

COLD & WET FOOD LIST



DAR AL TADAWE

DR HANI EL BATAL

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Brain
Udder
Feet
Small/Medium
Fish
Salmon
Crab
Sweet mild green
olive oil (that has
aged until its
sharpness has
mellowed)
Sweet Almond Oil
Pumpkin Oil
Sweet tomatoes
Squash
Endive Chicory

Lettuce
Purslane
Truffle
Mushroom
Cucumber
Armenian
Cucumber
Molokhia or Jute
Mallow
Malva
Egg white
Sheep milk
Sweet cheese

Sweet yogurt
Sweet
labneh
Dairy cream
Watermelon
Sweet apricot
Sweet
pomegranate
Sweet quince
Sweet prune
Sweet guava
Pineapple

Papaya
Sweet strawberries
Sweet orange
Sweet Kiwi
Cactus pears
Sweet peach
Sweet
clementine
Jallab (made with
one part rose
water and two
parts sugar)
Barley water
Rose water

BREAKFAST

- **Cheese croissant:**(sweet, soft, or wet cheese)
- **Cheese manakeesh:** (sweet, soft, or wet cheese)
- **Fatteh with Sweet Yogurt:**

Ingredients

- 1/2 cup cooked chickpeas (freshly cooked)
- 2 cups plain sweet yogurt
- 1 teaspoon salt
- 2 pita bread loaves

Preparation

- **Prepare the Pita Bread:** Cut the pita bread into bite-sized pieces. Toast them in the oven at 350°F (175°C) until crispy, about 10-15 minutes.

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- **Prepare the Yogurt Sauce:** In a bowl, mix the yogurt with salt.
- **Heat the Chickpeas:** Heat them in a pot with a little water and a pinch of salt.
- **Assemble the Fattah:** In a serving dish, layer the toasted pita bread pieces at the bottom. Pour the heated chickpeas over the bread. Spread the yogurt mixture evenly over the chickpeas.
- **Sweet Labneh (Strained Yogurt) Sandwich:** It can be eaten with cucumber or tomato, or without them, with a drizzle of sweet, mild green olive oil.
- **Sweet Cheese Sandwich:** Unsalted cheese. Whoever wishes may add cucumber or lettuce.
- **Fried eggs:** The egg white is fried in water, then drizzled with sweet, mild green olive oil (which has been aged long enough to lose its sharpness). It can be eaten with tomato or cucumber or both.

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- **Egg Toast**: Toast with egg white fried in water, sweet tomato, and a little salt. Drizzle with sweet, mild green olive oil (which has been aged long enough to lose its sharpness).
- **Kunafa(traditional Middle Eastern dessert)**: With cheese or Kunafa with cream (ashta) and syrup with rose water only (Do not add orange).
- **English Pancake**:

Ingredients

- 1 1/2 cups (375 ml) unbleached wheat flour
- 1 tablespoon (15 ml) sugar
- 1 tablespoon (15 ml) baking powder
- 1/2 teaspoon (2 ml) salt
- 2 Egg whites
- 1 teaspoon butter
- 1 1/2 cups (375 ml) milk

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Note:

Serve with strawberry jam, sweet apricot jam, pumpkin jam, cream, or clotted cream.

• **French Crepes:**

Ingredients

- 4 egg whites
- 1 cup (250 ml) milk
- 1 cup (250 ml) water
- 2 cups (500 ml) unbleached wheat flour
- 2 tablespoons (25 ml) butter
- 1/2 teaspoon (2.5 ml) salt
- 1 teaspoon (5 ml) cane sugar

Preparation

- Beat the egg whites until frothy.
- Add the remaining ingredients and whisk until the mixture is smooth.
- Cover the bowl and refrigerate for several hours or overnight.

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- If the mixture is too thick, add a little more milk.
- Heat a buttered pan.
- Pour in 2 tablespoons of the crepe mixture and swirl the pan to spread it evenly.
- Cook until the underside is golden.
- Stack the crepes with parchment paper between each one.
- This recipe makes about 24 crepes.

