic and remaining jalapeno and lime juice.

Heat a large skillet over medium-high heat. Sprinkle fish with salt. Coat pan with cooking spray. Add fish to pan; cook for 2 minutes.

Turn fish over; cook for 1 minute. Working with one at a time, heat tortillas over medium-high heat directly on the eye of a burner for about 20 seconds on each side or until lightly charred.

Arrange half of a tilapia fillet on each tortilla and garnish with cabbage and salsa.

# Grilled fish tacos

CONTRIBUTED BY: SHAHEEN LAKHANI

## INGREDIENTS:

- 4 (4-ounce) tilapia fillets
- 1/4 cup canola oil
- 1 lime, cut into 4 wedges
- 1 tablespoons ancho chili powder
- 2 jalapeños, chopped and divided
- 4 plum tomatoes, chopped
- 1/4 cup finely chopped red onion
- 2 tablespoons chopped fresh cilantro leaves
- 1 garlic clove
- Pinch of salt
- Olive oil cooking spray
- 8 soft (6-inch) corn tortillas
- 1/4 small head of cabbage, shredded

## WHAT'S THE SKINNY?

325 cal  
9 g fat (1 g sat)  
35 g carbs  
128 mg sodium  
6 g fiber  
7.5 g sugar  
25 g protein

# Parmesan Tilapia

CONTRIBUTED BY: SAMEERA YUSUFALI

## INGREDIENTS:

2 tablespoons Parmesan cheese  
1 tablespoon butter, softened  
2-1/4 teaspoons mayonnaise  
1-1/2 teaspoons fresh lemon juice  
1/8 teaspoon dried basil  
1/8 teaspoon ground black pepper  
1/8 teaspoon onion powder  
1/8 teaspoon celery salt  
1/4 Kg tilapia fillets

## METHOD:

Preheat your oven broiler. Grease a broiling pan or line pan with aluminum foil.

In a small bowl, mix together the Parmesan cheese, butter, mayonnaise and lemon juice. Season with dried basil, pepper, onion powder and celery salt. Mix well and set aside.

Arrange fillets in a single layer on the prepared pan. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes.

Remove the fillets from the oven and cover them with the Parmesan cheese mixture on the top side.

Broil for 2 more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to over cook the fish.



## METHOD:

Marinate salmon for 1/2 hour.  
Preheat oven and grease the  
baking tray generously with  
olive oil.

Mix the above ingredients in a  
bowl. Dip fish pieces into the  
mixture and arrange in one layer  
in the greased tray.

Grill fish until begins to char.  
Turn the salmon and grill the  
other side until cooked.

Heat 1tbsp of Olive oil and add  
the remaining yogurt mix. Cook  
until it thickens.

Once fish is ready, pour the  
sauce over the salmon.

Serve with Spicy Roasted Sweet  
potatoes (in sides and snacks  
section)

# Grilled Creamy Salmon

**CONTRIBUTED BY: ZAHIRA LADAK**

## INGREDIENTS:

6-8 Pcs of Salmon  
(Washed and soaked with 1tsp Salt,  
1tsp Ginger and 1 Lemon)  
3/4 cup yogurt  
2-3 Green chilies finely chopped  
1-2 tablespoons Tandoori Masala  
(depending on spice)  
1/2 bunch Cilantro finely chopped  
1 tablespoon garlic and ginger.

# Salmon tikka

CONTRIBUTED BY: FATIMAZAHRA GULAMHUSEIN

## INGREDIENTS:

Marinate (for 2 pieces of salmon)

Half cup yoghurt

1 and half tsp garlic ginger

1 tbsp tomato purée

1 tsp brown sugar

1 tsp dhana jeeru

Half tsp hardar

Half tsp chilli powder (or to taste)

Salt and pepper to taste

Half tbsp lemon juice

Some fresh coriander

## METHOD:

Slit salmon pieces and put  
marinade over salmon pieces

Put 1 cup water in instant pot and  
put salmon in a dish on the skillet

Steam for 10 mins sealed  
(I did for 5 then checked and  
wasn't done so did another 5 and  
was nice and pink and v tender)  
Quick released once it is done to  
stop extra cooking time

Serve with daal and/or naan





# Salmon Burgers

## INGREDIENTS:

- 1 cup finely chopped red onion
- 1/4 cup thinly sliced fresh coriander
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 (1-pound) salmon fillet, skinned and chopped
- 1 tablespoon hot pepper sauce
- 1 large egg white
- Cooking spray
- 8 (3/4-ounce) slices bread, toasted

## METHOD:

Combine first 5 ingredients in a large bowl. Combine hot pepper sauce and egg white in a small bowl; add egg white mixture to salmon mixture, stirring well to combine. Divide the mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add salmon patties, and cook 3 minutes on each side or until cooked as desired. Serve patties on toasted bread or buns.

# Chicken Mishkaki

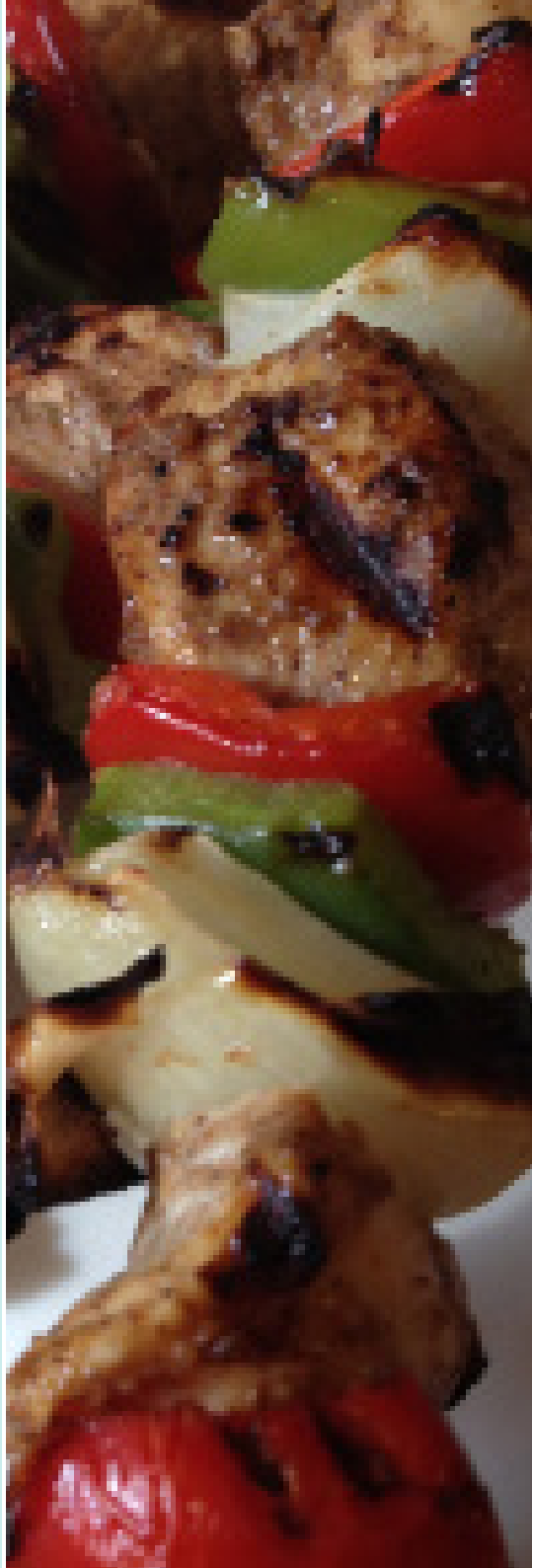
CONTRIBUTED BY: FATEMA SARFARAZ

## INGREDIENTS:

- ½ kg boneless chicken cubes
- 1 tsp ginger paste
- 1 tsp garlic paste
- 1 tbsp tandoori masala
- ½ tsp paprika powder
- Salt to taste
- 1 tsp Lemon juice
- Chilli powder to taste
- 1 tbsp tomato puree
- Oil
- Capsicums
- Onions

## METHOD:

Marinate the chicken with all the above ingredients, then place it in a wooden skewer alternating with vegetables of your choice like onions and capsicums and then refrigerate for 45 minutes. Remove from the fridge and then grill in a pan with little oil until cooked.



## METHOD:

Boil the bone chicken in water with salt, garlic and ginger to make chicken soup.

In a separate pan add some oil and fry the chopped capsicums, ginger, garlic and tomato puree.

Let the oil separate from the tomato mixture and then add the peri peri masala and lemon juice. Cook for a few minutes and then add the chicken soup slowly and cook till the oil separates and becomes thick.

Next add the chicken pieces and mix so that the masala covers the chicken.

Sprinkle a few coriander leaves on it and then put the chicken in the oven for a few minutes at 200 degrees.

# Peri Peri Chicken

**CONTRIBUTED BY: FATEMA SARFARAZ**

## INGREDIENTS:

- 1 chicken with bone,  
cut into 8 pieces
- 1 tsp ginger paste
- 1 tsp garlic paste
- Salt to taste
- Oil
- 1 Capsicum chopped
- 2-3 tbsp Tomato puree
- 1 tbsp Peri peri masala
- 1 tsp Lemon juice
- A few Coriander leaves for  
garnishing.

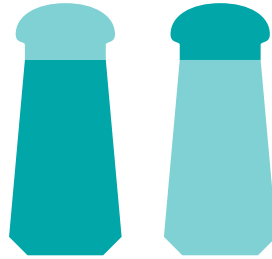
# Massa De Frango

(SPAGHETTI WITH CHICKEN)

CONTRIBUTED BY: ZAINAB MURTAZA CANANI

## INGREDIENTS:

Spaghetti per measure  
½ kg or one baby chicken  
cut in medium pieces  
One onion  
One vegetable stock cube (optional)  
One small bag of mix vegetable  
(frozen if fresh isn't available)  
1tbs tomato puree  
1tbs olive oil  
A few bay leaves  
Water per measure and as necessary



## METHOD:

In a medium pot sauté the onions in olive oil, then add chicken, the vegetable cube, mixed vegetables, tomato puree, bay leaves, and some water into the saucepan.

Cook everything together, let it cook for a bit. When the chicken is done add the spaghetti / pasta at last and let it cook.

Once the pasta is cooked and the water has finished you will notice it becoming thick so that means it's done!

Serve hot- it's always delicious



# Portuguese bbq Chicken

**CONTRIBUTED BY: THE CANANI SISTERS**

## INGREDIENTS:

- 1 or 2 small chicken open by the middle  
(from breast)
- 3 -5 garlic cloves peeled and crushed
- 1 tbsp of Piri Piri source or chilly flakes
- 1 dl of white vinegar
- 1 tbsp of olive oil
- 1 tsp of salt flakes

## METHOD:

Marinate the chicken with garlic, salt, Peri peri source or chilly flakes, olive oil and let it infuse for couple of hours. ( 2 hours minimum). Drain the chicken but keep the marinade. You will need it later.

Pre heat the grill/ oven or barbecue if available (barbecue is ideal). Grill the chicken until they are on point. Brushing so often with the marinade so that the meat doesn't not dry out. Turning the chicken half way in the process of cooking. Serve accompanied with fries, mixed salad and white or vegetable rice.

# Thai Basil Chicken

CONTRIBUTED BY: SHAHEEN LAKHANI

## INGREDIENTS:

1 1/4 lbs boneless, skinless chicken breasts, sliced into thin strips  
2 tbsp oyster sauce  
2 tbsp light soy sauce  
5 cloves garlic, minced  
1 serrano chile, seeded and minced (keep seeds for extra hot)  
2 teaspoons vegetable or canola oil  
3 cups fresh Thai or regular basil leaves  
Cooked jasmine rice, optional for serving

## METHOD:

In a bowl marinate the chicken with oyster sauce and soy sauce 10 minutes.

Heat a large nonstick skillet or wok over medium-high heat, when hot add the oil, garlic and chili and cook until fragrant, about 30 seconds.



WHAT'S THE SKINNY?

Calories: 210  
Fat: 6 g  
Sat Fat: 1 g  
Carb: 4 g  
Fiber: 1 g  
Protein: 34 g  
Sugar: 0 g  
Sodium: 571 mg  
Cholesterol: 104 mg



## METHOD:

Place the butter into the Instant Pot.

Press the saute button and head up the butter, then add the onion and cook until it is soft. Add the garlic and the salt, mix well.

Then add the chicken, black beans, rice, and salsa. Mix well. Then pour chicken broth in. . Lock the lid in place. Set a 10-minute cook time on high pressure.

