



# RAMADAAN COOKBOOK



*The Pocket Book to a  
Nutritional Ramadaan*



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The inspiration behind this cookbook was to celebrate the bringing together of old favourites and new flavours. The focus was to create some really special dishes to keep you sustained and balanced nutritionally while you dedicate your time spiritually.



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**B-well™**

**BANANA  
OATMEAL  
..... & .....  
ALMOND  
SMOOTHIE**

**S U H O U R**



# BANANA OATMEAL & ALMOND SMOOTHIE

*Almonds, cooked oatmeal and bananas meet up in your blender for a power breakfast. An explosion of textures and flavours to give you a lasting boost for the day ahead.*



## INGREDIENTS

- 2 Tbsp oats
- 3 Tbsp hot or boiling water
- 1 cup unsweetened almond milk
- ½ tsp vanilla
- 2 bananas, *sliced*
- ½ cup ice
- 2 tsp honey

## PREPARATION

Combine the oats and boiling water in a small bowl until the oatmeal is nice and soft, this should take about 5 - 8 minutes.

Place all of the ingredients including the soft oatmeal in a blender and blend at high speed for about 1 minute.

Pour into a glass and enjoy!



Serves: **2 PEOPLE**      Time: **10 MIN**

## TIP #1: CAFFEINE FREE

*If you are a coffee drinker, try and reduce your caffeine consumption at least 2 weeks prior to the Holy month of Ramadaan in order to avoid headaches and sleepiness.*



