

# DELIGHTS WITH DATES

*31 Healthy Nutritious  
Recipes with dates*

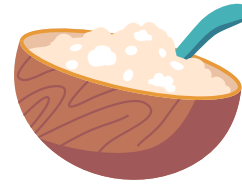
Courtesy of Tamar Madinah @ TIARA



# SUHOOR RECIPES

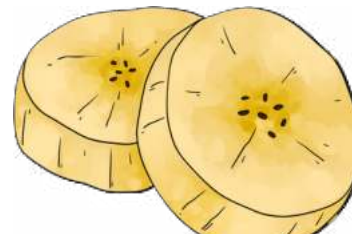
*5 Refreshing Drinks*

# Recipe 1



## Date and Banana Porridge

- **Ingredients:** Rolled oats, fresh dates (pitted and chopped), bananas, milk (or any plant-based milk), and a pinch of cinnamon.
- **Instructions:** Cook the oats in milk with a pinch of salt. When almost done, add chopped dates and cinnamon. Serve topped with walnuts and a drizzle of honey if desired.

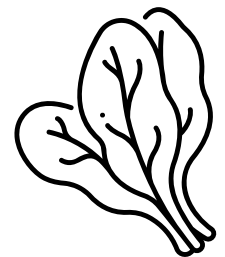


# Recipe 2



## Egg Muffins with Dates

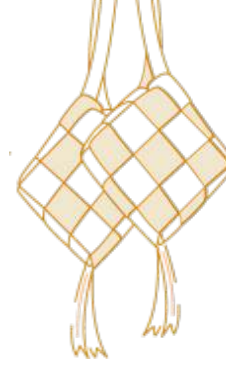
- **Ingredients:** Eggs, fresh dates (chopped), spinach (chopped), feta cheese (crumbled), salt, and pepper.
- **Instructions:** Preheat oven to 350°F. Whisk eggs and season with salt and pepper. Stir in chopped dates, spinach, and feta. Pour mixture into greased muffin tins and bake for 20-25 minutes or until set.



# Recipe 3

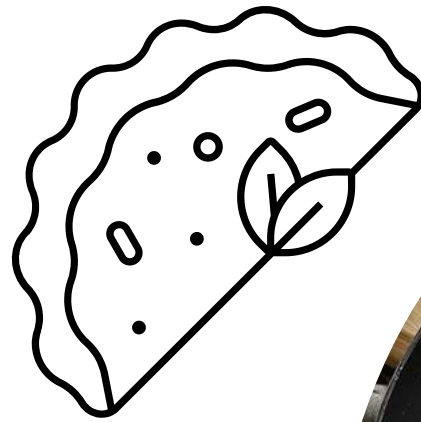
## Date and Yogurt Smoothie Bowl

- **Ingredients:** Greek yogurt, fresh dates (pitted), bananas, granola, and fresh fruit for topping.
- **Instructions:** Blend Greek yogurt with dates and bananas until smooth. Pour into a bowl and top with granola and your choice of fresh fruit.



# Recipe 4

## Sweet Date Omelette



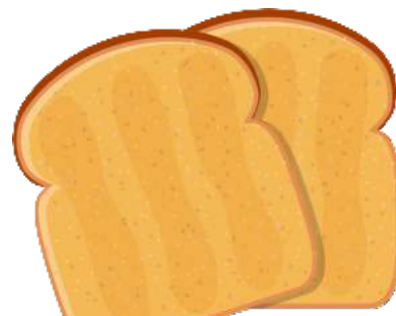
- **Ingredients:** Eggs, fresh dates (chopped), cream cheese, nuts (chopped, optional), salt, and pepper.
- **Instructions:** Beat eggs and season with salt and pepper. Pour into a hot pan to make an omelette. Before folding, fill with cream cheese and chopped dates (add nuts if desired). Fold and serve warm.



# Recipe 5

## Date and Nut Butter Toast

- **Ingredients:** Whole grain bread, nut butter (almond or peanut), fresh dates (sliced), chia seeds.
- **Instructions:** Toast bread to your preference, spread a generous layer of nut butter, top with sliced dates, and sprinkle with chia seeds.



# REFRESHING DRINKS

*5 Refreshing Drinks*



# Recipe 6

## Date and Berry Smoothie

- **Ingredients:** Fresh dates (pitted), mixed berries (fresh or frozen), yogurt, and a splash of milk.
- **Instructions:** Blend dates, berries, yogurt, and milk until smooth. Serve immediately, garnished with a few berries on top.