Once the cook time completes, quickly release the pressure. Let it cool a bit, and then spoon into bowls, serve with the garnishes (if you are serving them with it)



# Chicken Burrito Bowls

CONTRIBUTED BY: LAURIE FLEMING

## INGREDIENTS:

1 tablespoon of butter  
1 small onion, peeled and diced  
1 tablespoon of garlic (peeled and crushed)  
1 teaspoon of salt  
1 pound of boneless and skinless chicken breasts  
1 (15.5 ounce) can of black beans  
1 cup of uncooked rice  
1 cup salsa  
2 cups of chicken broth

Optional Garnishes: Fresh spices (cilantro and/or parsley), shredded cheddar cheese, sour cream, guacamole and another other toppings.

# One pot Chicken Curry

CONTRIBUTED BY: SHAMMA

## INGREDIENTS:

1 baby chicken skin off and in pieces.  
(Or use boneless chicken (1 lb- 1kg  
quantity not relevant)  
1 tsp dhanna jeero  
1 cube ginger  
1 cube garlic  
1/4 tsp turmeric  
2 green chilli slit  
1/4 tsp black pepper crushed  
1 tsp salt  
1/4 tsp Garam masala  
1 tsp whole jeera  
1/2 cup chopped tomatoes  
Juice of half a lemon  
2 tbsp yogurt  
1 tbsp oil  
2-3 tbsp methi or one big frozen cube

## METHOD:

Mix all the above in the instant pot.  
Set to sealed. Manual 8 mins.

After its cooked, release the steam

Add 1/2 cup fried onions.

Add coriander and lemon juice





# Cranberry Grilled Chicken Wrap

**CONTRIBUTED BY: SHEELU HAJEE**

Use boneless sliced chicken breast. Marinade 5 slices of Chicken breast with 1/2 cup of olive oil, salt, 1 1/2 tbsp of black pepper, 1 tbsp dried chili flakes, 1 tbsp paprika, 1 tbsp sugar, 1 tbsp dried parsley, 1 tbsp dried basil and 1 1/2 tsp ginger/garlic paste. Grill the chicken using an indoor grill or a pan that has grill marks on it.

Next, in a bowl mix 1/2 cup of hummus, 1 avocado, salt and black pepper. Pulse it all in a food processor until nicely mashed. Place the mixture in a bowl and add 1/2 cup of dried cranberries and mix well.

Next, slice the grilled chicken and put it into the humus/avocado mixture and gently toss.

Take a wrap of your choice, lay some lettuce leave, sliced cheese, baby spinach and the grilled chicken mixture. Place the wrap on a foil and gently roll out. Serve with chili sauce.

# Meat & Veggie Stew

CONTRIBUTED BY: SAKINA

## INGREDIENTS:

1lb meat  
2 tomatoes - chopped  
3 onions - cut up into chunks  
4 carrots - peeled and chopped  
4 medium sized potatoes - peeled and chopped  
Half a green pepper - cut in small pieces  
Half bag spinach  
(Any other veg which you enjoy)

## METHOD:

Add 1 tbsp coconut oil into ip on sauté mode, add tomatoes, salt, crushed black pepper (generously), 1/2 tsp cinnamon powder, 1.5 tsp garlic, 1 tsp ginger...mix well.


Add meat and continue on sauté for further 3-4 minutes... once meat has browned add the vegetables and mix well. Add water to cover the veg and meat and season with dried parsley, oregano and stock cube (optional)

Close the lid of the ip and press "meat/stew" setting.

This will take 35 mins and after which natural release.





AND WE WILL  
*provide them*  
WITH FRUIT  
*and meat*  
FROM WHATEVER  
THEY DESIRE.   
(52:22)

# Lamb Karahi Curry

CONTRIBUTED BY: MASUMA ALLOO

## INGREDIENTS:

1 lb lamb cut into very tiny pieces  
1/3 red capsicum  
1/3 green capsicum  
1/2 tbs Karahi meat masala  
250 gms of passata

## MARINADE:

Ginger paste  
Garlic paste  
Green chilli paste  
Kothmiri paste  
Salt  
Pinch of Haldi  
2 tbs Lea and Perrin sauce

## METHOD:

Put on sauté mode with 2 tbs oil

When the oil is hot, put the marinated meat. Add Karahi masala and fry until the colour is changed

Put 250 gms of passata and maybe two tbs of water

Close the lid. Put on manual and sealed for 15 mins with normal NR

Open the lid. If too much liquid left, put on sauté.

Add capsicums and 2 tbsp of fried onions and about 2 tsp of tomato purée. It will become thick.

Garnish with kothmiri and spring onions. Enjoy with rice.



# Gos nu Saag

CONTRIBUTED BY: NAZMINA DHANJI

## METHOD:

Throw everything together in IP.

Put on slow cook for 2hrs.

Garnish with kothmiri and lemon before serving.



## INGREDIENTS:

1/2 kg cubed lamb (washed)

2 handfuls fried onion

2 T tom. puree

1t garlic

1 t ginger

1/2 t hardar

1 t dhana jeeru

1 t kasuri methi

1/2 t black pepper

Whole spices

(cinnamon, cardamom, clove, pepper)

Medium red potatoes

(halved or quartered)

Water to just about cover the meat.

Kothmiri and lemon before serving.

(My family don't like saags too spicy, so no chilli and not much masala, so adjust this to your taste).

# Lamb Tangeya

CONTRIBUTED BY: SAMAIRA ARAHJI

## INGREDIENTS:

lamb chopped into cubes or have a nice piece of half a lamb with bones chopped in half

3 onions

4 mushrooms

2tsp curry powder

2tsp cumin powder

Garlic powder

2tsp mixed herbs

2tsp of fresh ginger powder

Bay leaves

5tsp olive oil

1tsp turmeric powder

Half leeks

Half celery

3 small potatoes

Salt as required

Handful of prunes

Green/black olives

Boiled eggs cut in slices

Parsley for garnishing

## METHOD:

Preheat the oven to 180 degrees. Get a nice large bowl. Add chopped Slices of onions, mushrooms and celery leeks. Add whole potatoes.

Next add all spices as above and then add the lamb. Mix everything together with your hand and cover. leave to marinate for 15 mins.

Then pour the ingredients in a Moroccan tangeya (if you don't have this type morocco dish use heavy oven bowl but the flavour won't be the same)

Next add water and stir well and then add olive oil then cover the top with foil. Cook for 3 to 4 hours. Half way through check if there is enough water and add more as needed and stir gently then check that the meat is cooked.

When there are 5 minutes of cooking left add green/black olives. Once done, pour in the dish. Serve with rice or dipped in bread the Moroccan way! Decorate with boiled egg slices and sprinkle with parsley.



## METHOD:

Marinate all of the ingredients (except potatoes) overnight or at least 4-6 hours

3 potatoes - cut in large cubes and fried separately

In IP - put marinated meat mixture in your pot and slow cook on medium pressure for 2 hours - check meat, if not done, put on high pressure and slow cook for another hour. Last 10 mins add fried potatoes. Remove mixture and put in another pot that can go in the oven.

If you don't want to slow cook then you can do for less time using beef/stew mode for 25-30 mins then put your potatoes at the end, but the flavour is not the same as slow cooked.

Serve with your recipe of Biryani Rice.



# Beef Biryani

## - Zanzibari style

CONTRIBUTED BY: MUMTAZ HASHAM

## INGREDIENTS:

2 lbs beef cubes (or lamb, mutton)  
3 tbsp yoghurt  
3 tbsp tomato paste  
3-4 freshly chopped/crushed tomatoes (you can use can of crushed tomatoes, if you don't have fresh, but makes a difference)  
2 tbsp garlic paste  
1 tbsp ginger paste  
1 freshly squeezed lemon juice  
1/2 bunch chopped coriander leaves  
1 tsp crushed green chillies  
1 tsp garam masala (home made)  
2 tsp salt (or to your taste)  
1/2 cup oil  
Pinch of crushed saffron  
2 cups fried onion crushed (if using store bought, make sure it has no flour as an ingredient - I made at home)  
3 potatoes

# Steamed mini Kebabs

CONTRIBUTED BY: ARIFA DAVDANI

## INGREDIENTS:

1/2 kg mince  
1 medium potato chopped finely  
1 onion chopped  
1 egg  
Salt, pepper, oregano  
(Chilli if using)  
Garlic and ginger

## METHOD:

Blend all the above except mince  
Mix in with mince then add 1-2 tbsps  
gram flour.

Add enough breadcrumbs to hold. (I  
used 1-2 slices)

Put a bit of olive oil in your hands  
and form into small balls.  
Stack them into a dish to fit inside  
IP

Steam for 10 mins. release pressure  
then I moved the kebabs around and  
set another 10 mins steam.

The meat mixture will be too much  
to do in one go. I have only used a  
small amount of it as I am getting  
these ready for kids salads  
for lunch box.



## METHOD:

Put all of the above in ip- except ghee with no water.

Give it all a good stir.

Close lid and SEAL and cook  
MANUAL 30 min

When done you may QR or NPR makes no difference- open lid - stir- sauté for a few minutes you'll notice the onions all turning into thick gravy. (if too runny leave it in sauté function till it dries a little)

Add a tsp of cornflour paste to make it slightly thick. Then add the ghee and enjoy!

Your meal is ready to be served with coconut rice or naan



# Rausha

CONTRIBUTED BY: SUKAINA JAFFER

## INGREDIENTS:

- 1lbs Washed Mutton (boned tastes better)
- 2 Tbsp Ginger
- 2 Tbsp Garlic
- Salt
- 1/4- 1/2 tsp Crushed Black Pepper
- 1/2 Green chillies sliced
- 3 medium Onions - sliced julienne
- 3 tbsp Vinegar
- 1 tbsp ghee (even less is okay)

# Beef Ribs

CONTRIBUTED BY: ZAHIRA HABIB

## INGREDIENTS:

Ribs  
Salt  
Water  
Vinegar  
Tandoori paste  
Turmeric  
Dhaana jeeru  
Water



## METHOD:

Soak ribs (the cut is called short ribs or Jacob's ladder) in salt water and vinegar for 10 min, then remove and dry thoroughly/ completely.

Mix together tandoori paste, turmeric, dhaana jeeru and a little water (if necessary) to make a thick but smooth paste.

Marinate for at least a few hours, but preferably overnight.

Place ribs in the IP on slow cook for 2.5 hours, or until meat is soft and tender.

After cooking I removed the ribs and placed on oven trays, and switched IP to sauté (high) to thicken the sauce in the pot. Once thickened I brushed sauce over the ribs, then just before serving I placed the ribs in the oven under the grill/broiler for a few minutes.



# Beef Stroganoff

## INGREDIENTS:

- 1 pound beef cubes
- 1 - 2 tbsp oil
- 1/2 onion, sliced
- 1 tsp garlic paste
- 2 cups water
- 1 can cream of mushroom soup
- 1/4 cup of sour cream
- Dried parsley

## METHOD:

Put IP on sauté mode and brown the beef with the oil on all sides. Add onions and garlic and cook for a few minutes. Add the water, close IP and cook on manual high pressure for 15 minutes. After pressure has been released, remove half of the water (I'm freezing it for future use). Put IP on sauté mode, Add the cream of mushroom soup and sour cream. Let simmer for a few minutes. Turn IP off and season with ground pepper and dried parsley. Add fresh mushrooms near the end (optional).  
Serve with pasta!





# Desserts





HE WHO MADE FOR YOU THE

*earth a bed spread out  
and the sky a ceiling*

AND SENT DOWN FROM  
THE SKY, RAIN AND

*brought forth fruits*

AS PROVISION FOR YOU.

SO DO NOT ATTRIBUTE

TO ALLAH EQUALS

WHILE YOU KNOW

THAT THERE IS NOTHING

SIMILAR TO HIM



(2:22)





# Fruit Rudding

CONTRIBUTED BY: FATEMA SARFARAZ

## METHOD:

Chop all the fruits into small pieces.

You can use whichever fruits you prefer.

Mix in with a tin of readymade custard.

You can also use the packet custard and follow the packet instructions on how to make the custard.

## INGREDIENTS:

Apples  
Bananas  
Tangerine  
Mango  
Grapes  
Cherries  
Strawberries  
1 Tin of ready to eat custard

# Raspberry Chia Pudding

**CONTRIBUTED BY: SHEELU HAJEE**

In a Mason jar add 2 tbsp of chia seeds, 1/2 cups of almond milk, 1/4 cup of evaporated milk, a pinch of cardamom powder, a pinch of golden saffron. Mix it all well and set aside

In a mixing bowl add chopped bananas, strawberries, blueberries, mango and raspberries mix it all together with 1 tbsp of raw organic honey.