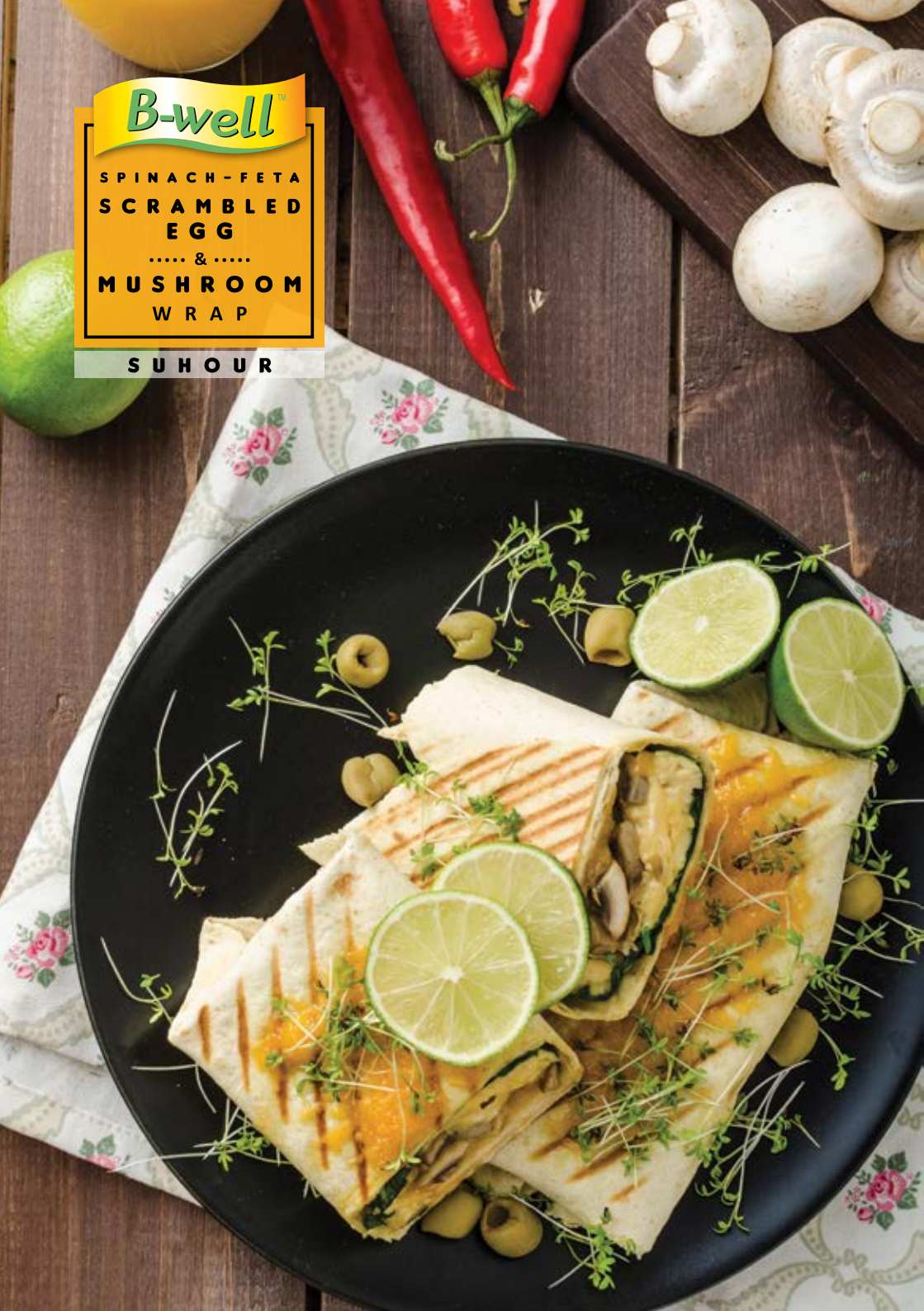
**B-well™**

**SPINACH-FETA  
SCRAMBLED  
EGG**

..... & .....

**MUSHROOM  
WRAP**

**SUHOUR**



# SPINACH - FETA SCRAMBLED EGGS & MUSHROOM WRAP

*By only using a few simple ingredients, this delicious high-fibre breakfast is quick and easy to make and will keep you going all day long.*



## INGREDIENTS

2 Tbsp B-well™ Canola Oil

B-well™ Cooking Spray

4 wraps

8 eggs

3 cups spinach

½ cup feta cheese

1-2 cups mushrooms

1 Tbsp butter

2 cups cheddar cheese

## PREPARATION

In a small pot with boiling water add your spinach and let it cook for about 5-6 minutes. Drain the water and set aside for later.

On medium heat add a dash of B-well™ Canola Oil to your pan, once sizzling add the mushrooms and fry for about 4-5 minutes. Add the butter and eggs to the mushrooms, keep stirring and let it cook for about 1 minute. Add the feta and some salt & pepper (*optional*).

Take out your wraps and evenly divide the egg and mushroom mixture and the spinach between the wraps, sprinkle over the cheddar cheese and roll up each wrap. Coat a snackwhich maker with a good spray of B-well™ Cooking Spray and place wraps on it.

Leave in the machine for about 3-5 minutes or until they are nicely toasted.

Serves: **4 PEOPLE** Time: **10-15 MIN**

## TIP #2: BREAKFAST ESSENTIALS

Suhoor is a vital meal in Ramadaan. It gives you strength and vitality for the day. Make sure that this meal is rich in slowly absorbed Carbohydrates (whole grain breads & cereals) that help maintain your blood sugar levels.



For more recipes, visit: [www.bwellfoods.co.za](http://www.bwellfoods.co.za)





**B-well™**

**MUESLI  
..... & .....  
DATE  
MUFFINS**

**S U H O U R**





## MUESLI & DATE MUFFINS

*These muesli and date muffins are both wholesome and delicious. Rich in fibre, they make the perfect breakfast bread to start your day.*



### INGREDIENTS

$\frac{3}{4}$  cup B-well™ Canola Oil

B-well™ Baking Spray

1¼ cup plain flour

1¼ cup muesli

2½ tsp ground cinnamon

1 tsp bicarbonate of soda

½ cup brown sugar

½ cup wheat bran

$\frac{3}{4}$  cup dates, *coarsely chopped*

1½ cup buttermilk

1 egg, *beaten lightly*

### PREPARATION

Combine all the ingredients in large bowl, stir until everything is well combined.