LUNCH/DINNER

- **Egg White Mayonnaise:**

Ingredients

- 2 egg whites
- 1/4 teaspoon white vinegar or lemon juice
- 1/4 teaspoon salt
- 1 1/2 cups mild green olive oil (aged until its sharpness is gone)

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Preparation

- **Prepare Ingredients:** Ensure all ingredients are at room temperature.
- **Whip Egg Whites:** In a clean bowl, beat the egg whites using an electric or hand mixer until they become foamy.
- **Add Vinegar or Lemon and Salt:** Add the vinegar or lemon juice and salt to the whipped egg whites and continue to beat until well combined.
- **Slowly Add Oil:** While beating at low speed, slowly drizzle in the oil in a thin stream. Continue beating until the mixture thickens and achieves the consistency of mayonnaise.
- **Check Consistency:** Continue to whip until you reach the desired consistency, ensuring all ingredients are well incorporated.

- **Yogurt Jam (Sweet Yogurt - Shakriya):**

Ingredients

- Sweet yogurt
- Starch

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- Salt
- A small amount of lamb (aged one year to one and a half years)
- A little bit of onion

Description

The primary ingredient in this dish is sweet yogurt, with a minor presence of lamb and onion.

Preparation

- **Prepare the Yogurt Mixture:**
 - Mix the sweet yogurt with starch in a bowl until smooth.
 - Add a pinch of salt to the yogurt mixture.
- **Cook the Meat:**
 - Cut the lamb into small pieces.
 - In a pot, sauté the onion until translucent.
 - Add the lamb pieces to the pot and cook until they are browned and tender.
- **Combine Ingredients:**
 - Gradually add the yogurt mixture to the pot with the lamb, stirring continuously to avoid curdling.

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- Cook on low heat, stirring constantly, until the mixture thickens and the flavors meld together.
- **Simmer and Serve:**
 - Simmer the mixture on low heat for a few more minutes.
 - Serve hot, ensuring that the yogurt remains the dominant flavor in the dish
- **Stuffed Mexican Zucchini with Sweet Yogurt Sauce (Ablama Kousa Belaban)**

Ingredients

- Zucchini, hollowed and stuffed with a small amount of lamb (aged one year to one and a half years)
 - Sweet yogurt, cooked with a bit of starch and salt
 - Alternatively, zucchini stuffed with rice mixed with a small amount of meat
 - Green olive oil (aged until its sharpness is gone) for serving

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Preparation

- **Stuffing the Zucchini:**
 - Hollow out the zucchini.
 - Stuff the zucchini with a small amount of lamb or with rice mixed with a small amount of meat.
- **Preparing the Yogurt Sauce:**
 - In a pot, cook the sweet yogurt with a bit of starch and salt until thickened.
- **Cooking the Stuffed Zucchini:**
 - When the yogurt starts to boil, add the stuffed zucchini to the cooked yogurt sauce.
 - Cook until the zucchini and stuffing are tender and fully cooked.
- **Serving:**
 - Drizzle green olive oil over the dish before serving.
- **Kibbeh with Yogurt:** Kibbeh made from lamb, but make sure to add little onions. The method of cooking the yogurt is like making yogurt jam.

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- **Khyariyya**: Like the method of making yogurt jam, with the addition of Mexican zucchini.
- **Fluffy Rice with Vermicelli**: Cooked, then drizzled with green olive oil. It is eaten with stews.
- **Okra Stew**: Okra cooked with water or steamed, with the addition of sweet tomatoes, a little garlic, and fresh cilantro. Green olive oil (that has aged until its sharpness has mellowed) is drizzled over it when eaten.
- **Spinach Stew**: Spinach is washed and cleaned thoroughly of dirt, cooked with water or steamed with a small amount of meat, preferably lamb aged one year or one and a half years, and a little lemon juice is squeezed over it. Green

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olive oil (that has aged until its sharpness has mellowed) is drizzled over it when eaten. It is eaten with rice cooked in water (also drizzled with sweet mild green olive oil when eaten).

- **Green Bean Stew:** Green beans are cooked with water or steamed, with a little salt and a small amount of meat (lamb aged one year or one and a half years) added. A little lemon juice is squeezed over it so that it doesn't significantly affect the taste. It is eaten with rice cooked in water. Sweet mild green olive oil (that has aged until its sharpness has mellowed) is drizzled over the green beans and rice when eaten.

