

# Favourite Foods of

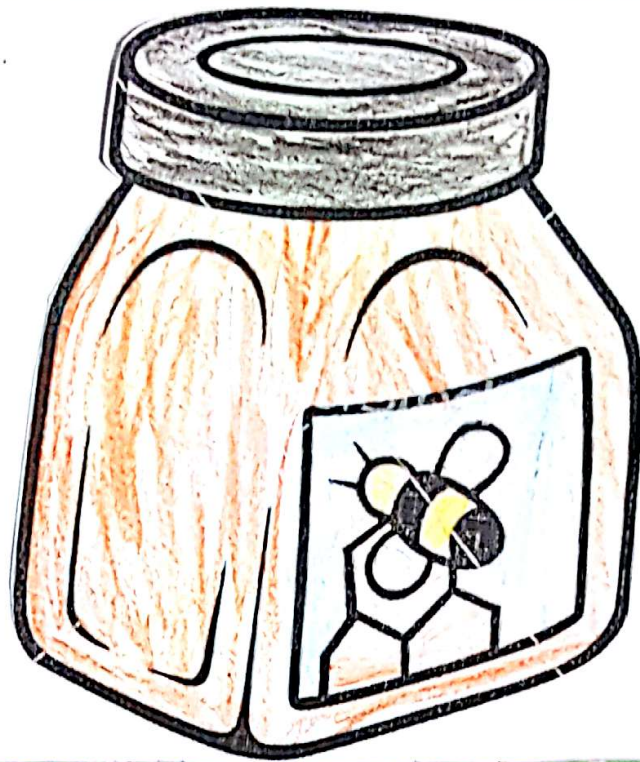
ﷺ  
محمد

By Musa Fazal

Class Mansa Musa

Honey  
casal

Jus



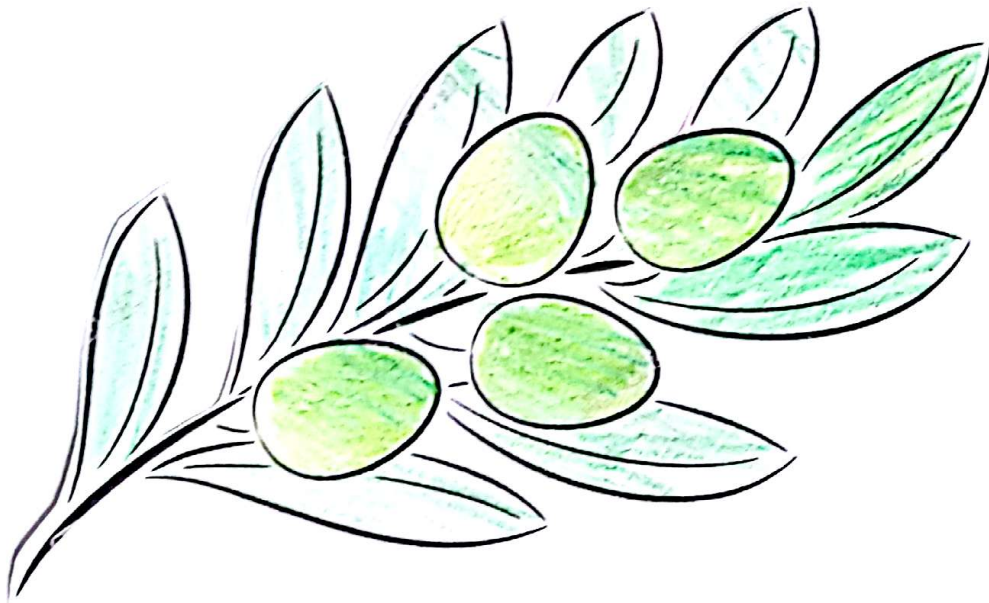
The prophet (S.a.w.s) once said, "By him in whose hand is in my soul, eat honey. For there is no house in which honey is not kept for which the angels will not ask for mercy.

If a person eats honey, a thousand remedies enter his stomach and a million diseases will come out. If a man dies and honey within him will not touch his body (i.e., his will be immune from burning of hell.)"

Olives

Zaitun

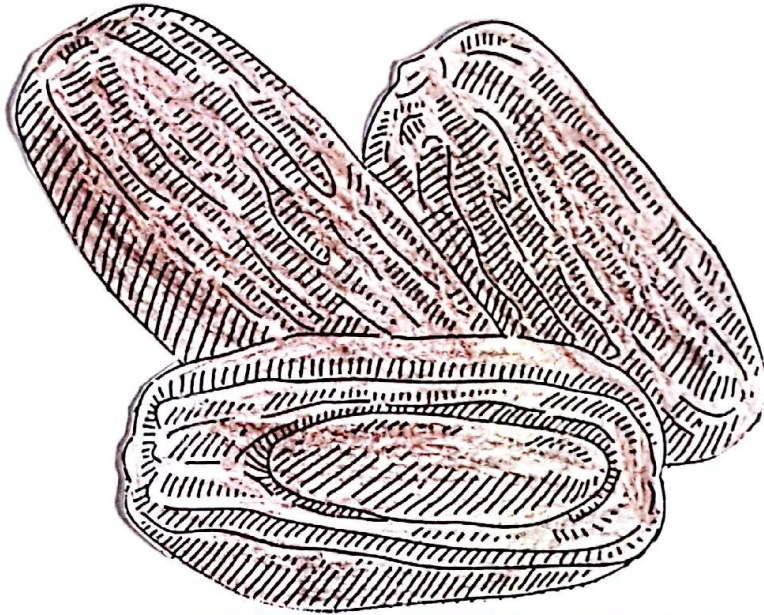
زيتون



Allah (S.w.t) has said of the olive tree: And a tree that grows out of Mount Sinai which produces oil and a condiment for those who eat, For olive oil is the Supreme Seasoning." Allah (S.w.t) has also called it the bless tree (Quran 21: 35)

Olive leaves can be chewed as treatment for inflammation of the stomach, skin ulcerations, and eruptions of herpes and hives.