Preheat oven to 180°C. Give a 12-hole muffin pan a good spray using **B-well™ Baking Spray**.

Divide mixture in the prepared pan.

Bake muffins for about 20 minutes. Stand muffins in pan for a few minutes before transferring onto a wire rack.

Serve with butter and your favourite spread.

Serves: **12 PEOPLE**

Time: **20-25 MIN**

### TIP #3: VITALITY DURING RAMADAAN

.....  
Make dates, dried fruits and nuts part of your diet. These provide healthy nutrients and are crammed with energy, thus helping you sustain your vitality during the month.  
.....



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**B-well™**

**ZUCCHINI  
..... & .....  
CARROT  
FRITTERS  
..... WITH .....  
YOGHURT-MINT  
DIP**

**I F T A A R**



## ZUCCHINI & CARROT FRITTERS WITH YOGHURT-MINT DIP

*These carrot and zucchini fritters are perfect for breaking the fast. The yoghurt-mint dip adds a delicious creamy finish.*



### INGREDIENTS

**B-well™ Fry Well Oil**, for frying  
**1 Tbsp B-well™ Olive Canola Oil**  
 1 cup cake flour  
 1 tsp baking powder  
 1 tsp cinnamon  
 ¾ tsp salt  
 1 cup milk, *more as needed*  
 1 large egg  
 ¼ tsp lemon zest, *grated*  
 ¼ tsp pepper  
 2 large carrots, *grated*  
 1 large zucchini, *grated*  
 1 onion, *finely chopped*  
 1 garlic clove, *finely chopped*  
 ½ cup plain yoghurt  
 1 Tbsp mint, *chopped*

### PREPARATION

In a large bowl, whisk together the flour, baking powder, cinnamon and ½ tsp salt. In a separate bowl, whisk together the milk, egg, lemon zest and pepper.

Pour dry ingredients into wet; whisk until well combined. Batter should be slightly thicker than cream. Stir in the carrots, zucchini and onions.

**Yoghurt dip:** Mash together the garlic and ¼ tsp salt. In a small bowl, whisk together the garlic paste, yoghurt, mint and 1 Tbsp **B-well™ Olive Canola Oil**. Cover and refrigerate.

In a saucepan add ½ a cup of **B-well™ Olive Canola Oil**. Using a ladle, add the vegetable batter to the pan, frying 1-2 fritters at a time. Cook until golden brown, about 1-2 minutes a side. Transfer to a plate with paper towels for the oil to drain.  
 Serve with yoghurt dip and enjoy!

Serves: **4-6 PEOPLE** Time: **15-20 MIN**

### TIP #4: GOOD AND BAD SUGARS

*Eating sweets immediately after Iftaar will increase the size of your stomach and cause a delay in digestion. It also causes a fluctuation in your blood glucose levels, leading to a craving for more sugars. It is therefore recommended to have sugary foods in moderation, 2-3 hours after Iftaar.*



For more recipes, visit: [www.bwellfoods.co.za](http://www.bwellfoods.co.za)





**B-well™**

**TURKISH  
RED LENTIL  
SOUP  
..... WITH .....  
MINT**

**I F T A A R**



## TURKISH RED LENTIL SOUP WITH MINT

*Perfect for those cold rainy winter nights, this dish is super easy to make and the authentic Turkish taste really comes through beautifully.*



### INGREDIENTS

- 2 tsp B-well™ Olive Canola Oil
- ½ onion, *diced*
- 1 garlic clove, *minced*
- ½ cup diced tomatoes, *drained*
- 5 cups chicken stock
- ½ cup red lentils
- ¼ cup wheat bran
- ¼ cup rice
- 2 tsp tomato paste
- 1 tsp paprika, *smoked or normal*
- ½ tsp cayenne pepper (*optional*)
- 1 tsp fresh mint leaves (*optional*)
- salt & ground black pepper

### PREPARATION

Heat the **B-well™ Olive Canola Oil** in a large pot over high heat. Add the onion and garlic to the pan and cook until it begins to soften (4-5 minutes). Add the diced tomatoes to the onion mixture; continue to cook and stir for another 10 minutes.