- **Sweet Tomato Stew:**

Ingredients

- 6-8 ripe sweet tomatoes, chopped
- ¼ small onion, finely chopped

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- 1/2 cloves garlic, minced
- 1 small teaspoon ghee
- Salt to taste

Instructions

- **Prepare the Tomatoes:** If you prefer a smoother stew, you can peel the tomatoes. To do this, score a small "X" on the bottom of each tomato, blanch them in boiling water for 30 seconds, then transfer them to ice water. The skins should peel off easily. Chop the tomatoes once peeled.
- **Sauté the Onion and Garlic:** Heat the olive oil in a large pan over medium heat. Add the chopped onion and sauté until it becomes translucent, about 5 minutes. Add the minced garlic and cook for another minute.
- **Cook the Tomatoes:** Add the chopped tomatoes to the pan. Stir to combine with the onion and garlic. Season with salt to taste.
- **Simmer:** Reduce the heat to low and let the stew simmer for 20-30 minutes, stirring occasionally, until the tomatoes have broken down and the stew has thickened. If it gets too

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thick, you can add a splash of water to reach your desired consistency.

- **Season and Serve:** Taste and adjust seasoning with more salt and pepper if needed. Garnish with fresh basil or parsley if desired. Eat it with rice cooked with water only.

- **Green Beans with Olive Oil:**

Ingredients

- 500g green beans, trimmed
- 3-4 ripe sweet tomatoes, chopped
- 1 small clove garlic, minced
- Olive oil (mild and sweet, aged until the sharpness has gone)
- Salt to taste
- A pinch of black pepper (optional)

Instructions

- **Cook the Green Beans:** In a large pot, bring water to a boil. Add the green beans and cook until tender, about 8-10 minutes. Drain and set aside.

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- **Prepare the Tomatoes:** In a separate pan, heat a small amount of water over medium heat. Add the chopped tomatoes and minced garlic. Cook until the tomatoes have softened and created a sauce, about 10-15 minutes. Season with salt and a pinch of black pepper if desired.
- **Combine and Simmer:** Add the cooked green beans to the tomato mixture. Stir to combine and simmer for an additional 5-10 minutes, allowing the flavors to meld together.
- **Finish with Olive Oil:** Before serving, drizzle the dish with sweet, aged olive oil. This should be a mild olive oil that has aged enough to lose its sharpness, enhancing the dish with a smooth and rich flavor.
- **Serve:** Serve the green beans with olive oil warm, as a side dish or a light main course.
- **Endive Chicory:** Cook in water or steam with a little onion, a pinch of lemon juice, and a little salt. Then drizzle with mild, sweet green olive oil (aged until the sharpness has gone).

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- **Malva (Khobeza)**: Cook in water or steam with a little garlic and salt. Then drizzle with mild, sweet green olive oil (aged until the sharpness has gone) when eating and eat with barley bread.
- **Mulukhiyah (Jute Mallow) with Olive Oil**: Mulukhiyah with fresh and dried coriander, a little garlic, and a little onion, cooked in water or steam. Then drizzle with a lot of mild, sweet green olive oil (aged until the sharpness has gone) when eating.
- **Fava Beans with Olive Oil**: Green fava beans, a little salt, sweet tomatoes, and a little garlic, cooked in water or steam. Then drizzle with mild, sweet green olive oil (aged until the sharpness has gone) when eating.

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- **Veggies in the Oven:** Zucchini, pumpkin, sweet tomato sauce, a little meat, and salt. Drizzle with mild, sweet green olive oil (aged until the sharpness has gone) when eating.
- **Boneless Leg of Lamb with Mushroom Cream Sauce:**

Ingredients

- 1 and 1/2 kg lamb leg
- 1 small Bay leaf
- 2 cups water for boiling

For the sauce

- 1 tablespoon butter
- 1/2 small onion, finely chopped
- 250g (about 2 cups) mushrooms, sliced
- 2 tablespoons unbleached flour
- 2 cups of the lamb broth
- Salt
- 1/4 cup cooking cream

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Vegetables

- Zucchini
- Green beans
- Pumpkin

Preparation

- **In a pressure cooker**, place the lamb leg meat with a small bay leaf, and 2 cups of water. - Cook under pressure for about an hour (depending on its size).
- **If not using a pressure cooker**, the meat can be left in a regular pot for 2 to 3 hours over low heat (also depending on its size).
- **After cooking**, remove the lamb leg and set it aside to cool.
- In the meantime, strain the water that was used to cook the lamb leg.