# Recipe 7



## Iced Date Coffee

- **Ingredients:** Cold brew coffee, fresh dates (pitted), almond milk, ice cubes.
- **Instructions:** Blend cold brew, dates, and almond milk until smooth. Serve over ice for a refreshing caffeinated drink.



# Recipe 8

## Date and Mint Lemonade

- **Ingredients:** Fresh dates (pitted), lemon juice, water, fresh mint leaves, ice.
- **Instructions:** Blend dates, lemon juice, water, and mint leaves. Strain and serve over ice, garnished with mint and lemon slices.



# Recipe 9



## Creamy Date Shake

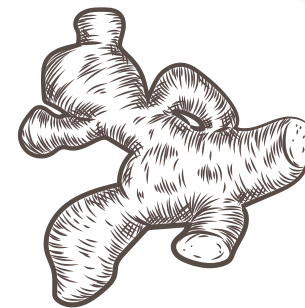
- **Ingredients:** Fresh dates (pitted), vanilla ice cream, milk, a pinch of cinnamon or cardamom.
- **Instructions:** Blend dates, ice cream, milk, and spice until smooth. Serve in a chilled glass, topped with a sprinkle of spice.



# Recipe 10

## Date and Ginger Tea

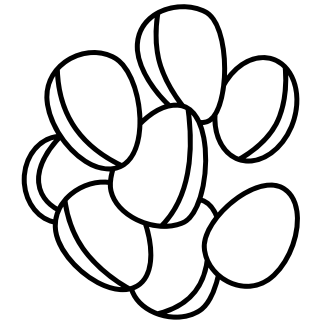
- **Ingredients:** Fresh dates (chopped), fresh ginger (sliced), water, lemon juice.
- **Instructions:** Simmer dates and ginger in water for 15 minutes. Strain and serve warm with a squeeze of lemon.



# **IFTAR APPETIZERS**

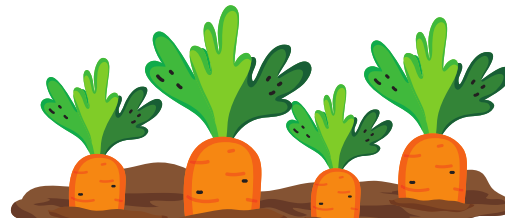
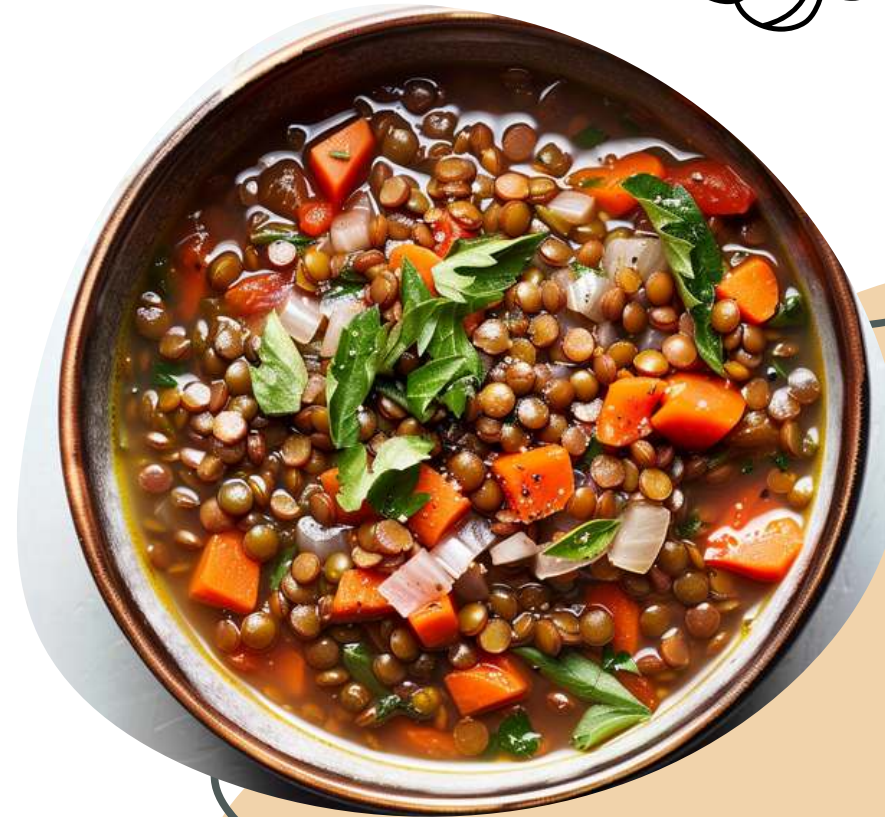
*5 Savors The Flavors*