Pour in the chicken stock, red lentils, wheat bran, rice, tomato paste, paprika, cayenne pepper, and mint to the tomato mixture; season with salt and pepper. Bring everything to a boil, reduce heat to medium-low, and simmer until the lentils and rice are cooked through, about 30 minutes.

Pour the soup into a blender until half full. Blend in batches to a purée; pour into serving bowls.

Serves: **4-5 PEOPLE** Time: **35-40 MIN**



For more recipes, visit: [www.bwellfoods.co.za](http://www.bwellfoods.co.za)

### TIP #5: SOUP ESSENTIALS

*Make sure your soup includes generous amounts of vegetables like broccoli, peas, lentils and carrots. These not only add vitamins and minerals to your soup but also fibres essential for a healthy digestive system.*





**B-well™**

**MANAKISH  
PIZZA**

**I F T A A R**







## MANAKISH PIZZA

*These popular Lebanese flatbreads makes for the perfect iftaar snack. Topped with a fragrant, zingy blend of spices (zataar), it makes for one delicious appetizer.*



### INGREDIENTS

**B-well™ Baking Spray**

**B-well™ Thick & Creamy Mayo**

8 Tbsp tomato purée

3 Lebanese flatbreads

2 Tbsp zaatar mix

80g mozzarella, torn

80g parmesan cheese, *crumbled*

150g cooked chicken, *shredded*

8 cherry tomatoes, *halved*

1 tbsp parsley, *finely chopped*

1 cup cream

2 Tbsp lemon juice

1 feta wheel

1 tsp honey

### PREPARATION

Put a pizza dish or baking tray in the oven and heat to 200°C for about 15 minutes.

Spread the tomato purée evenly over the flatbreads. Sprinkle over 1 Tbsp zaatar and top with the cheeses, chicken and halved cherry tomatoes. Season with salt and pepper.

Transfer the pizzas to the pizza dish or baking tray (remember to give the tray a good spraying) and cook for 8-10 minutes, until the cheese has melted. Sprinkle with the parsley and remaining zaatar and serve.

**Spread or dipping sauce:** Mix together 1 Tbsp of **B-well™ Thick & Creamy Mayo**, cream, lemon juice, feta and 1 tsp of honey and serve in a small bowl.

Serves: **3 PEOPLE** Time: **25-30 MIN**

### TIP #6: MAINTAIN A LOW SALT INTAKE

*Avoid salty foods, such as canned or processed goods, salted nuts, and pickles. These will increase your thirst during the fasting period.*



For more recipes, visit: [www.bwellfoods.co.za](http://www.bwellfoods.co.za)



**B-well™**

**L A M B  
M A K H A N I**

**S U P P E R**



## L A M B M A K H A N I

*Lamb Makhani is basically a butter lamb curry, where the lamb simmers in a spicy tomato and cream sauce along with a beautiful blend of aromatic spices that will leave your taste buds wanting more.*



### INGREDIENTS

**B-well™ Fry Well Oil**, for frying

1kg deboned lamb shoulder,

*cut into large chunks*

½ tsp Garam masala

salt and pepper, *to taste*

2 tsp butter, *divided*

1 onion, *finely chopped*

½ tsp ground turmeric

1 tsp ginger, *minced*

1 tsp garlic, *minced*

½ tsp cayenne pepper

1 Tbsp tomato paste

1 cup water

½ cup heavy cream

2 tsp honey

1 cup fresh cilantro, *chopped*

### PREPARATION

Season the lamb with masala and salt. Heat 1 Tbsp of butter in a large skillet over medium heat, using **B-well™ Fry Well Oil**. Fry the lamb chunks until browned, stirring constantly. Set aside for later.