Sauce Preparation

Instructions

1. **Sauté the Onions:**

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- In a large skillet, melt the butter over medium heat.
- Add the chopped onion and cook until softened, about 3-4 minutes.
- 2. **Cook the Mushrooms:**
 - Add the sliced mushrooms to the skillet.
 - Cook, stirring occasionally, until the mushrooms are browned and have released their moisture, about 5-7 minutes.
- 3. **Make the Roux:**
 - Sprinkle the flour over the mushrooms and stir to combine.
 - Cook for about 1-2 minutes to remove the raw flour taste.
- 4. **Add the Broth:**
 - Gradually pour in the broth, stirring constantly to prevent lumps.
- 5. **Simmer the Gravy:**
 - Bring the mixture to a simmer and cook until it thickens, about 5-10 minutes.
 - Season with salt and freshly ground black pepper to taste.

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6. **Add Cream (Optional):**

- If you prefer a creamier gravy, stir in the heavy cream.
 - Cook for an additional 2-3 minutes until heated through.
7. Drizzle with mild, sweet green olive oil (aged until the sharpness has gone) when eating.

• **Traditional Middle Eastern Pumpkin Kibbeh:**

Ingredients

▪ **Crust:**

- 1 cup fine bulgur (cracked wheat)
- 1/2 lb pumpkin (peeled, deseeded, and cut into pieces)
- 1 small onion (finely chopped)
- Salt

▪ **Filling:**

- 10 oz spinach (washed)
- A pinch of sumac

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▪ **Other:**

- 1 tablespoon Butter
- Plain sweet yogurt (for serving)

Preparation

1. Prepare the Bulgur and Pumpkin Mixture:

- Cook the pumpkin in salted water until soft. Drain and mash it.
- Cook the bulgur according to the package instructions using the pumpkin cooking water.
- Mix the mashed pumpkin with the chopped onions and gradually add the bulgur. Season with salt to make a moist mixture.

2. Make the Filling:

- In a pan, heat butter over medium heat. Cook the spinach and add the sumac. Set aside to cool.

3. Assemble the Kibbeh:

- Preheat the oven to 375°F (190°C).
- Grease a baking dish and make three layers: half of the pumpkin-bulgur mixture, the filling, and then the remaining pumpkin-bulgur

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mixture. Press and flatten the surface, creating a pattern with a fork if desired.

- Drizzle with melted butter and bake for 30-45 minutes until the surface is golden brown.

- **Stuffed Mexican Zucchini with Rice:**

Ingredients

- Mexican Zucchini
- Rice
- Tomatoes
- Garlic
- A sprinkle of black pepper
- Olive oil

Preparation

- Hollow out the zucchinis.
- Prepare a filling with rice, a bit of black pepper, and some minced garlic.
- Stuff the zucchinis with the rice mixture.

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- Cook the zucchinis with sweet tomatoes and a touch of garlic until they are tender.
- Drizzle with sweet mild green olive oil (that has aged until its sharpness has mellowed) before serving.

Stuffed Squash: Squash stuffed with rice and cooked with sweet tomatoes, with a little garlic and a sprinkle of black pepper added. Then, when eating, pour sweet and mild green olive oil (which has aged until its sharpness has mellowed).

- **Mexican Zucchini with Bechamel**

Sauce: Mexican Zucchini cut and fried in cow ghee is added to a little minced lamb (one and a half years old), a very small onion, and a sprinkle of black pepper. Bechamel sauce (butter, flour, milk, sweet cheese) is added on top, ensuring that the sauce predominates in the dish.

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- **Stroganoff**: A little chicken is fried with mushrooms and added to cooking cream. It is served with rice cooked in ghee or pasta on the side.
- **Pasta with Sweet Yogurt**: Pasta, sweet yogurt, cucumber, and salt.
- **Pasta with Bechamel Sauce**: Pasta, a little chicken, mushrooms, bechamel sauce (flour, butter, milk), a pinch of nutmeg, and sweet cheese (not salty).
- **Crab Sandwich**: Crab with lettuce, sweet tomato, a pinch of salt, and a little mayonnaise (from egg whites).
- **Brain Sandwich**: Eaten with lettuce, tomato, and a little salt and black pepper.

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- **Fish**: Small and medium size fish eaten grilled with a little salt.
- **Egg Omelet**: Fry the eggs in a nonstick pan along with zucchini and sweet tomatoes without onions, then drizzle with mild green olive oil (aged until the sharpness has gone) when eating.

APPETIZERS

- **Pizza**: Sweet tomatoes, green olives, mushrooms, mild cheese, salt, pizza dough.
- **Sweet Cheese Rolls**: Rolls stuffed with sweet cheese *without* eggs, flour, parsley, or black seeds.
- **Vegetable Soup**: Zucchini, green beans, pumpkin, sweet tomatoes, mushrooms.