Take the chia mixture and add it to the fruits mix it all together and refrigerate for 30/40 mins. Serve it in a mug or a mini Mason jar.

Garnish with fresh Raspberries.



## METHOD:

Preheat oven to 300

In a large bowl combine oats, coconut flakes, pumpkin seeds, cinnamon, and sea salt

Add the mashed banana.

Mix the coconut oil and honey together and add that as well.

Mix well until all the banana and oil/honey mixture is evenly distributed

Spread mixture in an even layer on a large baking sheet. Bake for 45 to 55 minutes. Every 15 or 20 minutes toss and mix around so the mixture gets evenly cooked.

Break up large clumps as needed

Once all the granola is evenly brown, remove from the oven and allow to cool. As it cools, it will crisp and dry out more, so don't overbake!

Store in an airtight container at room temperature and enjoy! Can be stored in the freezer for several months.

VARIATIONS: you can add any nuts and sometimes I like to add 1/2 cup raisins or other dry fruit like cherries and cranberries too!

# Healthy No Sugar Added Granola

**CONTRIBUTED BY: JABEEN SHAIKH**

## INGREDIENTS:

Store bought granola has an excessive amount of added sugar and is sometimes made with unhealthy fat.

Here is a recipe that I adopted from one that I found on [MINDBODYGREEN](#).

I hope you enjoy it as much as I do.

2 cups oats (I use gluten free thick oats, don't use instant)

1 cup unsweetened coconut flakes

1/2 cup pumpkin seeds or chopped walnuts (any nuts or seeds you like will work)

1/2 tsp cinnamon

1/4 tsp sea salt

1 ripe banana mashed

2 tbsp melted coconut oil

2 tbsp Honey

# Fruit on the Bottom Parfait

CONTRIBUTED BY: JABEEN SHAIKH

## INGREDIENTS:

### YOGURT

1 32 oz container of Greek Yogurt  
(plain and non fat )

1/4 cup honey

2 tsp vanilla

### FRUIT COMPOTE

1 bag of frozen berries (mixed,  
blueberry, or strawberry)

3 tbs chia seeds

## METHOD:

For the fruit compote, take the frozen berries and cook them down in a large pan until they are all soft and bubbly with the juice in the pan. Add the 3 TBS chia seeds and mix well. Turn off the heat and let the mixture cool down. You can place in the freezer for an hour or in the fridge overnight. Once cooled you will have a mixture resembling pie filling or the fruit you find in those “fruit on the bottom” yogurts! If your berries are tart, you have the option of adding 2 or 3 TBS of honey. But I find I rarely need to do this!

For the Yogurt, mix the yogurt, honey, and vanilla well.

Now its time to make the beautiful parfait. Take 8 serving cup or bowls and layer each with 2 TBS fruit compote, followed by 1/4 cup yogurt, another 2 TBS fruit, top it off with more yogurt.

Sprinkle granola and you have a healthy no refined sugar added granola (on previous page!) that you can feel good about eating and will give you the energy and boost you need!

## METHOD:

Mix the apples and cinnamon well in a stainless steel bowl as at the end you will broil for crispness.

In another bowl add 1 tsp coconut oil, melt in the microwave, add 1 tsp honey, 1 tsp maple syrup, 1/4 cup rolled oats (I used quick oats) 1 tsp white flour or gluten free.

Mix well and pour on the apples.

- in the pot put trivet, add 1 cup water, put your bowl on the trivet, cover the lid, make sure it's on seal, manual 7 minutes-NPR

Remove from the pot and put under broil for few minutes to crisp. Enjoy

This is perfect for afternoon sugar cravings. Tastes yummy and the whole place smells of cinnamon.

# Healthy Apple Crisp

**CONTRIBUTED BY: MUMTAZ HASHAM**

## INGREDIENTS:

1 apple cut into chunks  
(I had Fuji apple, any apple will do)  
1/2 tsp cinnamon powder  
1 tsp coconut oil  
1 tsp honey  
1 tsp maple syrup  
1/4 cup rolled oats (I used quick oats)  
1 tsp white flour  
Water



# Chocolate Chip Cookies

CONTRIBUTED BY: JABEEN SHAIKH

## INGREDIENTS:

(YIELD 30 COOKIES)

These cookies are gluten free, dairy-free, and sweetened with honey! A staple in my house. You will never know these cookies are healthy!

## INGREDIENTS

1 egg  
3 Tbs virgin coconut oil, softened  
1/3 cup honey  
2 tsp vanilla extract  
1/2 tsp baking soda  
2 1/2 cups almond flour  
1/2 cup unsweetened shredded coconut  
1/2 cup chopped walnuts  
1/2 cup dark chocolate chips

## METHOD:

Preheat oven to 325 F, Line cookie sheet with parchment paper.

In a medium size bowl, beat egg with fork and add coconut oil, honey, vanilla, and mix well. Add baking soda and almond flour and mix again until combined. Add the coconut, walnuts, and chocolate chips.

Form 2 tbs size balls and arrange 2 inches apart on the cookie sheet.

Flatten to cookie shape.


Bake for 16-18 min or until the bottom of the cookies are golden brown.

Remove cookies from the oven, and cool completely.



FROM INSIDE THE BELLY  
OF A BEE COMES A DRINK  
OF VARYING COLOURS,

*containing healing  
for mankind.*

THERE IS  
CERTAINLY A  
SIGN IN  
THAT FOR  
PEOPLE WHO  
REFLECT. 

(16:69)









# detox smoothie

1 cup filtered Water  
or coconut water  
1/2 cup cucumber  
1/2 cup pineapple  
1/2 cup kale or spinach  
1 tbs coconut oil  
1 squeezed lime

Adapted from danette May at [www.danettemaydetox.com](http://www.danettemaydetox.com)



3/4 cup almond milk  
1/2 tsp chia seeds  
1/2 cup Baby spinach leaves  
1/2 ripe banana  
1/2 cup frozen mango  
1 tbsp honey  
2 tbsp Vanilla Greek yogurt. (Opt)

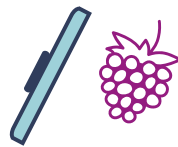
# mango spinach smoothie

Place the ingredients in a blender.  
Blend until smooth.  
Enjoy immediately. 1 serving.

# blueberry muffin smoothie

Add all ingredients to a blender.  
Pulse until smooth,  
adding more milk if needed to  
thin out the smoothie.

1 cup frozen blueberries  
1/2 cup plain non-fat Greek yogurt  
1/3 cup milk  
1/4 cup old-fashioned oats  
1/4 teaspoon vanilla extract  
Pinch of salt  
1-2 teaspoons maple syrup or honey



1 c frozen raspberries  
3/4 c chilled milk  
1/4 c frozen raspberries  
1 Tbsp honey  
2 tsp finely grated fresh ginger  
1 tsp ground flaxseed  
2 tsp fresh lemon juice

# very berry smoothie

Combine all ingredients in blender,  
adding lemon juice to taste.  
Puree until smooth.

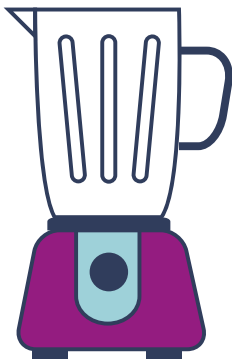
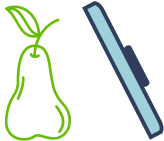




## Pineapple and Banana Smoothie

4 ice cubes  
1/4 fresh pineapple  
peeled, cored and cubed  
1 large banana, cut into chunks  
1 cup pineapple or apple juice

Place ice cubes, pineapple, banana, and pineapple juice into the bowl of a blender. Puree on high until smooth.



1 cup coconut milk  
1 banana, peeled,  
sliced, and frozen  
1 mango, skinned  
and chunked  
5 large strawberries  
hulled and chopped

## Spring Smoothie

Combine ingredients in blender  
and blend until smooth.

## Green Ginger Blast Smoothie

Add all the ingredients  
into a Vitamix or blender  
and blend till smooth.

1/2 banana  
1/2 avocado  
ice cubes  
1 date  
2 handfulls of power greens  
1 inch of ginger  
1 tsp chia, hemp, flax  
1/4 cup water  
juice of 1/2 lemon

1 cup almond/coconut milk  
1 teaspoon honey  
1 cup pumpkin puree  
2 teaspoons cinnamon  
1 apple, cored  
Dried cranberries

## Pumpkin Pie Smoothie

Combine all ingredients except  
cranberries in blender and blend  
until smooth. Top with cranberries.

# Golden Milk

## (HALDI DOODH)

CONTRIBUTED BY: JABEEN SHAIKH

### INGREDIENTS:

#### PASTE:

1/4 cup turmeric  
1 tsp black pepper powder  
1/2 cup filtered water

#### MILK:

1 cup milk (almond milk for a vegan alternative)  
1 tsp coconut oil  
1 tsp turmeric paste  
1/8 tsp cardamon powder  
raw honey to taste

### METHOD:

Mix all paste ingredients in a small cooking pot and stir well.

Turn the heat to medium and cook until the mixture becomes a thick paste.

Once cooked, store in a small jar in the refrigerator. Will keep for one to two weeks.

Heat the coconut oil in a small pot and add the rest of the ingredients except the honey. Heat to just before boil, stirring constantly. Add honey to taste.

Both have long been used in holistic and ayurveda medicine for centuries

Turmeric is extremely anti-inflammatory which helps support brain and joint health

When using Turmeric, you must always add black pepper to the recipe. Black Pepper makes the turmeric absorb better. Piperine in black pepper increases the bioavailability of curcumin in turmeric up to 2000%!

## Some facts about Turmeric and Golden Milk

Turmeric is a natural liver detoxifier

Turmeric may suppress sugar cravings and help boost metabolism which can aid in weight management.

Top anti-cancer spice!







# Introduction to a Plant Based Diet

## Understanding Plant-Based Diet

It's hard to ignore the compelling evidence supporting plant-based diets, or the fact that more and more people, from everyday folks to major celebrities, are making the conversion – one step at a time. Regardless of your motivations; whether it is weight loss, improved athletic ability, or simply overall health; it's important to make an informed approach to plant-based eating to maximize your chances of success. We want to help, so here's a guide to get you started.

## Why Plant-Based?

There are many reasons to reduce your meat intake – whether it's to help the environment, improve your health, or other reasons. Having a good idea of how plant-based diets can help you will provide the motivation you need to stick with it through the long term. Here are some reasons to consider a plant-based diet:

## Health

We know that we need to eat more veggies, but the fact is that most North American diets are distinctly lacking many nutrients that can be easily found in a plant-based diet: fiber, healthy fats, trace minerals and vitamins. Additionally, plant-based diets are low in bad cholesterol and saturated fats. By cutting out meat and eating more veggies, you can cut your risk of disease, including high blood pressure, cardiovascular disease, certain types of cancers, and diabetes.

A lack of vegetables in the diet is also bad for your waistline – as those who don't get enough healthy foods tend to have a higher body mass index (BMI), as well as a higher risk of obesity. If there's one thing you can do to increase your body's health, it's to cut the amount of meat in your diet and to eat more vegetables.



## Environment

If choosing a plant-based diet for your own health isn't enough of a reason, how about helping the planet? Although we all do our part to reduce our impact, converting to a plant-based diet is one of the best things you can do to cut greenhouse gas emissions. Raising livestock uses up a far greater amount of resources than growing produce. Just think about it, you can have two acres of land and grow two acres of corn, or you can grow one acre of corn and have a few heads of cattle on the second. Besides the food, the cattle require water and often hormones or steroids. Here are a few interesting statistics to consider:

The same amount of animal protein, rather than plant protein, requires up to 17x more land, 26x as much water, and up to 50 times the fossil fuels.

Replacing meat with plant foods can have an immediate and lasting positive effect on the planet by reducing your carbon footprint. The carbon-reducing effect is multiplied if you buy locally-grown foods, as even less carbon is created during production.

## Ensuring Adequate Nutrition

"But how will I get enough protein?" This is a common question for those considering leaving meat behind, and it is a valid concern. However, you may also want to consider that millions of people around the world, including some world-class athletes, are doing just great reducing their meat intake. The key here is to be aware of what you are eating and how each food type contributes to your overall health.



# Hearty Hummus

## INGREDIENTS:

1 can of chickpeas  
1/4 cup tahini  
Garlic to taste (try 1-2 cloves)  
2 tablespoons olive oil  
Juice of half a lemon

## METHOD:

Add ingredients to food processor or blender, and whirl until smooth.