Melt the remaining butter in the same skillet over medium heat. Add the onion; cook and stir until the onion has softened. Stir in the turmeric, ginger, and garlic. Cook and stir for 1 minute. Stir in the cayenne and tomato paste until well blended, then stir in the water. Bring to a simmer and return lamb to the skillet. Simmer over low heat for about 20 minutes.

Stir in the cream and honey. Transfer to a serving dish and garnish with cilantro.

Serves: **4-5 PEOPLE**

Time: **25-30 MIN**

### TIP #7: COOK SMARTER IN RAMADAAN

*To make your dishes lighter during Ramadaan, adopt healthy cooking methods such as grilling, boiling, simmering and roasting and add taste to the food instead, with a wealth of vegetables, herbs and seasonings.*



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**B-well**<sup>TM</sup>

**FISH  
..... & .....  
CHIPS**

**SUPPER**





## FISH & CHIPS

*Delicious fish and chips starts by using a great batter. This is our favorite batter for making some seriously delicious deep fried cod or hake.*



### INGREDIENTS

**B-well™ Fry Well Oil**, for frying

**B-well™ Original Tangy Mayo**

**B-well™ Garlic-infused Canola Oil**

4-5 hake or cod fillets

1 cup cake flour

4 tsp paprika

1 tsp tumeric

2 tsp salt

1 tsp ground black pepper

½ cup milk

½ cup water

⅓ cup cream

parsley, *finely chopped*

juice of a lemon

### PREPARATION

Mix everything together and add the liquid slowly to ensure the batter is not too runny. Reduce liquid quantity if needed.

Dip the fish in the batter and place the fish in high heat **B-well™ Fry Well Oil**. Leave the fish until golden brown on both sides, flip around to insure both sides become equally crisp. Transfer to a paper towel-lined plate to strain.

**Garlic-Mayo dip:** For a good homemade dip, mix together a ½ cup of **B-well™ Original Tangy Mayo**, ⅓ cup of cream, 2 tbsp **B-well™ Garlic-infused Canola Oil**, a handful of finely chopped parsley and the juice of half a lemon.

Serves: **4-5 PEOPLE** Time: **10-15 MIN**

### TIP #8: KEEP HYDRATED

*Don't forget to drink plenty of water during the holy month of Ramadaan. At least 8 glasses distributed in small quantities, prevents feeling bloated during the day.*



For more recipes, visit: [www.bwellfoods.co.za](http://www.bwellfoods.co.za)



A top-down photograph of a Persian fried chicken dish. Two large, golden-brown, breaded chicken pieces are the central focus, resting on a piece of crinkled parchment paper. The chicken has a thick, textured crust. To the upper left, a small white bowl contains a vibrant green herb sauce, likely tahdig or a similar Persian sauce. Fresh green basil leaves are scattered around the chicken, with one large leaf at the top and a cluster at the bottom right. Several pine nuts are sprinkled across the parchment paper and the dark background. The entire scene is set against a dark, textured background.

**B-well™**

**PERSIAN  
FRIED  
CHICKEN**

**SUPPER**



## P E R S I A N F R I E D C H I C K E N

*If you love fried chicken, then you will love this recipe... This is our tried and tested absolute favorite fried chicken recipe with a Persian twist.*



### INGREDIENTS

**B-well™ Fry Well Oil**, for frying

**B-well™ Thick & Creamy Mayo**

**B-well™ Chilli-infused Canola Oil**

1 whole chicken, cut into peices

1 tsp hot sauce

#### **Dry Mix:**

3 cups flour

2 Tbsp garlic salt

1 tsp white or black pepper

1½ tsp paprika

#### **Wet Mix:**

1½ cups flour

1 tsp salt

4 tsp dried sage

2 egg yolks, beaten

1½ cup buttermilk

### PREPARATION

In a medium bowl, mix together all your dry ingredients and set aside for later. In a separate bowl, mix together all your wet ingredients, you may need to thin with additional buttermilk or whole milk if the batter is too thick. Set aside for later.