# Recipe 11



## Date and Lentil Soup

- **Ingredients:** Lentils, fresh dates (chopped), carrots (diced), onions (chopped), garlic (minced), vegetable broth, cumin, salt, and pepper.
- **Ingredients:** In a pot, sauté onions, garlic, and carrots until softened. Add lentils, dates, broth, and cumin. Simmer until lentils are tender. Season with salt and pepper.



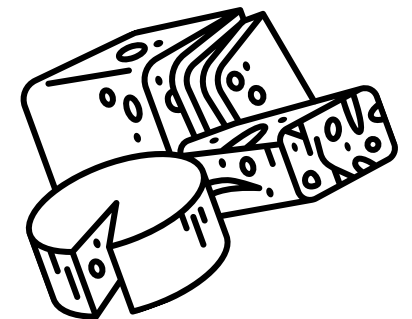
# Recipe 12

## Stuffed Date Platter

- **Ingredients:** Large fresh dates (pitted), cream cheese, goat cheese, nuts (chopped), and herbs.



- **Instructions:** Stuff dates with a mix of cream cheese and goat cheese, then roll in chopped nuts or sprinkle with herbs.





# Recipe 13

## Date & Cucumber Salad

- **Ingredients:** Cucumbers (sliced), fresh dates (chopped), red onion (thinly sliced), feta cheese, lemon vinaigrette.
- **Instructions:** Combine cucumbers, dates, onion, and feta in a bowl. Toss with lemon vinaigrette and serve chilled.



# Recipe 14

## Dates & Chicken Skewers

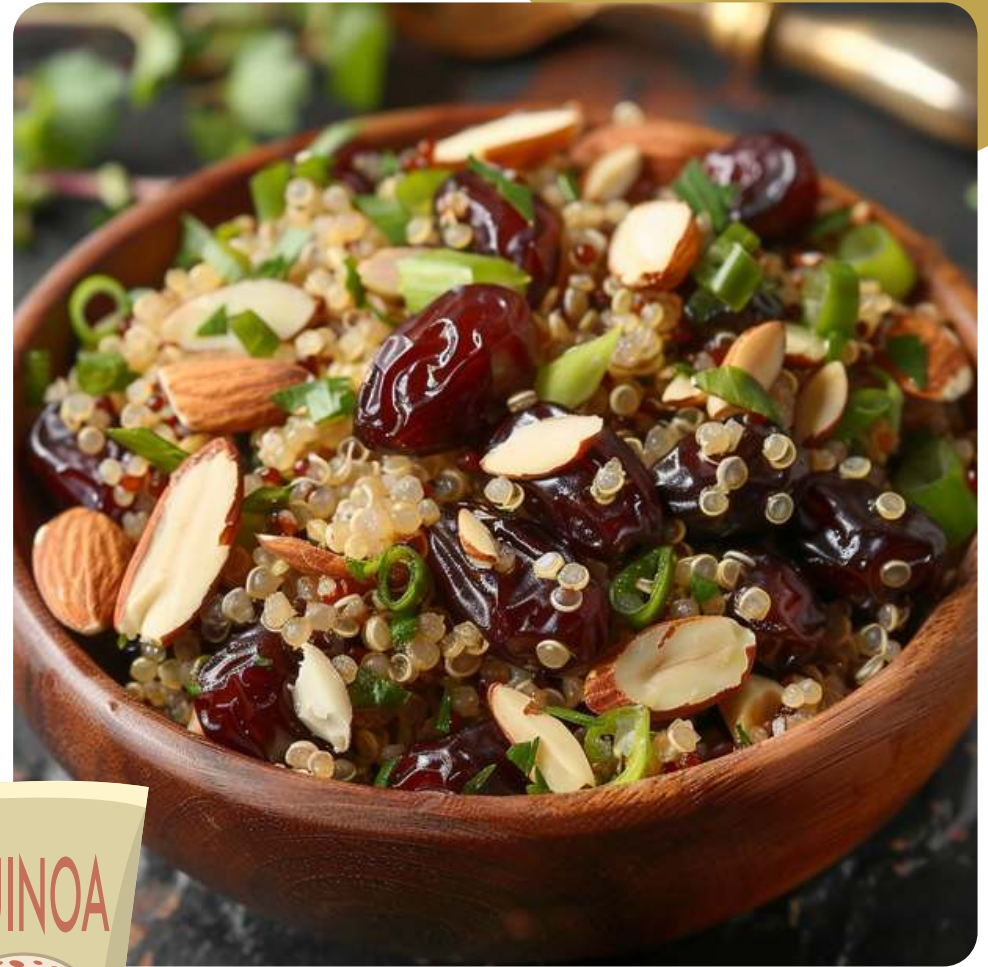
- **Ingredients:** Chicken breast (cubed), fresh dates, yogurt, spices (cumin, paprika, garlic powder), salt, and skewers.
- **Instructions:** Marinate chicken and dates in yogurt mixed with spices and salt. Thread onto skewers and grill until chicken is cooked through.