Tip: You can adjust the proportions of the ingredients to taste, depending on how strong you want the flavor to be and how thick you like your hummus. Start with less liquid than you think you might need.

You can always add more as you blend it, but if you add too much, you've got a sauce, not a dip.



### Healthiest Food Spotlight:

Chickpeas, the main ingredient in hummus, provides molybdenum, manganese, folate, copper, fiber, phosphorus, protein, iron, and zinc. Like other members of the legume family, they routinely top lists of the world's healthiest foods.



# Healthier Guacamole

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## INGREDIENTS:

- 1 (medium) avocado, Hass variety
- 2 Tbsp (chopped) uncooked red onion(s)
- 2 Tbsp cilantro, fresh, chopped
- 1 Tbsp fresh lime juice
- 1/4 tsp hot pepper sauce
- 1/4 tsp table salt (optional)

## METHOD:

Put avocado in a medium bowl and mash with a fork until almost smooth.

Add remaining ingredients and stir until combined. Yields about 1/4 cup dip per serving.

Note: Keeping an avocado pit in the guacamole will slow it from turning brown, while a few drops of lemon juice will prevent it from browning. Give it a try but make sure to remove the pit before serving.

# Fresh Homemade Salsa

## INGREDIENTS:

3-4 pounds tomatoes  
1/2 of a small red onion, peeled  
2 or 3 small jalapeño peppers,  
1 clove garlic, minced  
Large handful of cilantro  
2 splashes of red wine vinegar  
(about a 1/2 teaspoon)  
1/2 of a lemon or lime, juiced  
Salt and pepper to taste

## METHOD:

Roughly chop tomatoes, onions, and jalapeño peppers.  
Add all ingredients to the food processor.  
Pulse until desired consistency.  
Serve in a bowl with chips and veggies, or top your favorite Mexican dish.



## METHOD:

Preheat oven to 350 degrees.

In a large mixing bowl whisk together the dry ingredients (from the flour down to the salt). Make a well (hole) in the center and throw in the eggs, oil, honey, and vanilla.

Stir together thoroughly with a fork, but do not overmix.

Fold in the pumpkin puree and nuts (if using).

Generously grease a large loaf pan or put muffin liners in a muffin pan and then pour in the batter.

For a loaf bake for approximately 30 - 40 minutes and for muffins bake for approximately 18 - 22 minutes.

Check for doneness by making sure a toothpick inserted comes out clean.

# Whole-Wheat Pumpkin Bread

## INGREDIENTS:

1 ½ cups whole-wheat flour  
1 ½ teaspoons cinnamon  
1 teaspoon ground ginger  
1/2 teaspoon nutmeg  
1/8 teaspoon cloves  
1 teaspoon baking soda  
1/4 teaspoon baking powder  
1/2 teaspoon salt  
2 eggs  
1/2 cup oil (1 used coconut oil)  
1/2 cup honey  
1/2 teaspoon vanilla  
1 cup pumpkin puree  
1/2 cup chopped tree nuts (optional)

# Vegan Pie Crust

## INGREDIENTS:

1 1/4 cups almond meal  
2/3 cup coconut oil  
1/4 tsp salt  
5 tbsp (approximately) of icy water

## METHOD:

Combine almond flour and salt in a mixing bowl, stir in coconut oil and mix until mixture resembles coarse crumbs. Mix in water, 1 tbsp at a time, until a dough is formed. Refrigerate until ready to use. When ready, roll out and place in a pie dish. Fill your favorite fruit (we recommend apples, but blueberries are also delicious) and bake at 450 degrees Fahrenheit for 15 minutes or until crust turns a rich golden brown.





# Garlic Mashed Potatoes

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## INGREDIENTS:

- 2 potatoes
- 3 TBS extra virgin olive oil
- 3 medium cloves garlic, pressed
- 3 TBS low-fat milk or dairy-free milk beverage (such as soy or rice milk)
- Sea salt and pepper to taste

## METHOD:

Fill the bottom of the steamer with 2 inches of water. While steam is building up in steamer, press garlic and let sit for at least 5 minutes to enhance its health-promoting properties.

Cut potatoes into 1/2-inch cubes, leaving skin on. Steam potatoes for 10 minutes. Mash potatoes with olive oil, garlic, and milk.

Add salt and pepper to taste.

# Fresh Spaghetti Sauce

## INGREDIENTS:

4 1/2 pounds plum tomatoes  
1/4 cup extra-virgin olive oil  
3/4 cup chopped garlic,  
(about 2 heads)  
4 cups diced onions, (3-4 medium)  
1 1/2 teaspoons salt  
1/4 cup tomato paste  
1 teaspoon dried oregano  
2 tablespoons red-wine vinegar  
1/2 cup chopped fresh basil  
Freshly ground pepper, to taste

## METHOD:

Bring a large pot of water to a boil. Place a large bowl of ice water next to the stove. Using a sharp paring knife, core the tomatoes and score a small X into the flesh on the bottom. Place the tomatoes in the boiling water, in batches, until the skins are slightly loosened, 30 seconds to 2 minutes. Using a slotted spoon, transfer the tomatoes to the ice water and let sit in the water for 1 minute before removing. Place a sieve over a bowl; working over it, peel the tomatoes using a paring knife, and let the skins fall into the sieve. Halve the tomatoes crosswise and scoop out the seeds with a hooked finger, letting the sieve catch the seeds. Press on the seeds and skins to extract any extra juice. Coarsely chop the peeled tomatoes and set aside. Heat oil in a Dutch oven over medium heat. Add garlic and cook, stirring constantly, until fragrant and just beginning to color, 2 to 3 minutes. Add onions and salt, stir to coat, cover and cook, stirring often and adjusting heat as necessary to prevent burning, until soft and turning golden, 10 to 15 minutes. Stir in tomato paste and oregano and cook, stirring often, until the tomato paste is beginning to brown on the bottom of the pan, 2 to 4 minutes. Pour in vinegar; bring to a simmer, scraping up any browned bits with a spoon. Cook until reduced slightly, about 2 minutes. Add the tomatoes and any juice; return to a simmer, stirring often. Reduce heat to maintain a gentle simmer and cook, stirring occasionally, until the tomatoes are mostly broken down, about 25 minutes. Remove from the heat; stir in basil and pepper. Transfer the sauce, in batches, to a blender or food processor. (Use caution when pureeing hot liquids.) Process until desired consistency.





## 5 Minute Greek Salad

### INGREDIENTS:

- 2 cups cooked or 1 15 oz can garbanzo beans (BPA-free), preferably organic
- 2 medium cloves garlic, minced or pressed
- 1 medium tomato, diced
- 1/2 medium red onion, chopped
- 2 TBS parsley, chopped
- 1 TBS fresh lemon juice
- 3 TBS extra virgin olive oil
- salt and pepper to taste
- Optional:
  - 1/4 cup feta cheese
  - 6 sliced kalamata olives
  - 1 tsp rosemary

### METHOD:

Press or mince garlic and let sit for at least 5 minutes to bring out its hidden health benefits.

Drain liquid from garbanzo beans and rinse under cold running water; this helps prevent intestinal gas. Combine all ingredients with lemon juice, olive oil, and salt and pepper to taste.

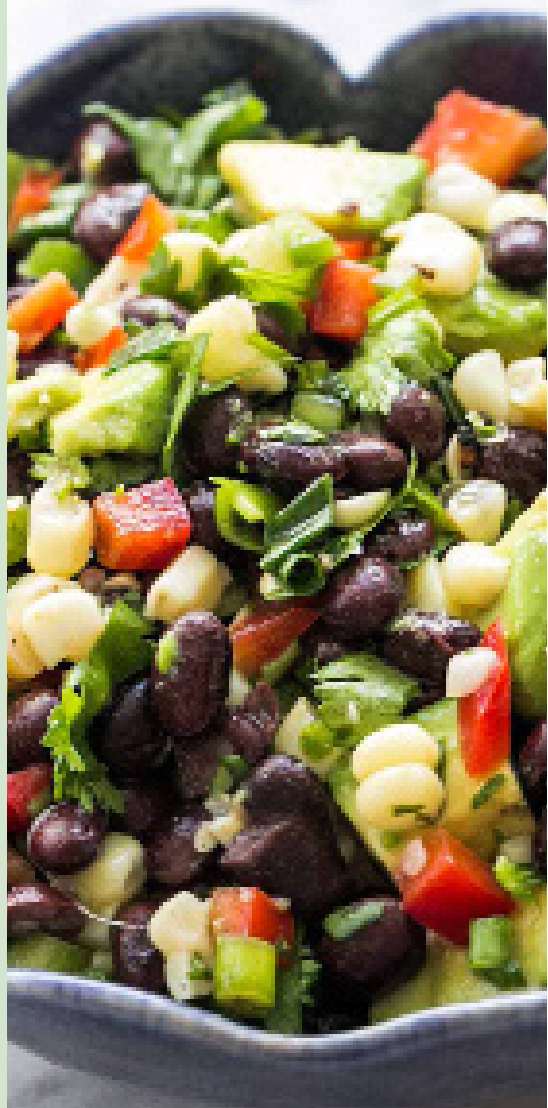
# 15-Minute Black Bean Salad

## INGREDIENTS:

- 1/2 cup minced onion
- 2 medium cloves garlic, pressed
- 2 cup black beans or 1 15 oz can (without BPA), drained and rinsed
- 1 cup frozen corn, thawed
- 8 cherry tomatoes, quartered
- 1/2 cup diced red bell pepper
- 2 tbs pumpkin seeds, chopped
- 1/4 cup chopped fresh cilantro
- 2 tbs extra virgin olive oil
- 3 tbs fresh lemon juice
- Salt and black pepper to taste

## METHOD:

Mince onions and press garlic and let sit for at least 5 minutes to bring out their health-promoting benefits. Mix all ingredients together and serve. This salad will keep for a couple of days and gets more flavorful if you let it marinate in the refrigerator for awhile.



## METHOD:

Heat oil in a heavy stockpot over medium heat. Add onion and sauté until softened, 3 to 5 minutes.

Add garlic, ginger, jalapeno, curry powder, cinnamon, cumin and bay leaves and cook, stirring, for about 5 minutes longer.

Stir in lentils and broth and bring to a boil. Reduce heat to low and simmer, partially covered, until the lentils are tender, about 45 minutes.

Discard bay leaves.

Stir in cilantro (or parsley), lemon juice and chutney. Season with salt and pepper. Ladle the soup into bowls and garnish with yogurt.

# Healthy Lentil Soup

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## INGREDIENTS:

- 1 tablespoon canola oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 tablespoons minced fresh ginger
- 1 jalapeño pepper, seeded and minced
- 1 1/2 tablespoons curry powder
- 1 teaspoon cinnamon
- 1 teaspoon ground cumin
- 2 bay leaves
- 1 1/2 cups red lentils, rinsed and picked over
- 8 cups reduced-sodium broth
- 3 tablespoons chopped fresh cilantro, or parsley
- 2 tablespoons lemon juice
- 2 tablespoons mango chutney
- Salt & freshly ground pepper, to taste
- 1/3 cup plain nonfat yogurt

# Black Bean Soup

## INGREDIENTS:

- 1 tablespoon canola oil
- 1 small onion, chopped
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 2 15-ounce cans black beans, rinsed
- 3 cups water
- 1/2 cup prepared salsa
- 1/4 teaspoon salt
- 1 tablespoon lime juice
- 4 tablespoons reduced-fat sour cream (optional)
- 2 tablespoons chopped fresh cilantro (optional)

## METHOD:

Heat oil in a large saucepan over medium heat. Add onion and cook, stirring, until beginning to soften, 2 to 3 minutes.

Add chili powder and cumin and cook, stirring, 1 minute more.

Add beans, water, salsa and salt.

Bring to a boil; reduce heat and simmer for 10 minutes. Remove from the heat and stir in lime juice.

Transfer half the soup to a blender and puree (use caution when pureeing hot liquids). Stir the puree back into the saucepan. Serve garnished with sour cream and cilantro, if desired.



# Pumpkin Soup

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## INGREDIENTS:

- 3/4 cup water, divided
- 1 small onion, chopped
- 1 can (15 ounces) pumpkin puree
- 2 cups unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup fat-free milk
- 1/8 teaspoon black pepper
- 1 green onion top, chopped

## METHOD:

In a large saucepan, heat 1/4 cup water over medium heat. Add onion and cook until tender, about 3 minutes. Don't let onion dry out. Add remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil. Ladle soup into warmed bowls and garnish with black pepper and green onion tops. Serve immediately.