Moisten each piece of chicken with a little water, then dip in the dry mix. Shake off excess and dip in the wet mix, then dip in the dry mix once more.

Carefully place the chicken pieces in a pot with 2L of **B-well™ Fry Well Oil** on high heat. Fry for 5-9 minutes per side until nice and crispy. Remove and drain on paper towels before serving.

**Zingy Mayo sauce:** In a small bowel, mix together 1 cup of **B-well™ Thick & Creamy Mayo**, 2 Tbsp of **B-well™ Chilli-infused Canola Oil** and 1 tsp of your favourite hot sauce.

Serves: **4 PEOPLE** Time: **20-25 MIN**

### TIP #9: RICH IN PROTEIN

Meats, eggs and dairy products are rich in proteins. Ensure you have at least one of these sources in every Ramadaan meal since proteins are very important for your body's cells. They also increase your satiety level thus reducing the craving of sugar.



For more recipes, visit: [www.bwellfoods.co.za](http://www.bwellfoods.co.za)



**B-well™**

**BLUEBERRY  
..... & .....  
COCONUT  
OATMEAL  
PUDDING**

**DESSERT**

## BLUEBERRY & COCONUT OATMEAL PUDDING

*It's simple. It's delicious. It's nutritious. This pudding is crammed with whole grains, fiber, protein, and iron. Served hot or cold, it's really a great dessert!*



### INGREDIENTS

- 1 cup water
- ¼ tsp salt
- 1 can coconut milk
- 2-4 Tbsp honey
- 1 tsp vanilla extract
- 1 cup oatmeal
- ½ tsp rose water
- 1 cup blueberries

### PREPARATION

Combine the water, salt, coconut milk, honey and vanilla in a large saucepan and bring to a boil.

Add in the oatmeal and keep stirring for about 2 minutes. Reduce the heat to low, cover and simmer for 5 minutes, stirring occasionally. Add half the blueberries and cook for another 5 minutes, until nice and creamy.

Add the rose water and the remaining blueberries. Turn off the heat, return the lid and allow to sit for 5-10 minutes.

Serve right away.

Serves: **2 PEOPLE**      Time: **10-15 MIN**



### TIP #10: STAY REFRESHED

*To prevent getting thirsty during the day, drink plenty of liquids in the evening, avoid foods that are too spicy or salty, and consume more juicier fruits and vegetables.*







**B-well**<sup>TM</sup>

**TURKISH  
LOKMA**

**DESSERT**



## TURKISH LOKMA

*These popular deep-fried dough balls are traditionally dunked in a honey syrup or dusted with cinnamon sugar. If you're fond of doughnuts, then you'll definitely love these little bad boys!*



### INGREDIENTS

#### **Batter:**

2 tsp active dry yeast

1 tsp sugar

3½ cups flour

½ tsp salt

**B-well™ Fry Well Oil**, for frying

#### **Cinnamon Sugar:**

¼ cup sugar

2 Tbsp cinnamon powder

3 tsp lemon zest

### PREPARATION

Dissolve the yeast and sugar in half a cup of luke warm water and set aside for 10-15 minutes. Place the flour in a large bowl, mix in the yeast water and salt then gradually stir in 2½ cups of luke warm water and beat until smooth and elastic.

Cover with a towel and leave to rise in a warm place for about 1 hour. Heat oil in a frying pan till very hot. Drop small balls of batter with a tablespoon into the oil turning them over until crisp and puffed.

Dust the Lokma balls with cinnamon sugar, sprinkle with lemon zest and serve.