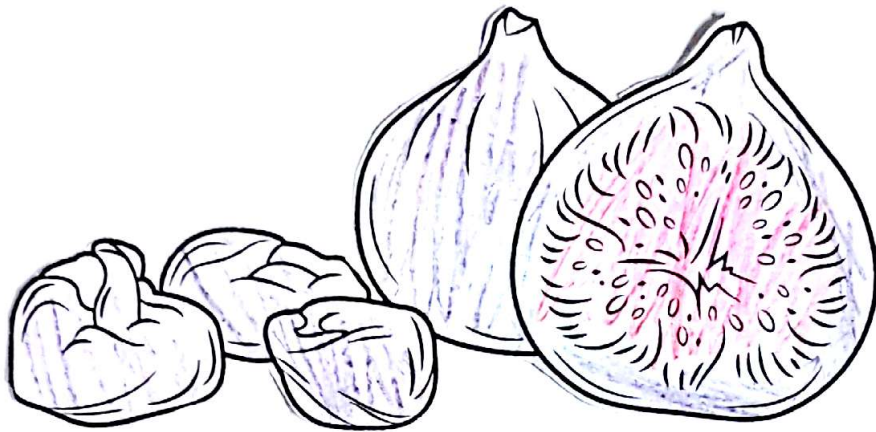
Dates  
Tamar  
رمان



The prophet (S.a.w.s) is reported to have said, "A house without dates has no food."

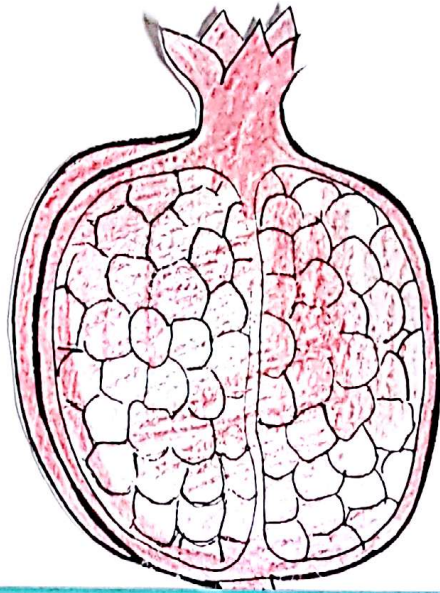
Fresh Dates were the food eaten by Mary (r.a.), at the time of her delivery of the infant Jesus (a.s).  
Said the prophet (S.a.w.s), "He who finds a date, let him break his fast on that. If he finds no date, let him break it on water."

Fig  
Fīn  
تین



The prophet (S.a.w.S) is reported to have said, "If you say that any fruit has come from paradise that you must mention the fig, or indeed it is the fruit of paradise. So eat it, for it is a cure for Piles and helps gout.

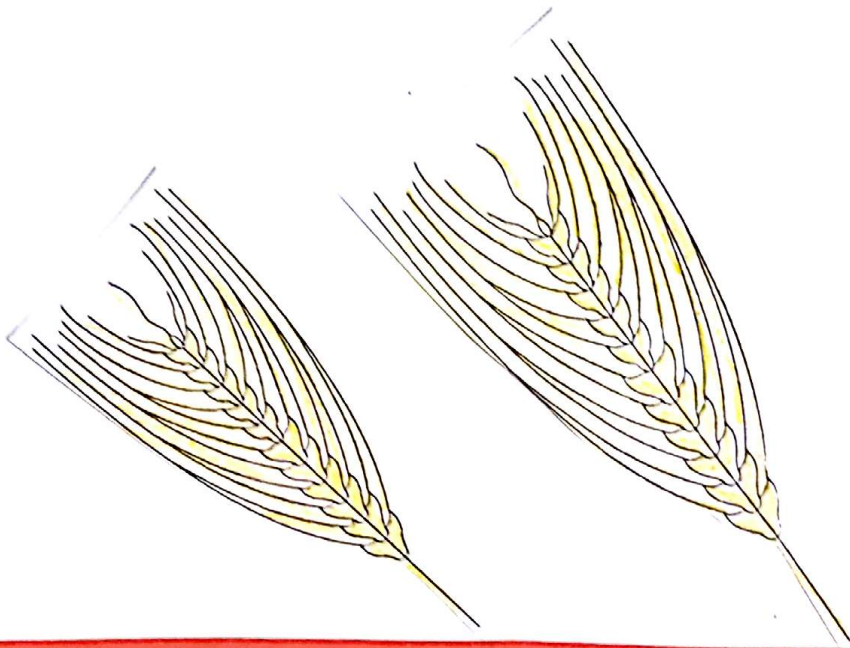
pomegranate  
Tamman  
رمان



The prophet (S.a.w.s) said the pomegranate "Cleanses you from sayjan from evil-aspiration for forty days."

Sweet pomegranates are preferred over the Sour  
Hazrat Ali (r.a.) said that the light of Allah is in the heart whoever eats pomegranate

Barely  
Shacir  
شعير



Barely is ideal for fever and hot in-  
temperament diseases or illnesses

The prophet (S.a.w.s) made and gave  
a soup of Barely to anyone suffering  
from fever.

# Honey and Date Milkshake



## Ingredients

1 Cup of Milk  
4-6 Dates  
1 table Spoon of Natural honey  
1 table Spoon of vanilla Ice cream  
Ice Cubes

## Instructions

put dates, Milk, honey and  
Ice cubes blend them in the  
blender.  
Pour in serving glass  
Add a dollop of Ice cream