Cancer, Heart attack, Alzheimer's, Diabetes, Stroke. What do these diseases all have in common? Certainly, all of them bring pain and suffering to the afflicted individual and their family, but medically speaking, these diseases are all chronic in their development. As opposed to acute, meaning less than six months to infliction, chronic diseases take at least six months to develop, often take years, and are insidious in progression until the diagnosis occurs. Heart disease has been the #1 killer of men and women for the last 100 years, and remains to be so. Cancer is claiming lives at a rate alarmingly close to heart disease, with lung cancer the most common cancer among both men and women, due to the smoking epidemic. Breast and prostate cancers are the most common among women and men, respectively. Diabetes is one of the most common disease in the United States with rates now more common among children than ever before. Type 2 diabetes is directly attributable to the standard American diet, and uncontrolled diabetes can lead to blindness, limb amputations, and cardiovascular disease. Alzheimer's disease progressively deteriorates the mind until loved ones are no longer recognizable, directions to home are no longer remembered, and time/place becomes unknown. There is currently no medical treatment for Alzheimer's disease in the market. Stroke can result in immediate death, or paralysis. Like heart attacks, the timing of stroke treatment can save the patient's life. These diseases are examples of diseases that are very different in name, presentation, and processes, but perhaps the most important commonality among them is that these diseases are all entirely preventable!

Many things in our lives are completely out of our control, however, the choice to age gracefully without pain and suffering is in our hands. Cheeseburger or veggie burger? Eggs or oatmeal? Milk or non-dairy? Chicken or broccoli? Cucumber or amla? We face decisions at every meal time. All foods are certainly not created equal, and eating the best nutrition has more profound effects on health than drugs or surgery can ever provide. Do not let the current medical industry fool you. I've completed medical studies, including the US medical exams, worked in American hospitals, treated and advised patients, and managed the care of my father's heart disease for years, so I'm very familiar with the treatment options and corruption.

The modern industry is counter to nature in many ways due to mega profit generating private corporations. Take Pfizer for example, just one drug called Lipitor brought in about \$11 billion annually, every year, from 1997 until 2009, when a generic was introduced in the market. Now look at coronary artery bypass graft surgery for heart disease. Nearly 500,000 such surgeries are performed annually at a cost of \$100,000 each. That's \$50 billion in revenue for the hospital's cardiovascular department for that one surgical procedure alone! This is the profit generating model, and as a result absolutely no nutrition was taught in medical school.

Now, the original Latin meaning of the word physician is based on the word physica, or, "things relating to nature." It is my job as a purveyor of medical knowledge through this book to cure the natural way because that is the best and most powerful way to heal to this date. If all foods are not created equal then which foods are bad and which foods are good for us? First, we must understand the underlying cause of chronic disease to answer this question. Let's take the #1 killer of both men and women, heart disease. LDL cholesterol builds up in the walls of the arteries, becomes oxidized, inflamed, and in the presence of hypertension can easily protrude and occlude the arteries that sustain our heart and life. Heart attacks can be deadly or debilitating if not treated right away. The symptoms include crushing chest pain, pain radiating to the left arm, and in women the pain can radiate to the neck. Sweating and shortness of breath can also accompany these symptoms.

The natural way to prevent and reverse chronic diseases including heart disease is to eat foods with no cholesterol or saturated fat, which gets converted to cholesterol in the body. In nature, cholesterol is only found in animals. Our body creates all the cholesterol we need in the liver, without the need for any exogenous intake. The next step is to eat foods rich in antioxidant content. Oxidation occurs as a byproduct of energy production, and must be neutralized to prevent oxidative damage which can accelerate arterial blockage and aging. Inflammation is the next step in the process, and inflammation contributes to many chronic diseases

in addition to the cancer, heart disease, Alzheimer's, diabetes, and stroke I've mentioned so far. If you suffer from arthritis, constipation, inflammatory bowel disease like Crohn's disease, or eczema then you will want to eat a diet rich in anti-inflammatory foods. There is mounting research about having healthy gut bacteria. Antibiotics and animal based diets tend to destroy good bacteria and promote the growth of bad bacteria in the gut, which leads to many uncomfortable bowel, skin, and other chronic diseases. The last step to the progression of heart disease is blood pressure. Even this can be controlled by diet more safely and effectively than drugs.

So what should you not eat? Meat, fish, eggs, dairy, excessive salt, sugar, and processed foods should be promptly and immediately eliminated from your diet. Meat includes red meat, chicken, and fish. If it has a face or a mother, don't eat it. Perhaps that sounds extreme to you, to which I would say "having you or your loved ones' chest cavity cut open with heart exposed" sounds far more extreme to me. That's what happens in coronary bypass graft surgery. These dietary restrictions will not cause any lack of essential vitamins, minerals, or nutrients, and works for everyone from children to elderly, and sick patients to triathletes.

What should you eat? The most comprehensive and reliable medical research recommends a strict adherence to a vegan diet. The more strictly you adhere, the least likely you are to experience life ending and life debilitating chronic diseases. A whole food, plant based diet is the way to reverse heart disease, many cancers, Alzheimer's, diabetes, stroke, bowel disease, skin disease, and even depression at their root cause. Disease can literally be turned off with adherence to this diet. I would require patients suffering from chronic disease to substitute animal protein with plant proteins including beans and lentils. Heart patients report within weeks of being on this diet having less chest pain and more energy, and take less or even no more medications. Patients often lose weight and lower their cholesterol, increase their antioxidant content, reduce inflammatory markers, and drop their blood pressure. These are real vital statistics for life, and an individual should know these numbers for their personal health management.



I can provide further guidance, support, and your vital statistics in my clinic in Daytona Beach. CHAD'S Center, which stands for Cancer, Heart, Alzheimer's, Diabetes, and Stroke, is a non-profit organization dedicated to natural health and healing patients with chronic diseases and maintaining health. Please e-mail [chadscenter@gmail.com](mailto:chadscenter@gmail.com) for questions and appointments.

Kaz Mirza, MD



LET FOOD BE THY

*medicine*

AND MEDICINE BE THY

*food* ””

HIPPOCRATES,  
THE FATHER  
OF MODERN  
MEDICINE



## A Note from Shaheen...

If you're anything like me - You have seen SO MANY diets and programs out there promising to help you shed those unwanted pounds. Everything from "Eliminate Carbs" to "Eat High Fat" and diets that heavily restrict, or even worse, eliminate entire food groups!

Take it from me, it gets CONFUSING! I struggled with my weight from adolescence into adulthood, and I failed plenty of times! And ultimately I came to realize that the answer was fairly simple.

From my years of experience researching diet trends and my medical background, It boils down to a EATING IN MODERATION! As un-sexy as it sounds, it is about portions and getting in all your food groups. Each food group provides your body with vital nutrients to continue to function like the high-powered engine it was created to be.

I boiled my biggest tips and guidelines into these tips.

I hope you enjoy this simplified guide to getting healthy. And if you have any questions or need help reaching your health and fitness goals, Let's talk and work on helping you live your healthiest life!

All the best in health!

Shaheen Lakhani - #fithijabi  
C- 917-769-6757  
shaheen@fithijabi.net

## LET'S SIMPLIFY & BREAK DOWN "THE HOLY GRAIL" OF OUR NUTRITION PLAN

### STICK TO A SCHEDULE

First, you won't get overly hungry, and thus overeat at your next meal. Second, you'll encourage an increase in your metabolism (that's the Holy Grail!). Try to eat every 3 to 4 hours while you're awake, stopping about 3 hours before you go to bed.

### SCHEDULE

BREAKFAST within an hour of waking up (7 AM)  
SNACK 2 to 3 hours after breakfast (9 to 10 AM)  
LUNCH 2 to 3 hours after snack (12 to 1 PM)  
SNACK 2 to 3 hours after lunch (3 to 4 PM)  
DINNER finished at least 3 hours before bed (7 to 8 PM)

You don't need to eat snacks if your calorie needs are low. However, we strongly suggest you stick to at least three meals a day, especially breakfast. It'll give you a nutritional foundation for the day.

Also, try to avoid eating 3 hours before working out. Digestion and exercise compete for blood flow, so when you try to do both at once, you do neither well. (If you happen to exercise first thing in the morning, do that first and eat immediately after).



# Health, Nutrition and Weight Loss

## HYDRATE AND CLEANSE YOUR BODY BY DRINKING WATER

Take your body weight in pounds and divide by two. That number is how many ounces of water you should drink every day.

FOR EXAMPLE, let's say you weigh 150 pounds. Divide that by two and you get 75—so you need to drink at least 75 ounces of water to keep your system properly hydrated. This is the step people seem to take for granted.

But in conjunction with improved food intake and exercise, hydration is the catalyst to flushing out the bad stuff and keeping your body healthy.

Given that we're 60% water, keeping the tank full is crucial to keeping all your body's vital systems working. It also helps you feel full during the day

## PAY ATTENTION TO EVERYTHING YOU EAT

What you eat has a direct effect on everything, from the way your body works to your mood to the amount of fat your body burns or stores.

For long-term weight management (and health), pay attention to everything you eat and use the way of the hand method of controlling portion size.

(See Control Your Portions below.)

Every meal should be conservative in portion size, and have a fairly even ratio of carbs, proteins, and fats. When you're not using the recipes provided, use Michi's Ladder 2.0 to guide your food choices throughout the day. No matter how much you work out, if you don't make smarter food choices, you won't see that layer of padding around your waist or thighs go away.

# Top 10 food rules

Always eat your veggies.

Broil, steam, grill, or bake—never fry!

Avoid trans fats and added sugars in processed foods. Learn to read labels.

Choose whole fruits instead of juice.

Limit soda—even the diet kind. It's filled with questionable chemicals.

If you must eat dessert, have a sliver of a sliver (a bite or two will suffice and satisfy), not a slice.

Lemon juice, low-sodium soy sauce, and mustard add flavor without adding calories.

Avoid butter- or cream-based sauces.

Coffee and tea are fine in moderation; just don't add cream or sugar.

Eat whole grains instead of refined grains.

## CONTROL YOUR PORTIONS

While at home, use your containers to portion out your food groups/meals. Plate it up once prepared or pack into containers to grab & go!

In restaurant terms, you should generally eat half of what the chef serves you. An adequate portion for a meal is three to four ounces of protein (like chicken, tuna, or lean ground beef), which is about the size of your palm. Don't eat until you're full; eat until you're not hungry. Same goes for salad dressing. On a large salad, limit it to just enough to taste. One or two tablespoons should do the trick.

Estimate without actually measuring by using this method.



## DON'T UNDEREAT

Our genes haven't changed much since the caveman days— but our dietary habits have. While we now live in an era of seemingly unlimited resources, our metabolism still operates on the “feast or famine” principle. In other words, if you're not getting enough to eat, your metabolism can slow down so that your body clings to its emergency fuel supply—aka body fat. We call this “starvation mode.” So when you limit calorie intake, don't restrict it so much that your body's built-in survival chemistry panics. That's why we're advocating that you consume at least 1,200 calories a day on a regular basis. This is why we don't suggest living on the “6-Day Shred” program. Starvation mode also explains why the Classic Calorie Equation back in Step 1 sometimes misfires. If you are operating on a large calorie deficit and your weight loss has stalled, try bumping up your calorie intake by a couple hundred calories to lessen the deficit. Odds are the fat-burning will resume!





*Chef/fitness Trainer  
@creative eats with Sheelu Hajee*

Most people have an opinion about what Healthy eating really means.

Healthy eating is taking a Positive approach to food while eating a variety of Foods from each food group in order to lead a Healthy Life.

A good diet promotes good health and again food has a lot of medicinal values. Food in general is Medicine. eating a healthy diet filled with medicinal foods helps prevent and treat a lot of diseases naturally. Its actually easier than you might think.

Healing foods consists of clean proteins, healthy fats and low carbs in terms of Fruits and Vegetables. Good nutrition is one of the key to having a healthy life. It can be hard to change your eating habits right away but if you focus on small changes and keep trying slowly, this change can turn into a Lifestyle.