Serves: **6-8 PEOPLE**

Time: **15-20 MIN**

### TIP #11: KEEP ACTIVE

*Some people tend to be more inactive during the month of Ramadaan. A walk every evening, at least 2 hours after Iftaar, allows you to digest your meal and burn extra calories in the process*



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**B-well™**

**PEANUT  
BUTTER**

..... & .....

**DATE  
SMOOTHIE**

**DESSERT**





## PEANUT BUTTER & DATE SMOOTHIE

*This banana peanut butter & date smoothie is a healthy alternative to curb your sweet tooth. Sweetened naturally with dates, this smoothie is going to be your new favorite dessert!*



### INGREDIENTS

- 12-15 large Dates, *pitted*
- 3 Bananas
- 3 Tbsp Peanut Butter
- 8 Tbsp plain yoghurt
- 3 cups milk
- 1½ cups ice

### PREPARATION

Add all the ingredients into the blender and blend/pulse until smooth.

Add more yoghurt or ice if you want the consistency thinner or thicker.

Serve immediately, with whipped cream on top (if desired).

Enjoy!

Serves: **3-4 PEOPLE**      Time: **5-10 MIN**

### TIP #12: STRIVE FOR A BALANCED NUTRITION

.....  
For a balanced nutrition, try not to rely solely on Iftaar to give you all your nutritional requirements. You can have various light meals before bed time, such as low fat yoghurt, a whole-wheat cheese sandwich, or some dried fruits and nuts.

.....   .....



For more recipes, visit: [www.bwellfoods.co.za](http://www.bwellfoods.co.za)



**B-well**<sup>TM</sup>

**DATE**

..... & .....

**PECAN**

**NUT**

**COOKIES**

**E I D   D A Y**



## DATE & PECAN NUT COOKIES

*These cookies are the perfect snack to a blessed Eid for when friends and family come by to visit.*



### INGREDIENTS

#### B-well™ Baking Spray

1 ½ cups dates, *cut up fine*

1 cup butter

1½ cup sugar

2 tsp lemon juice

3 eggs

2 cups pecans, *roughly chopped*

1 tsp vanilla

3 cups flour

1 tsp baking soda

1 tsp salt

### PREPARATION

In a large bowl using a mixer, cream together the butter and sugar on low speed until well combined, about 2 minutes.

Add one egg at a time, for roughly 1-2 minutes. Stir in the vanilla, then add the flour, baking soda, and salt. Mix on low speed until the flour is almost absorbed by the butter. Add the pecans and dates and mix until well combined. Cover the dough with plastic wrap and let it rest for at least 2 hours.

Preheat the oven to 180°C. Using **B-well™ Baking Spray** give your tray a good spray. Scoop out the dough balls, using a large spoon to the baking tray, leaving enough space between each cookie.

Bake for 8-10 minutes until the edges are golden brown. Cool for 5 minutes before transferring to a wire rack.

Serves: **10-12 PEOPLE**      Time: **2HRS 15 MIN**

### TIP #13: COLOURFUL SALADS

*Be creative with your salads. The more varied and colourful the veggies are, a better assortment of nutrients and antioxidants you get. These help protect your body cells and promote good health.*



For more recipes, visit: [www.bwellfoods.co.za](http://www.bwellfoods.co.za)







**B-well™**

**S P I C Y  
L A M B  
S H A N K  
T A G I N E**

**E I D D A Y**

## SPICY LAMB SHANK TAGINE

*This beautiful Lamb shank tagine is guaranteed to impress the whole family. A traditional tagine is not a necessity - a heavy-based, cast-iron casserole dish is perfect for cooking this fragrant Moroccan classic.*



### INGREDIENTS

1kg tomatoes

4 lamb shanks, *trimmed*

Salt

4 Tbsp **B-well™ Olive Canola Oil**

1 large onion, *finely chopped*

3 tsp crushed garlic

2 sticks of cinnamon

#### ***Moroccan spice rub:***

1 Tbsp lamb stock, *stirred into*

500ml hot water

Zest of one orange

100g roasted almonds

200g soft dried apricots

Handful parsley, *chopped*

Handful coriander, *chopped*

### PREPARATION

Slice the tomatoes in half and remove the core, and chop into small chunks.