# Recipe 15

## Date and Quinoa Salad

- **Ingredients:** Quinoa (cooked), fresh dates (chopped), almonds (sliced), spring onions (sliced), lemon dressing.
- **Instructions:** Mix quinoa, dates, almonds, and spring onions in a bowl. Dress with lemon dressing and serve chilled.



# MAIN

5 Gourmet Delights:

# Recipe 16

## Date Glazed Lamb Chops

- **Ingredients:** Lamb chops, fresh dates (pitted and blended into a paste), garlic (minced), rosemary, salt, and pepper.
- **Instructions:** Season lamb chops with salt, pepper, garlic, and rosemary. Grill to your liking. Warm date paste and brush over lamb chops in the last few minutes of cooking.



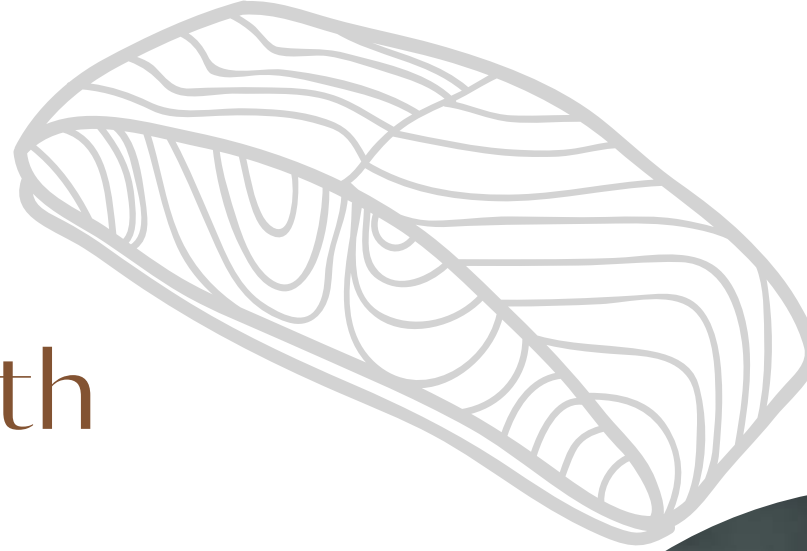
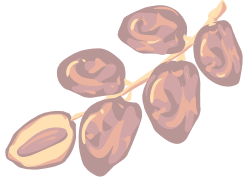
# Recipe 17

## Date & Vegetable Tagine

- **Ingredients:** Mixed root vegetables (cubed), fresh dates (chopped), chickpeas, tomatoes (diced), Moroccan spices (cumin, cinnamon, ginger), cilantro, vegetable broth.
- **Instructions:** Layer vegetables, dates, chickpeas, and spices in a tagine or heavy pot. Add broth and simmer until vegetables are tender. Garnish with cilantro.



# Recipe 18



## Baked Salmon with Date Salsa

- **Ingredients:** Salmon fillets, fresh dates (chopped), tomatoes (chopped), cilantro (chopped), lime juice, olive oil, salt, and pepper.
- **Instructions:** Season salmon with salt and pepper, drizzle with olive oil, and bake. Mix dates, tomatoes, cilantro, and lime juice for the salsa. Serve salmon topped with salsa.