## My tips:

- Keep track of your food intake. Record how much protein, fruits and veggies you consumed each day.
- Keep track of your water intake. Water is one of the most important elements in our life. 8/10 glasses a day is all you need to cleanse your body. Water is essential for proper circulation of nutrients in the body.
- Exercise regularly. Regular exercise is good for both your health and wellbeing, this can help you lose and maintain a good healthy weight.
- Try to set Realistic Goals: e.g.: walking daily, meditation/yoga, 25/30 minutes of daily workout, running for 20 mins, Swimming and etc....
- Good Health and Nutrition doesn't come in a "Pill" it's the changes you do in your daily diet. "Embrace and love your body, it's the most amazing thing you will ever own"

for Healthy recipes follow me on

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# Top Tips for Healthy Living

**BY: DR. MOHAMEDABBAS JAFFER**

People often say that healthy living is difficult – there are so many things that you need to consider, like weight, diet, exercise, etc. If you think about it though, healthy living is a lot like having Taqwa. Before every act, we ask ourselves “Would Allah be pleased with this?” We can view our health in the same way. Whatever we do, we should ask ourselves whether this would benefit or harm our health. If we do this, we will have taken one of the biggest steps towards a healthier life.

## The Enemies – Diabetes and Coronary Heart Disease

Diabetes is a condition where the insulin that the body produces is either too little or ineffective. Insulin is the substance that your body produces after eating food to help keep your blood sugar levels within normal limits. In diabetes, the lack of effective insulin leads to high blood sugar levels. If this is not controlled, it can lead to many dangerous complications.

These complications include heart attacks and strokes, nerve damage, kidney damage, foot problems, damage to the eyes, and complications in pregnancy, amongst others. If you have diabetes, good control of your blood sugar levels is the best way to prevent any of these complications from occurring.

Another enemy we need to guard against is coronary heart disease (CHD). The coronary arteries are the blood vessels that supply the most active muscle in the body – the heart. In CHD, fatty plaques build up in these blood vessels, which restricts the blood flow to the heart. This can lead to heart attacks,

angina and heart failure. Some of the biggest risk factors for this include high cholesterol, smoking, high blood pressure and diabetes.

## 5 Tips for Healthy Living

The best way of protecting ourselves from these conditions is to lead active and healthy lifestyles. Here are my 5 top tips on how:

**Tip 1: Exercise** - if exercise were a pill, it would be one of the most effective drug treatments ever invented.

**Tip 2: Eat less, live longer** - eating less is the only proven way of prolonging your expected life capacity and there are few who practise this better than the people of Okinawa in Japan, known as the longest living population on the planet!

**Tip 3: Lose weight** - being overweight is linked to a whole host of different conditions, such as CHD, but a large waist circumference has been even more specifically linked to an increased risk of diabetes

**Tip 4: Stop smoking** - for those who smoke, this is probably the single best thing you can do to protect your health as smoking is a massive risk factor for all kinds of conditions, including cancer and heart disease

**Tip 5: Cut down the 3 S's: salt, sugar and saturated fats** - too much salt increases your blood pressure, too much sugar increases the risk of diabetes, and too much saturated fat can lead to CHD and heart attacks

Hopefully, by following these simple tips, we can all lead longer and healthier lives Insha Allah.



AND MAKE NOT YOUR OWN HANDS

*contribute to your  
own destruction*

FOR ALLAH LOVES THOSE

WHO DO GOOD. 

(2:195)

# Yoga in a Nutshell

**BY: PARVEEN TAKHAR SAHOTA**

In a nutshell, Yoga means Union. It is a method and practice of spiritual union between our minds and our bodies. The word comes from the Sanskrit word Yuj. It is intended to develop awareness within our own divinity, or of eternal being. Yoga can mean different things to different people at different points in their lives. It simply means that we all have various needs and experiences that we bring to our practise. It can change day to day because we are always changing.

The word Yoga can bring up numerous thoughts. We may have a vision of a super flexible Yogi with his legs wrapped around his head or someone chanting. Perhaps there is an incense stick burning in the background. Yoga can be all of this but as mentioned above, it is personal.

Alongside the postures, the philosophy behind Yoga gives us real guidance in transforming ourselves. It helps us in the art of living, in working on ourselves to be healthy, content, and at ease with others and ourselves.

The Eight Limbs of Yoga are an outline of the practise to the path of Yoga. The limbs are not a set of rules but a system of undoing the conditioning of the mind and the body to take us to a pure awareness of being. The 8 limbs help us to change from within. The first two limbs (the outer disciplines) are the Yamas and Niyamas. They refer to our relationship with others and how we live our life in this world.

The remaining 6 limbs are the inner disciplines of posture (asanas), breathing (pranayama) and control of the senses (pratyahara) the three stages of meditation which are the dharana, dhyana, and Samadhi.

In the West, much of our perception of Yoga is based around postures (asanas). It can be seen more of a physical practise centring around strength, balance and flexibility. There are numerous types of Yoga on offer: Hatha, Vinyassa Flow, Iyengar, Ashtanga, Kundalini, Anusara, etc. The list is long and can become rather overwhelming and confusing. Choice is not always a good thing.

Keeping it simple, we don't need to be carried away with names. The essence of Yoga is connection between the mind and body. The practise of the physical postures can help break down the resistance that we hold in our outer bodies in order to help break down the resistance carried by our inner bodies. We learn to soften our outer shell.

As human beings, we have learnt habits of mind, body and behaviour through practise and repetition from a very young age. We have developed ways of coping and we continue throughout our lives to repeat these patterns. We can hold a lot of tension in our body, and our muscles may be in a permanent state of contraction. We may hold our breath or we may forget to breathe in. The habits become so entrenched in us that we are not even aware of them. These habits can potentially create both mental and physical health problems.

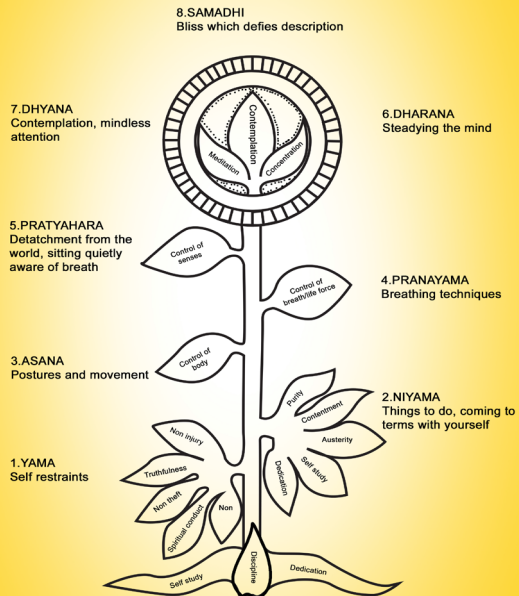
We live a very large part of our lives up in our heads. We forget that we have a body that lies below our neck. Our body carries much wisdom and we can learn a lot from it if we practise listening to it. Yoga helps to develop awareness of our body and ourselves. We learn to reconnect and trust our intuition, to be kind to ourselves and accept our limitations. We learn about balance between our inner and outer worlds.

I have been taught over the years that it is not about doing the posture. We are not trying to get somewhere. It is important to remember that the posture is never finished. We are simply working with ourselves, exploring, being curious and not taking ourselves too seriously. Yoga is essentially about how we choose to live our lives. How we sit, stand, walk, move, how we relate to others and ourselves and how we breathe.

My own personal journey into Yoga began when I was 28. I was recovering from thyroid cancer and recognised that simply exerting myself in strenuous physical exercise was not the ideal way to carry on with my life. Something had to change. I had to find what was going to bring balance and quietness to my mind and body. I found a yoga teacher in Maidenhead and began my practise of learning to sit, breathe, move slowly, bring awareness to my life and to meditate. I began to learn how to listen to myself.

It has by no means been an easy journey, but I am without doubt that it has made me a better human being. The learning is long term and never ending.

## THE EIGHT LIMBS OF YOGA





I AM NOT ALWAYS CALM, I GET STRESSED AND MY BODY  
WILL NEVER BE AS FLEXIBLE AS OTHERS.

*with yoga and mindfulness,*

*I have learnt a way to anchor*

MYSELF IN LIFE SO I DON'T GET LOST IN THE

*in the storm when the wind and rain*

ARE THRASHING MY BOAT. 



# Mindfulness

**BY: ZARI SAMIY**

There are many causes of stress in everyday life. We may blame work or living conditions, difficulties in relationships or poor health. However there is a more fundamental cause; it is the way we react. If we react negatively, we squirm like a worm on a hook, trapped by fear, anger or desire. If we react positively, life is tolerable if not always pleasant. Whether we live in heaven or hell depends largely on our responses to life. The source of most stress is blocked or frozen emotion. Blocking an emotion is good and a necessary short-term strategy. But it is important to remember the emotion does not vanish, it resides underneath. It is always trying to surface, even if it is decades old. If it cannot come through as emotion it may erupt as sickness in the body.

Looking at the emotional tone of our thoughts, we can see if they will lead to happiness or misery. There is a simple guideline here; an unhealthy thought makes the mind tight, narrow, and obsessed. A healthy thought makes the mind loose, open, and receptive to new things. An emotion does not just occur in your mind, it manifests physically.

People can literally worry themselves sick. By meditating, we observe our quality of mind. It is like testing water; it may look pure but closer examination may show it to be laced with unhealthy emotion. Many people who try to be good are consumed by the emotions that they are trying to avoid. Just as people in third world countries can survive with contaminated water, so we can get by with contaminated minds. Although our quality of life and our health may be terrible. Our work is to recognise and remove the unhealthy thoughts and boost the healthy ones. This is our life's task.





MEDITATING TEACHES US TOLERANCE; THE PAIN MAY STILL BE THERE BUT WE NO LONGER PICK AT THE SCAB. GRADUALLY THIS ACCEPTANCE EXTENDS TO BIGGER THINGS, YOU WILL FIND YOURSELF NOT GETTING UPSET OR ANGRY WHEN YOU USUALLY WOULD.

*With mindfulness, we live in the moment and savour the pleasures in life as they occur. 99*



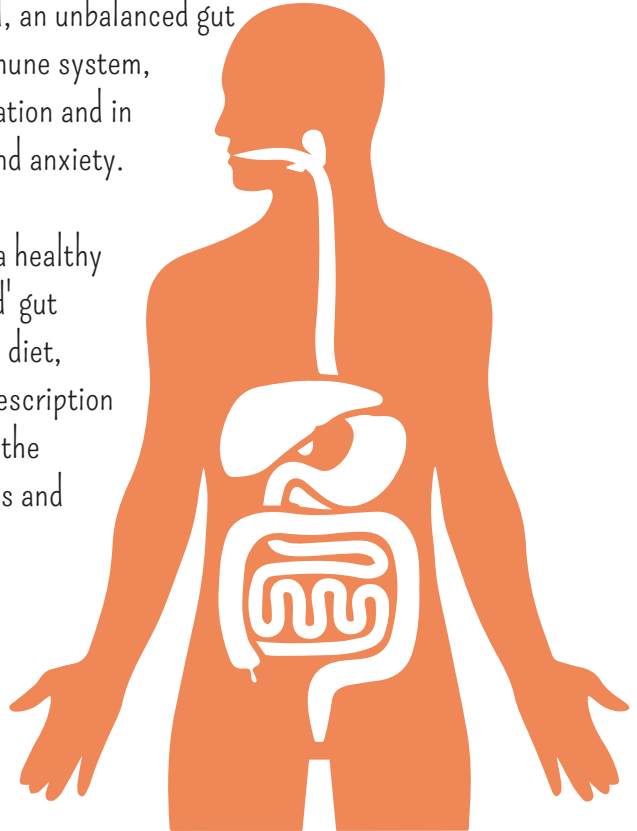
# Trust Your Gut

BY: SAKINA HAJEE

Trust your gut. The digestive tract contains thousands of 'good' and 'bad' bacteria (known as "intestinal flora") that are essential to maintaining a healthy mind and body. A 'healthy' gut should strive for a balance of 85% gut friendly 'good' bacteria and 15% 'bad' bacteria. Bacteria that we call 'good' helps us with digestion and protects us from the 'bad' bacteria which is found in contaminated foods or environmental pollutions.

The benefits of balanced gut flora include strengthened immunity, a better breakdown of foods, and increased mineral and vitamin absorption. If left unchecked, an unbalanced gut can result in a weakened immune system, digestive disorders, inflammation and in extreme cases, depression and anxiety.

So what commonly disrupts a healthy balance of the 'good' and 'bad' gut flora? Stress, an imbalanced diet, processed sugars, certain prescription medications, antibiotics and the overuse of antibacterial soaps and sanitizers.