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- **Mushroom Soup**: Mushrooms, a little onion powder, flour, cooking cream, a little salt, then drizzle with mild, sweet green olive oil (aged until the sharpness has gone) when eating.
- **Pumpkin Soup**: Pumpkin, cooking cream, salt, a little cumin.
- **Lettuce salad**: cucumber, sweet tomato, a little grape vinegar, and sweet green olive oil (which has aged until its sharpness has gone).
- **Spinach salad**: spinach, sweet tomato, a little salt, grape vinegar, and sweet green olive oil (which has aged until its sharpness has gone).
- **Tuna salad**: tuna, lettuce, sweet tomato, green olives, sweet green olive oil (which has aged until its sharpness has gone), egg white mayonnaise, a little salt, a little apple vinegar.

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- **Italian Caesar salad**: lettuce, a few pieces of chicken breast, egg white mayonnaise, a little mustard, a pinch of oregano, grated sweet cheese, green olive oil, toasted croutons.
- **Cucumber and yogurt with salt**
- **Lebanese Spinach Fatayer**:

Dough Ingredients:

- 3 cups unbleached flour
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon active dry yeast
- 1 cup warm water
- ½ cup warm milk

Filling Ingredients:

- 2 cups fresh spinach (chopped)
- 1/4 small onion (finely chopped)
- 1/4 teaspoon sumac

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- 1/2 teaspoon lemon juice
- Salt to taste

Preparation:

1. Prepare the Dough:

- In a bowl, combine the flour, salt, and sugar.
- Dissolve the yeast in the warm water and let it sit for about 5 minutes until it becomes frothy.
- Add the yeast mixture and the warm milk to the flour mixture. Knead until you get a smooth, elastic dough.
- Cover the dough and let it rise in a warm place for about 1 hour or until it doubles in size.

2. Prepare the Filling:

- In a bowl, mix the chopped spinach, onion, sumac, lemon juice, salt, and olive oil. Ensure everything is well combined.

3. Assemble the Fatayer:

- Preheat the oven to 375°F (190°C).
- Divide the dough into small balls (about the size of a golf ball).

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- Roll each ball into a small circle on a floured surface.
- Place a tablespoon of the spinach filling in the center of each circle.
- Fold the dough over the filling to form a triangle, pinching the edges to seal them tightly.

4. Bake the Fatayer:

- Place the fatayer on a baking sheet lined with parchment paper.
- Bake in the preheated oven for about 15-20 minutes, or until they are golden brown.

SWEETS/SNACKS

- Maamoul made with cream
- Osmalieh
- Halawet el Jibn (Sweet cheese dessert)
- Qatayef with cream or cheese
- Cheesecake

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- Dried apricots
- Sweet dried peaches
- Sweet dried pineapple
- Sweet dried strawberries
- Watermelon seeds (unsalted)
- Apricot leather (Qamar al-Din)
- Sweet Jello
- Muhallebi (Milk pudding)

Beverages

- **Spinach Smoothie:**

Ingredients

- 1 cup fresh spinach
- 1/4 banana
- 1/2 cup milk
- 1/2 cup sweet yogurt

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- 1/4 teaspoon honey (optional)
- 1/4 cup water

Instructions

- Place all ingredients in a blender.
- Blend until the mixture is smooth.
- Pour the smoothie into a cup and serve immediately.

• Tropical Smoothie:

Ingredients

- 1 cup fresh pineapple chunks
- 1 cup fresh papaya chunks
- 1/4 of a banana
- 3/4 cup plain water
- 1/2 cup sweet yogurt

Preparation

- **Preparing the ingredients:** Peel and cut the pineapple, papaya, and banana, and measure the yogurt.

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- **Blending:** Place the pineapple, papaya, banana, and water in a blender.
- **Mix until smooth:** Blend at high speed until the mixture is smooth and creamy.

- **Milkshake:**

Ingredients

- 1 cup milk
- 2 tablespoons of natural vanilla ice cream, softened to room temperature
- 1/2 teaspoon of vanilla extract (optional)
- Sweet strawberry pieces (as desired)

Preparation

- **Mixing the ingredients:** In an electric blender, combine the milk and vanilla ice cream.
- **Adding vanilla:** Add 1/2 teaspoon of vanilla extract.
- **Blending:** Blend the ingredients on medium to high speed until the mixture is smooth and creamy.

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- **Optional:** Sweet strawberry pieces can be added.

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