# Recipe 19

## Date & Chickpea Curry

- **Ingredients:** Chickpeas, fresh dates (chopped), coconut milk, onions (chopped), garlic (minced), curry powder, spinach, salt, and rice for serving.
- **Instructions:** Sauté onions and garlic, add curry powder, then chickpeas, dates, and coconut milk. Simmer until thickened. Stir in spinach until wilted. Serve over rice.





# Recipe 20

## Date-Stuffed Chicken Breast

- **Ingredients:** Chicken breasts, fresh dates (chopped), spinach (chopped), cream cheese, salt, and pepper.
- **Instructions:** Slice a pocket into each chicken breast. Mix dates, spinach, and cream cheese. Stuff mixture into chicken, season with salt and pepper, and bake until cooked through.



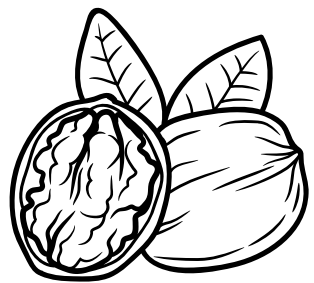
# DESSERTS

*5 Scrumptious Creations*

# Recipe 21

## Date & Walnut Cake

- **Ingredients:** Fresh dates (chopped), walnuts (chopped), flour, eggs, butter, brown sugar, baking powder, vanilla extract.
- **Instructions:** Beat butter and sugar, add eggs and vanilla. Fold in flour and baking powder, then stir in dates and walnuts. Bake until a tester comes out clean.

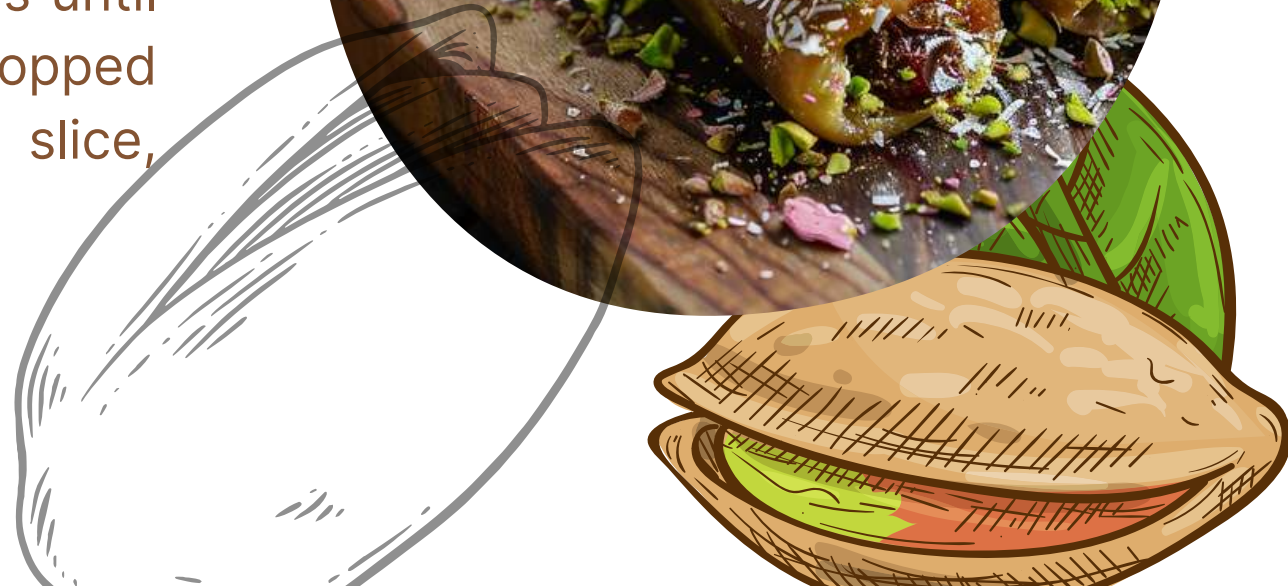
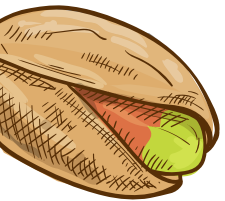


# Recipe 22



## Date and Pistachio Rolls

- **Ingredients:** Fresh dates (pitted), pistachios (chopped), coconut flakes for coating.
- **Instructions:** Process dates until smooth, mix with chopped pistachios, roll into logs, slice, and roll in coconut flakes.



# Recipe 23



## Date Rice Pudding

- **Ingredients:** Cooked rice, milk (or almond milk), fresh dates (chopped), cardamom, rose water, and nuts for garnish.
- **Instructions:** Combine rice, milk, dates, and cardamom in a pot. Cook until thickened, stir in rose water, and garnish with nuts.



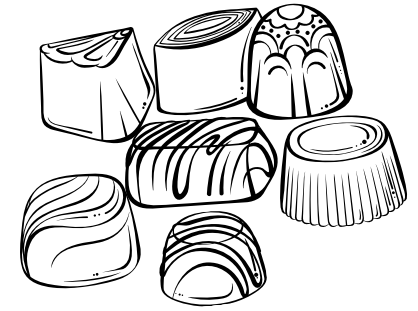
# Recipe 24

## Chocolate-Dipped Dates

- **Ingredients:** Fresh dates (pitted), dark chocolate (melted), sea salt, and nuts (chopped, for topping).
- **Instructions:** Dip dates in melted chocolate, place on parchment paper, sprinkle with sea salt and nuts. Chill until set.



# Recipe 25



## Date and Almond Truffles

- **Ingredients:** Fresh dates (pitted), almonds (ground), cocoa powder, coconut flakes for coating.
- **Instructions:** Process dates and almonds until the mixture forms a dough. Roll into balls, coat with cocoa powder, then roll in coconut flakes.



# **BONUS RECIPES**

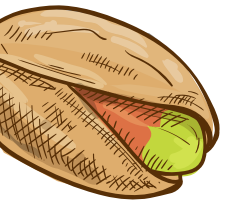
*Tempting Treats*



# Recipe 26

## Date and Saffron Chicken Pilaf

- **Ingredients:** Chicken pieces, basmati rice, fresh dates (chopped), saffron strands, onions, garlic, chicken broth, almonds (slivered), salt, and pepper



- **Instructions:** In a pot, sauté onions and garlic. Add chicken and cook until browned. Stir in rice, dates, saffron, and broth. Cover and simmer until rice is tender. Season with salt and pepper. Serve garnished with almonds.

## Recipe 27

# Date Tarte Tatin with Cardamom Cream

- **Ingredients:** Dates, puff pastry, sugar, butter, heavy cream, cardamom.
- **Instructions:** Caramelize sugar and butter in a pan. Add dates. Cover with pastry, bake until golden. Serve with cardamom-infused whipped cream.



## Recipe 28

# Moroccan Date and Lamb Tagine

- **Ingredients:** Lamb chunks, fresh dates (chopped), almonds, honey, Moroccan spices (cumin, cinnamon, ginger), couscous.
- **Instructions:** In a tagine, combine lamb, dates, almonds, honey, and spices. Slow-cook until lamb is tender. Serve over couscous.



## Recipe 29

# Date and Coconut Caramel Flan

- **Ingredients:** Eggs, milk, date puree, coconut milk, sugar, vanilla extract.
- **Instructions:** Blend eggs, milk, date puree, coconut milk, and vanilla. Pour into caramel-lined molds. Bake in a water bath until set. Top with date caramel sauce.



# Recipe 30

## Roasted Duck with Date and Orange Glaze

- **Ingredients:** Duck breasts, dates (pureed), orange juice, spices (cinnamon, star anise).
- **Instructions:** PRoast duck breasts. Simmer date puree, orange juice, and spices for glaze. Brush glaze on duck, serve.



# Recipe 31

## Date, Fig, and Walnut Brie en Croute

- **Ingredients:** Brie wheel, dates (chopped), figs (chopped), walnuts (chopped), honey, puff pastry.
- **Instructions:** Top Brie with dates, figs, walnuts, and honey. Wrap in pastry and bake until golden. Serve with crackers or baguette.



# Thanks

As Salam Alaykum, dear esteemed client,

Thank you for welcoming our recipe book into your homes during Ramadan. We hope these date-inspired dishes have added joy and flavor to your Iftar and Suhoor tables. Your support inspires us to continue celebrating the rich culinary traditions of the Muslim community in Singapore.

Wishing you a blessed Ramadan filled with peace, unity, and delicious meals.

Warmest regards,

Mr. Azmi Mohd Tahir