## How to balance gut flora.

Among other things, including stress-reducing exercises, a healthy balance of gut flora can be achieved through probiotic supplements and fermented or probiotic-rich foods. Here are a few favorite foods and supplements:

Pickled vegetables (unpasteurized), Sauerkraut (unpasteurized), Kimchi (unpasteurized)

Kefir (avoid added sugar)

Yogurt (avoid added sugar)

Tempeh

Supplement Recommendations: Garden of life - Primal Defense Ultra

Sakina Hajee

Holistic Nutritionist & Holistic Allergist

[www.mindyourbodyny.com](http://www.mindyourbodyny.com)

# Put your Best face forward

**BY: JABEEN SHAIKH**

Throughout this book, you may have come across the statement or the general idea that your health and wellness is dictated by how well you take care of the amanah that Allah (SWT) has given us, namely our bodies. One of the more obvious ways you outwardly exhibit this to the world is through your skin! It may be the first thing people notice when they meet you. Healthy, clear, and problem-free skin is not just for the lucky few, but it may be a good indicator of your overall health. Simply put, if your body is out of balance, then your skin will, most often, be out of balance as well. Fortunately, you have control over a good percentage of what your outside shell looks like, just as you have control over what you put into and do to your body.

Here are 7 simple steps that you can take to give your skin a healthy boost and provide it with a strong base to thrive against all that the world throws at it daily.

## 1. Cleanse

It's important to rid the skin of everyday grime and environmental toxins. Depending on your lifestyle, you may need to do this more than once daily, but bear in mind that over-cleansing can lead to dry and aggravated skin. Most often rinsing the skin with plain water or a mild cleanser, is enough as long as you are getting a good cleaning with the appropriate cleanser once a day.

## 2. Exfoliate

I cannot stress how important exfoliation is, especially as we age! When we are young, our skin naturally does this for us, but as we grow older, our cells' renewal process slows down. Exfoliating the face and the body increases blood circulation, encourages the formation of new skin cells while removing the old dead cells from the surface, and leaves the skin ready for your moisturizers, oils, and treatments to absorb better and penetrate deeper. If you are over the age of 35, use a mild exfoliator or scrub everyday. Make sure that it is meant for daily use. Personally, I love those rechargeable facial brushes, and they do the job pretty well. Once or twice a week, apply something a bit stronger, but make sure you test a patch of your skin first to see how you react as everyone has a different tolerance level, especially if you have sensitive skin. You can make your own by mixing 1 TBS coconut oil with 2 TBS sugar. Make a paste between your fingers, apply and massage gently in round circles going upwards.

## 3. Use Sunscreen :

Another BIG one. The younger you start using a daily sunscreen the better off your skin will be as you get older. Using sunscreen protects you from harmful radiation from the sun. It prevents brown and age spots, as well as premature sagging and wrinkles. Look for a sunscreen that offers broad-spectrum UV coverage and has a sun protection factor, or SPF, of at least 15 but preferably one that is 40 to 50 SPF, and wear it everyday! Sunscreen is one of the most important things you can do for the overall appearance and health of your skin as you get older.

## 4. Drink Water

Ever notice when someone or yourself is dehydrated? They look pale, their eyes and face are sunken in. What is the difference between fruit that has been dried/dehydrated and the fresh fruit we buy? The dried fruit is shriveled and shrunken because all the water has been taken out! Drinking water and making sure we are adequately hydrated does the opposite for us. It plumps up the cells in our bodies, making our skin look firmer and more alive. In addition, water helps flush out toxins and waste products from our bodies, helping our skin stay clear and fight blemishes and break outs.

## 5. Get Enough Sleep

Chronic lack of sleep will likely cause you to develop under eye circles, puffiness, and lack luster skin. Why is this? Your skin recovers and repairs itself over night and blood flow is more consistent and higher at this time to the face, as well. Skimp on sleep, and you will definitely see the results immediately as well as long term.

## 6. Exercise

If you have ever done an intensive heart pumping workout, you will see the increased blood flow in your face, making your eyes brighter and your cheeks rosier. Sweating is also another extremely effective and efficient way to rid the body of harmful toxins. Exercise accomplishes both. Even just 30 to 45 minutes of walking everyday is a good way to get the benefits of exercise. Just be sure to do it, and do it consistently for a minimum 5 days a week.



## 7. Eat Healthy

Lastly, most importantly, examine your diet. Are you eating real and wholesome food? Or is the majority of your diet coming from processed, fried, or junk food? Cook more of your own food and eat out less often. Choose fruits and vegetables over candy and chips and avoid white sugar, white flour, and white rice as much as possible. Ideally, over half your plate should be plant-based food like vegetables, fruit, and salad. Use more coconut oil, olive oil, and organic ghee over traditional processed oils (another reason to avoid restaurant and fast food!) If you have skin problems such as acne, psoriasis, or eczema, there may be something in your diet that you are sensitive to. This could include dairy, sugar, or gluten. You may want to try reducing or eliminating these for a few weeks to see if your condition subsides or improves. Incorporate skin-beautifying foods everyday and make them the staple of your diet. My personal picks for skin superfoods are the following:



Although no one can stop the aging process age, we all have the power to be our best selves and “put our best face forward” at any age. Inshallah, even incorporating a few of the lifestyle tips mentioned above will help us to achieve that and allow us to appreciate the one body and one skin that Allah (swt) has given us all.

# Looking After your teeth




**BY: DR. ABBAS SAJAN**

Looking after your teeth and keeping them clean has numerous benefits. It has been mentioned extensively by health professionals and has even been proven to reduce the chance of heart disease <sup>1</sup>.

There are also numerous hadiths highlighting the importance of brushing ones teeth.

The Prophet (s.a.w) said: " Using the miswak (teeth brushing) has twelve benefits: It is a part of the Tradition, it cleans the mouth, clarifies the vision, pleases Allah, whitens the teeth, eliminates the cavities, hardens the gum, increases the appetite, removes the phlegm, sharpens the memory, doubles the reward for good deeds and it also delights the angels." <sup>2</sup>

Here are some top tips for looking after your teeth:

-  Brush your teeth twice a day with a fluoride toothpaste.
-  Brush for at least two minutes – use a timer to help!
-  Spit don't rinse after brushing or it washes away all the goodness of the fluoride.

1) Dietrich et al, The relationship between oral and cardiovascular disease, British Dental Journal 2017

2) Al-Khisaal

3) NICE guidelines



- 🦷 Floss or use interdental brushes at least three times a week.<sup>3</sup>
- 🦷 Use an electric toothbrush – helps clean better!
- 🦷 Gently brush your tongue after brushing to help reduce bad breath.
- 🦷 Use mouth wash at a different time to brushing to get maximum benefit from it.
- 🦷 Visit your dentist regularly.

Here are some super diet tips to protect your teeth:

- 🦷 Chewing sugar free gum after meals helps protect teeth
- 🦷 Don't snack on sugary foods.
- 🦷 Eat a balanced diet with lots of fruits and vegetables to keep your teeth and gums strong and healthy.
- 🦷 Give up smoking to prevent gum disease.
- 🦷 Wait thirty minutes after eating or drinking before brushing as you can wear away the enamel on your teeth.
- 🦷 Food and drink with xylitol helps fight the bacteria that cause tooth decay.

So look after those pearly white teeth, it is good for your health and good for your Iman!

# Home Remedies

**BY: SAMEERA YUSUFALI & FAMILY**

## Cough

Cough can occur when certain minute particles enter the respiratory tract thus obstructing the passage of air from lungs to nose or vice versa. People suffering from cough may find it difficult in breathing, swallowing and speaking, uneasiness and fever, headache and body pains.

Home Remedies:

- \* Mix 1 tsp. honey,  $\frac{1}{4}$  tsp. turmeric, and a pinch of salt.
- \* Add 2 teaspoon of turmeric powder to a glass of warm milk.
- \* Soak almond seeds in warm water and keep it overnight. Peel off the outer skin and make almond paste. Add honey and half tablespoon butter. Give this mixture 2-3 times a day. This can be helpful against cough.
- \* Prepare a paste of betel leaves with water and apply it on the chest externally.
- \* Tea prepared from aniseed will help in loosening the congestion of the chest and can make breathing easy.
- \* Avoid speaking loudly.

## Common Cold

A common cold, is an inflammation of the upper respiratory tract caused by infection with common cold viruses. A common cold occurs more often than any other disease-hence, it's name.

Home remedies:

- \* Put clove oil on your chest and on your joints.
- \* In water, add 5 cloves, 2-3 cardamom, 1 tbl black peppers, and 1 stick cinnamon. Boil all the ingredients in one cup of water and drink.

\* Prepare Ginger Tea: Cut 10 grams of ginger into small pieces and add into boiled water before adding the tea leaves. It is also an effective remedy for colds and fevers. It may be taken twice daily.

\* Lemon is the most important among the many home remedies for common cold. Dilute juice of one lemon in a glass of warm water and add a teaspoon of honey. This can be taken twice daily.

## Sore Throat

To treat a sore throat naturally, avoid consuming refined and greasy foods, pickles, candies, cold drinks and ice creams.

Home remedies:

\* Putting water up your nose can help clear your throat.

\* Mix 1 tsp. honey, ¼ tsp. turmeric, and pinch of salt. And eat a teaspoon every couple of hours.

\* Gargle with warm salt water.

\* Drink warm water with 1 tsp. lemon juice and honey.

\* Brew some chamomile tea and add some honey and lemon for immediate effects.

## Diarrhea

Diarrhea may be acute or chronic. It is one of the most commonest diseases. The small intestine normally gets more than ten liters of liquid per day, which comes from the diet and from secretions of the stomach, liver, pancreas, and intestines. In the case of diarrhea, water is either not absorbed or is excreted in excess. It is then sent to the colon whose water-hold capacity is limited.

Home remedies:

\* Take ¼ Kafer (square tablet) and 1 Elm. Put elm on stove until it melts

\*\*Elm and Kafer can be found in Pharmacy.

\* Buttermilk is one of the most effective home remedies in the treatment of diarrhea. Buttermilk is the residual milk left after the fat has been removed from curd by churning. The acid in the buttermilk also fights germs and bacteria.

\* Buttermilk may be taken with a pinch of salt three or four times a day for controlling this disease.

## Constipation

Constipation is a common disturbance of the digestive tract. In this condition, the bowels do not move regularly, or are not completely emptied when they move. This condition is the chief cause of many diseases as it produces toxins that find their way into the bloodstream and are carried to all parts of the body.

Home Remedies:

- \* Prunes
- \* Papaya
- \* Grapes
- \* Pear
- \* Guava
- \* Orange
- \* Yogurt
- \* Yoga for constipation



## Vomiting

Vomiting is a forceful expulsion of the stomach contents due to the contraction of stomach muscles. Some of the causes of vomiting are as follows: Overeating, Pregnancy, Migraine, Infections, Flu, Stomach upset, Stomach virus, Food poisoning etc.

Drink lots of liquid and avoid solid foods (especially meats).

## Home Remedies:

\* Make lemon tea. Add a teabag to boiling water until it is strong and black. Add ½ a lemon and 1-2 teaspoons of sugar. Adjust to taste. You can also substitute 1 teaspoon sugar with a teaspoon of honey.

\* Green tea.

\* Eat a mixture of honey and the powder of 2 roasted cardamoms

\* Have a mixture of 1 tsp. mint juice, 1 tsp. lime juice, 1/2 tsp. ginger juice and 1 tsp. honey.

\* Also tea made from chamomile, ginger, mint or cinnamon, and a little honey or sugar can help.

## Burns

Burns are categorized into three categories namely, first degree burns, second degree burns and third degree burns. Burns are treated depending upon the category of the burn and the cause. A mild burn of first degree will only cause red skin and a mild pain. It takes about three to six days to heal. Second-degree burns may cause swelling, blisters and peeling of the skin. Third-degree burns are very severe; they may cause white or black charred skin.

### Home Remedies:

\* After a burn, the very first thing that you should do is to reduce the temperature of the burnt area. Put lots of chilled water or dip that body part into chilled water for 15 to 30 minutes.

\* Apply honey to the wound once you have washed the wound properly. It will prevent infection and will heal the wound.

\* Papaya contains enzymes that help to remove dead cells from the wound.

\* Aloe Vera is good for treating burns. Cut some fresh aloe Vera leaves and place on the burnt area. Once the wound starts healing, break a capsule of vitamin E and pour the liquid on it. This will prevent scarring.

\* Applying lavender oil is also found to be effective for burns

# A black hole, a nemesis, a battle within

**BY: DR FATIMA HAJI JAFFER**

Sometimes when I say "I am okay", I want someone to look me in the eyes, hug me tight and say, "I know you are not".

This quote encompasses just some of the emotions that individuals may feel when they are depressed. Depression can manifest differently in different people; however, it is formally classified as a feeling where individuals feel persistently sad. This can be associated with other symptoms such as worthlessness, annoyance, and fatigue.

Depression can be perceived by many as a sign of inner weakness or something that is 'not a genuine illness'. It is proven medically, that mental illness affects 1 in 4 individuals within the UK, and depression affects 1 in 10 people and, unfortunately, 4% of children aged between 5-16 may suffer as well.

## Symptoms of Depression

Symptoms of depression may vary from person to person. The feelings that can be associated include hopelessness, low mood, loss of energy, loss of concentration, persistent crying, inner emptiness and loss of interest in activities. Along with emotional aspects, depression can also result in physical symptoms such as trouble with sleeping, increase or decrease in appetite, and loss of libido. In severe depression, individuals may also express thoughts of being better off not here and that life is just not worth living.

## Causes of Depression

There are many different risk factors that can lead to depression.

- **Gender:** Medical research has shown a higher rate of depression in females than males, however there is a higher risk of suicide in men than women.
- **Stressful life events:** For example, with bereavement or relationship breakdown. These can often affect individuals in different ways and can lead to 'a downward spiral'.
- **Personality:** With some personality traits such as low self-esteem, individuals may be more susceptible to depression. This can be linked to genetics and/or family history, upbringing and background.
- **Child-birth:** Some women following child birth can suffer depression commonly referred to as postnatal/postpartum depression. This can occur secondary to hormonal changes as well as lifestyle changes.
- **Isolation:** Lack of a support network from family and friends.
- **Alcohol and drugs:** Some people can turn to drugs or alcohol to help cope with their depression. This may only give temporary feeling of euphoria and relaxation however medical research has shown the opposite. It worsens depression and causes more volatile swings in emotions.
- **Illness:** Medical evidence has shown that individuals who suffer with longstanding medical conditions such as heart disease, cancer, chronic pain, etc. may be linked to depression.

## Diagnosis of depression

There are no formal tests that can be done to diagnose depression. It is important that if a person feels these issues maybe troubling him/her, a family member, and/or a loved one, to seek medical attention as soon as possible.

## Treatment of depression

There are two categories that treatment for depression falls under, either non-medical treatment which includes cognitive behavioural therapy (CBT) and counseling, and medical therapies such as medications. The two can be used in conjunction. The treatment approach often depends on individual preference and the severity of the depression.

## Mild Depression

1. There is much evidence that exercise can help in mild depression as it releases endorphins, thus lifting one's mood.
2. There are also local self-help groups which can help individuals get support from those who are in a similar situation as them. More information of these groups can be found online through the Depression alliance website and Mind website. You can also contact your GP to find out more about the local services offered in your area.
3. There are online Cognitive behavioral therapy (CBT) courses and self-help books available. The Royal College of Psychiatrists have released a set of self-help books under the series called "Overcoming" as well as discussing Cognitive behavioral therapy.



## Mild/moderate depression

With this category, talking therapies may help. The two predominant subtypes are CBT and counselling. Counselling allows individuals to work with counsellors to help deal with current problems. Individuals work with counsellors for 6-12 sessions, each an hour long. CBT is a form of therapy where past experiences and background are explored to help move an individual forward with regards to their behaviours and beliefs. This can help individuals in the present and in the future. Normally 6-10 sessions are offered with a trained counsellor. CBT can either be offered on an individual basis or within a group. Ask your GP for further information and support regarding talking therapy.

## Moderate/severe depression

1. Medical therapies - antidepressants. There are many different antidepressants that can be offered. These would need to be prescribed and reviewed by your GP.
2. Evidence shows that depression in these circumstances is best treated with both medicines and talking therapy.
3. In severe cases, individuals may need additional support from mental health teams.

Depression can be a frightening and isolating experience for many. It is fundamental to seek help/support in the early stages.

As a final thought Henry Wadsworth Longfellow, a poet once wrote, "Every man has his secret sorrows which the world knows not; and often times we call a man cold when he is only sad."

# Cancer Prevention and Support

**BY: PATRICIA GARRETT**

In the UK, it's estimated that almost 1 in 2 of us will get cancer in our lifetime. The most common types of cancer are breast, bowel, prostate and lung. Thankfully, more people are surviving this disease due to earlier diagnosis and better treatments, but it's important to realise that over a third of cancers are avoidable. This article will explain current medical advice on avoiding cancer and recognising the early signs and symptoms, because the earlier cancer is diagnosed, the better your chances of surviving.

## What is cancer?

Cancer is the name given to a collection of related diseases. In all types of cancer, some of the body's cells begin to divide without stopping and spread into surrounding tissues.

Cancer can start almost anywhere in the human body, which is made up of trillions of cells. Normally, human cells grow and divide to form new cells as the body needs them. When cells grow old or become damaged, they die, and new cells take their place.

When cancer develops, however, this orderly process breaks down. As cells become more and more abnormal, old or damaged cells survive when they should die, and new cells form when they are not needed. These extra cells can divide without stopping and may form growths called tumors. The early signs and symptoms of cancer naturally vary depending upon the type, but speaking generally be aware of any changes in your body that last for more than 3 weeks:

- A lump that's increasing in size somewhere on your body
- Having a persistent cough
- A change in bowel habits, such as blood in your stools or diarrhoea/constipation for no obvious reason
- Unexplained bleeding, perhaps in your urine, or between periods
- Moles that have changed shape or size, with irregular borders or have started to itch or bleed
- Unexplained weight loss

These changes don't necessarily mean you have cancer, but discuss any symptoms with your GP to be on the safe side.

## *Why do we get cancer and how can we reduce our risk?*

So what can increase your chances of getting cancer? The biggest risk factor is aging - most incidences of cancer are in people over 65. There is also a small risk from some cancers running in families via an inherited genetic mutation. But it might surprise you to learn that a major cause of cancer is lifestyle choice. Smoking, drinking alcohol, being overweight, lack of exercise and eating a poor diet can all increase your risk of cancer. The research is clear on how you can reduce this risk:

- Stop smoking
- Take at least 150 minutes of moderate exercise a week
- Remain a healthy weight
- Eat a diet that's high in fibre, fresh fruit and vegetables, and low in saturated fat, salt, sugar and processed red meats
- Use sunscreen when going out in the sun

As well as taking this lifestyle advice, it's also important to take advantage of the 3 cancer screening programmes available on the NHS. These programmes save thousands of lives a year because they can detect cancers at an early stage.

## *What support is available for people affected by cancer?*

To receive a cancer diagnosis is one of the hardest things to hear and people automatically think the worst. Feelings of fear, anger and depression are very common. Furthermore, the treatments for cancer (typically chemotherapy and radiotherapy) have difficult side effects such as nausea and fatigue, which quite often means it's impossible to work so families can be plunged into poverty. This is where Macmillan Cancer Support can help. Macmillan's aim is to reach and improve the lives of everyone living with cancer.

Most hospitals that treat cancer have a Macmillan Information and Support Centre. All centres have trained counsellors to talk through the more difficult aspects of having cancer, as well as specialist benefits advisors to offer financial and welfare advice. Many centres host cancer support groups as well as offering complementary therapies (such as massage and reflexology) that can help with relaxation and pain relief. If you're not within easy travelling distance of a support centre, Macmillan's telephone support line is staffed by nurses, benefits advisors, and other specialists who can answer any questions you might have or signpost you to other support services local to you. If English isn't your first language, then an interpretation service is available. Call 0808 808 00 00 to find out how Macmillan can support you or someone you love.

# Diabetes Prevention and Management

**BY: DR. MOHAMEDABBAS JAFFER**

Diabetes is a lifelong condition where the body is less able to deal with sugar. Sounds simple enough, but the implications are colossal. To put it into perspective, the cost of diabetes in the UK accounts for 10% of the entire NHS budget. That's around 14 billion pounds spent on diabetes every year. There are several types of diabetes including type 1 diabetes, type 2 diabetes, and gestational diabetes (during pregnancy), but by far, the most common type is type 2, which mainly occurs in those aged over 40.

## Understanding Type 2 Diabetes

Diabetes is a condition where there is too much glucose (sugar) in the bloodstream. Glucose is an important source of energy for your body. It comes from carbohydrate foods that you eat, such as bread, pasta, rice, cereals, fruits, starchy vegetables, milk and yoghurt. Your body breaks down carbohydrates into glucose, which then enters your bloodstream. Insulin is made in your body by the pancreas. Insulin is needed to allow glucose from the bloodstream to enter the body cells and be used for energy. Type 2 diabetes occurs when the pancreas can't make enough insulin and the body cells can't respond properly to the insulin. This leads to high blood glucose levels.

## Who is at risk of type 2 diabetes?

Type 2 diabetes usually occurs in adults, but younger people – and even children – are now developing this type of diabetes. Risk factors for type 2 diabetes include: having a family history of type 2 diabetes, having pre-diabetes, being above the healthy weight range, having an inactive lifestyle, and increasing age.

## *How Can I Reduce my Risk of Developing Diabetes?*

People who are at risk of type 2 diabetes can delay and, in some cases, even prevent developing diabetes by adopting a healthy lifestyle. This includes regular physical activity, making healthy food choices, and being a healthy weight.

## *How is type 2 diabetes managed?*

Type 2 diabetes is managed with healthy eating and regular physical activity. Over time, you may also need glucose lowering medications (tablets or injectable medications). As diabetes progresses, some people will need insulin injections to help keep their blood glucose levels in the target range. Looking after your diabetes is important for good health and for preventing diabetes complications, such as damage to the eyes, kidneys, nerves and blood vessels.

## *Key Things to Remember*

Diabetes is a serious long-term condition that requires active management and can lead to serious complications. Those who are overweight, have family members with diabetes or are of South Asian or African-Caribbean origin are at an even higher risk of developing the condition. Simple lifestyle changes can make all the difference when it comes to reducing your risk. People who develop diabetes can manage it through dietary changes, medications and sometimes insulin.

*Don't wait until it's too late take control now!*




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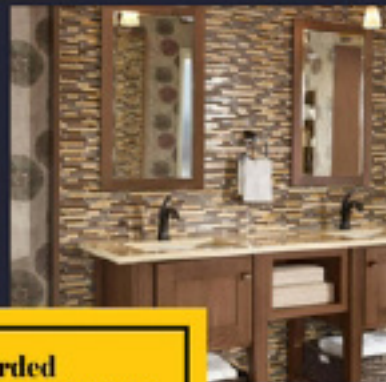
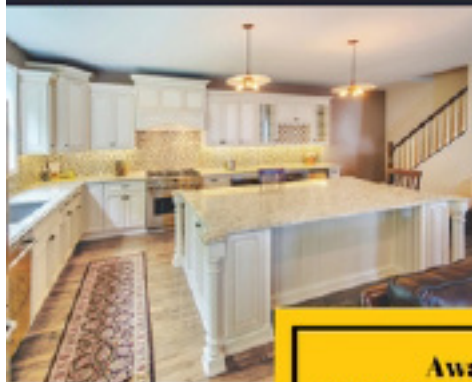
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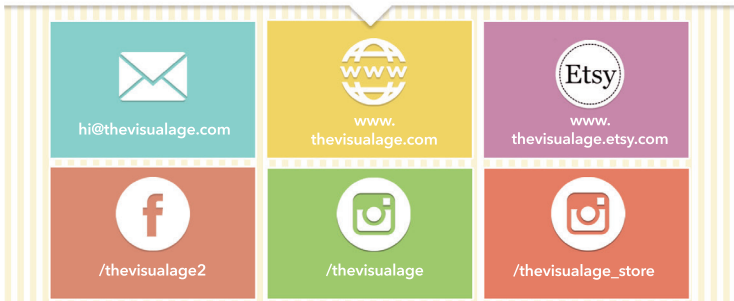
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A NOTE ABOUT THE BOOK...

Back to Basics, A Guide to Healthy Living is inspired and created by the lovers and supporters of Lady Zaynab Helping Hands. A project dedicated to "Providing Relief for Today and Security for Tomorrow" and help build a brighter future for the many displaced orphans and needy around Sayyida Zaynab and wherever the need may arise around the world.

This cookbook is a humble attempt to reach one and all and assist in the daily gastronomical choices we make when serving food in our tables by providing some tried and tested recipes to help us along the way. In addition, the health-related articles and tips by some of the experts in different fields will certainly add value and provide an insight into the lifestyle choices we may make on a daily basis. We hope 'Back to Basics' will be a new long standing addition to any kitchen – yours including! After all, we are what we eat!!

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