Heat 2 Tbsp of **B-well™ Olive Canola Oil** in a large casserole dish over medium heat. Brown the lamb shanks on all sides and set aside.

Add the remaining **B-well™ Olive Canola Oil** to the dish and sauté the onion until soft. Add the garlic, cinnamon and Moroccan spice rub and fry for 2-3 minutes. Return the lamb shanks to the dish and pour over the lamb stock.

Add the chopped tomatoes along with the orange zest, dried apricots and roasted almonds. Reduce the heat, cover and allow to simmer for 2 hours or until the lamb is tender.

Season with salt and ground black pepper to taste, garnish with roughly chopped parsley and coriander and serve.

Serves: **4 PEOPLE**

Time: **2HRS 15 MIN**





The image shows four maple butter tarts arranged on a wooden surface. Each tart is in a small, fluted, golden-brown crust and is filled with a dark, chunky maple butter filling. They are placed on folded purple paper napkins. The tarts are arranged in a diagonal line from the top right towards the bottom left. The background is a warm-toned wooden table.

**B-well**<sup>TM</sup>

**D A T E**

**..... & .....**

**M A P L E**

**B U T T E R**

**T A R T S**

**E I D   D A Y**



## DATE & MAPLE BUTTER TARTS

*Sweet with a smooth flavour, these tarts pair well with your favorite vanilla ice cream or whipped cream!"*



### INGREDIENTS

**B-well™ Baking Spray**

**For the crust:**

1½ cup flour

2 tsp sugar

½ tsp salt

½ cup unsalted butter

2 Tbsp sour cream

2-4 Tbsp ice water

**For the filling:**

½ cup Medjool dates, *chopped*

1 tsp vanilla extract

2 Tbsp unsalted butter, *melted*

1 egg

6 Tbsp brown sugar

¼ tsp salt

¼ cup maple syrup

vanilla ice cream

mint leaves, *to garnish*

### PREPARATION

**To make the crust:** In a large bowl, combine the flour, salt, and sugar, and mix until well-combined. Grate slightly frozen butter into the flour, then mix gently with your fingers until well-combined. Whisk the sour cream and 2 Tbsp of the ice water together in a small bowl. Drizzle the mixture over the flour mixture and stir with a wooden spoon until the mixture forms a dough. If the mixture holds together when squeezed, it has enough moisture. If not, add more of the ice water. Press the dough into a disk shape, wrap it with plastic wrap, and refrigerate for an hour.

Preheat the oven to 200°C. Roll out the pie crust, the thinner the better. Coat a muffin tin with **B-well™ Baking Spray**. Using a sharp knife, cut into circles, then transfer each to a muffin tin and press them into the wells. Once all the muffin wells are filled, place the tray in the freezer to chill while you make the filling.

**To make the filling:** Whisk together the brown sugar, maple syrup, egg, melted butter, salt, and vanilla until well-combined. Remove the shells from the freezer, place a few date pieces in each muffin well, then add 2 Tbsp of filling into each tart.

Bake for about 15 minutes, until tops are bubbling vigorously and pale golden, and crusts are golden-brown on the edges. Serve with a scoop of vanilla ice cream and garnish with mint.

Serves: **6-8 PEOPLE**

Time: **20 MIN**

# DID YOU KNOW

## Switch to canola, switch to healthier living.

B-well Canola oil is cholesterol free, with only 7% saturated fat (compared to Sunflower 12% and Olive 15%) - naturally it is the healthier option.

Our Canola Oil is also endorsed by the Heart & Stroke Foundation SA and it is the only cooking oil in South Africa to carry the CANSA Smart Choice Seal, this is due to the ideal 2:1 ratio of Omega 6 to Omega 3.

## Typical fatty acid values of different oils:

