

# Ramadan Delights: South Asian Recipes for the Holy Month

Revitalize your Iftar and Suhoor tables with traditional South Asian dishes, perfect for Ramadan.

# Table of Contents

<b>TABLE OF CONTENTS</b> .....	<b>2</b>
<b>**INTRODUCTION**</b> .....	<b>6</b>
**SIGNIFICANCE OF RAMADAN** .....	6
**THE ROLE OF FOOD DURING RAMADAN** .....	6
**PREPARING FOR RAMADAN** .....	8
**SHOPPING LIST** .....	8
**STOCKPILING AND PLANNING** .....	9
**KITCHEN PREPARATION TIPS** .....	9
<b>**SUHOOR (PRE-DAWN MEAL)**</b> .....	<b>11</b>
**1. WHOLE GRAIN PORRIDGE WITH FRUITS AND NUTS (SERVES 2):** .....	11
**2. PROTEIN OMELETTE WITH VEGETABLES (SERVES 1):** .....	12
**3. YOGURT WITH MUESLI AND BERRIES (SERVES 2):** .....	12
**4. QUINOA SALAD WITH VEGETABLES (SERVES 4):** .....	13
**5. CHICKPEA SHAKSHUKA (SERVES 4):** .....	14
**6. AVOCADO TOAST ON WHOLE GRAIN BREAD (SERVES 2):** .....	15
**7. SMOOTHIE BOWLS (SERVES 2):** .....	15
**8. LENTIL SOUP (SERVES 4):** .....	16
**9. OATMEAL PANCAKES (SERVES 4):** .....	17
**10. HUMMUS WITH WHOLE GRAIN PITA BREAD (SERVES 4):** .....	18
**11. OVERNIGHT OATS (SERVES 2):** .....	19
**12. SCRAMBLED EGGS WITH SPINACH AND FETA (SERVES 1):** .....	19
**13. NUT BUTTER AND BANANA SANDWICH (SERVES 1):** .....	20
**14. FRUIT AND NUT YOGURT (SERVES 1):** .....	20
**15. MUESLI WITH MILK OR PLANT DRINK (SERVES 1):** .....	21
**16. CHEESE AND VEGETABLE WRAP (SERVES 2):** .....	21
**17. BEAN AND CHEESE QUESADILLAS (SERVES 2):** .....	22
**18. TURKISH MENEMEN (EGG DISH) (SERVES 2):** .....	23
**19. MOZZARELLA AND TOMATO BAGUETTE (SERVES 2):** .....	24
**20. PEANUT BUTTER AND JELLY OATMEAL (SERVES 2):** .....	24
**21. BREAKFAST BURRITOS (SERVES 4):** .....	25
**22. VEGETABLE AND CHEESE FRITTATA (SERVES 4):** .....	25
**23. COTTAGE CHEESE WITH PEACHES (SERVES 2):** .....	26
**24. GREEK YOGURT WITH HONEY AND WALNUTS (SERVES 2):** .....	26
**25. CAPRESE SALAD WITH A WHOLE GRAIN ROLL (SERVES 2):** .....	26
<b>**INTRODUCTION TO IFTAR**</b> .....	<b>27</b>
**TRADITIONAL IFTAR DISHES** .....	27
**11. WATERMELON SALAD WITH FETA AND MINT:** .....	36
<b>INTERNATIONAL RAMADAN RECIPES</b> .....	<b>45</b>

ARABIC SPECIALTIES: .....	45
**12. MOUSSAKA:** .....	56
**13. MANSAF:** .....	57
**14. MAQLUBA:** .....	58
**15. KOSHARI:** .....	59
**16. HARIRA:** .....	60
**17. BIRYANI:** .....	61
**18. FOUL MUDAMMAS:** .....	62
**19. SHAWARMA:** .....	63
**20. HALVA:** .....	64
**21. UMM ALI: ** .....	65
**22. BASBOUSA:** .....	66
**23. KUNAFA:** .....	67
**24. BAKLAVA:** .....	68
**25. MAAMOUL:** .....	69
**26. SHAWARMA:** .....	70
**27. SAMKEH HARRA (SPICY FISH):** .....	71
**28. SAYADIYA (FISH WITH RICE):** .....	72
**29. KOFTA:** .....	73
**30. BATATA HARRA (SPICY POTATOES):** .....	74
**31. SHISH TAOUK (CHICKEN SKEWERS):** .....	75
**32. ARAYES (STUFFED PITA BREAD):** .....	76
**33. MOUTABAL (EGGPLANT DIP):** .....	77
**34. LAHM BI AJIN (MEAT ON FLATBREAD):** .....	78
**35. ARABIC SHORBA (SOUP):** .....	79
**36. JALLAB:** .....	80
**37. QAMAR AL-DIN (APRICOT DRINK):** .....	81
**38. ARABIC COFFEE: ** .....	82
**39. MINT TEA: ** .....	83
**40. ROZ BEL LABAN (RICE WITH MILK):** .....	84
**41. SHAKRIYA (YOGURT LAMB):** .....	85
**42. MULUKHIYAH:** .....	86
**43. KNAFEH NABULSI:** .....	87
**44. FATTET HUMMUS: ** .....	88
**45. QATAYEF:** .....	89
**46. GHUZI (EMIRATI LAMB WITH RICE):** .....	90
**47. HAREES (WHEAT PORRIDGE WITH MEAT):** .....	91
**48. THARID (LAMB AND VEGETABLE STEW WITH BREAD):** .....	92
**49. SWEET POTATO FALAFEL:** .....	93
**50. BASBOUSA (BABOUSA):** .....	94
<b>SOUTH ASIAN DISHES, EACH SERVING FOR 4 PEOPLE: .....</b>	<b>96</b>
<b>TURKISH DELICACIES RECIPES INTO ENGLISH:.....</b>	<b>147</b>
**1. MENEMEN (TURKISH SCRAMBLED EGGS WITH VEGETABLES):** .....	147
**35. HÜNKAR BEĞENDİ (SULTAN’S DELIGHT):** .....	180

**36. KUZU TANDIR (SLOW-COOKED LAMB):**	181
**37. SUCUK (TURKISH GARLIC SAUSAGE):**	182
**38. BALIK EKMEK (FISH SANDWICH):**	183
**39. BAZLAMA:**	184
**41. İSKENDER KEBAP: **	187
**42. KARIDES GÜVEÇ (SHRIMP CASSEROLE):**	188
<b>**REFRESHING DRINKS FOR RAMADAN:**</b>	<b>197</b>
1. **MINT LEMONADE:**	197
2. **AYRAN:**	197
3. **HIBISCUS TEA (KARKADE):**	197
4. **TAMARIND DRINK:**	197
5. **WATERMELON JUICE WITH MINT:**	198
<b>**SWEET AND DELICIOUS DESSERTS:**</b>	<b>198</b>
6. **BAKLAVA:**	198
7. **KÜNEFE:**	198
8. **UMM ALI:**	199
9. **QATAYEF:**	199
10. **BASBOUSA:**	199
<b>**HEALTHY DESSERTS:**</b>	<b>200</b>
11. **DATE BALLS:**	200
12. **APPLE CINNAMON QUINOA:**	200
13. **YOGURT WITH HONEY AND NUTS:**	200
14. **BANANA ICE CREAM:**	200
15. **MANGO LASSI:**	201
<b>**REFRESHING DRINKS:**</b>	<b>201</b>
16. **GREEN SMOOTHIE:**	201
17. **POMEGRANATE JUICE:**	201
18. **CARROT GINGER JUICE:**	202
19. **CUCUMBER LIME WATER:**	202
20. **PEACH ICED TEA:**	202
<b>**SWEET DESSERTS:**</b>	<b>203</b>
21. **ROSE WATER RICE PUDDING:**	203
22. **SAFFRON PUDDING:**	203
23. **FIG COMPOTE:**	203
24. **TAHINI HONEY BARS:**	204
25. **COCONUT DATE BALLS:**	204
<b>**HEALTHY DESSERTS:**</b>	<b>204</b>
26. **CHIA PUDDING:**	204
27. **FRUIT SALAD WITH MINT:**	204
28. **LEMON YOGURT PARFAIT:**	205

29. **FROZEN BERRIES WITH YOGURT:**	205
30. **PEARS WITH WALNUTS AND HONEY:**	205
<b>**ADDITIONAL MEALS AND SNACKS**</b>	<b>206</b>
SNACK IDEAS FOR IN BETWEEN:	206
**RECIPES FOR THE WEEKEND:**	208
**SNACK IDEAS FOR IN BETWEEN:**	210
**HEALTHY OPTIONS FOR LATE NIGHT:**	211
**RECIPES FOR THE WEEKEND:**	212
<b>EID</b>	<b>216</b>
LAMB BIRYANI:	216
**SHEER KHURMA:**	219
**MAAMOUL:**	221
**EFFICIENT MEAL PREP AND SMART TIME MANAGEMENT DURING RAMADAN:**	223
**MEAL PREP FOR RAMADAN:**	224
**APPENDIX:**	228

## **\*\*Introduction\*\***

As-Salamu Alaykum, dear readers,

Welcome to the world of culinary discoveries, specially curated for the holy month of Ramadan. This book is a tribute to the time of fasting, prayer, contemplation, and community, making Ramadan so unique. In this introduction, we delve into the significance of Ramadan, explore the role of food during this holy month, and offer practical tips for healthy fasting.

## **\*\*Significance of Ramadan\*\***

Ramadan, one of the five pillars of Islam, is more than just a time of fasting; it's a time for spiritual renewal and self-reflection. Muslims around the world fast from dawn to sunset, abstaining from food, drink, smoking, and sensual pleasures. This fasting is meant to strengthen self-discipline, develop empathy for the needy, and seek closeness to Allah.

## **\*\*The Role of Food During Ramadan\*\***

Food plays a central role in Ramadan, but it's about more than just physical nourishment. It's about the celebration of community and sharing, strengthening familial and friendship bonds, and experiencing deeper gratitude for life's blessings. The breaking of the fast (Iftar) and the pre-dawn meal (Suhoor) are not just meals but moments of gathering and gratitude.

## **\*\*Tips for Healthy Fasting\*\***

Healthy fasting in Ramadan requires preparation and mindfulness. Here are some tips to ensure you're on the right track physically and mentally during the fast:

1. **Balanced Suhoor**: Start your day with a nutritious Suhoor meal that provides enough energy for the day. Incorporate complex carbohydrates, proteins, healthy fats, and fibers to promote sustained satiety.
2. **Hydration**: Ensure you drink enough water during non-fasting hours to maintain hydration. Avoid caffeinated beverages, as they can be dehydrating.
3. **Moderation at Iftar**: While it might be tempting to eat large amounts at Iftar, it's important to moderate your food intake. Begin with something light like dates and water, followed by a balanced meal.
4. **Exercise**: Light to moderate exercise can be beneficial during Ramadan but is best practiced during cooler times of the day or after Iftar.
5. **Mental Well-being**: Besides physical health, it's crucial to pay attention to mental well-being. Use this time for additional prayer, reading the Quran.

In the following chapters of this book, you will find a careful selection of recipes specifically compiled for Ramadan, along with further tips and guidance to enrich and support your fasting journey. May this book be not only a source of culinary inspiration but also a companion on your spiritual journey through Ramadan.

Ramadan Kareem and happy cooking!

## **\*\*Preparing for Ramadan\*\***

Ramadan is a time for reflection, prayer, and community, but it's also a time when preparation plays a crucial role in maximizing the benefits of the fasting period. Thorough preparation can help focus on the spiritual aspects of the month while ensuring a healthy diet. In this chapter, we address the essential aspects of preparing for Ramadan, including creating a shopping list, stocking up and planning, and tips for kitchen preparation.

### **\*\*Shopping List\*\***

A well-thought-out shopping list is the first step to staying stress-free and healthy during Ramadan.

1. **\*\*Grains and Breads\*\***: Whole grains, oats, rice, quinoa, whole wheat bread.
2. **\*\*Proteins\*\***: Legumes, nuts, seeds, eggs, meat, fish, poultry, tofu.
3. **\*\*Dairy Products\*\***: Milk, yogurt, cheese (opt for low-fat options when possible).
4. **\*\*Fruits and Vegetables\*\***: A variety of fresh or frozen fruits and vegetables to ensure adequate intake of vitamins and minerals.
5. **\*\*Healthy Fats\*\***: Olive oil, avocados, nuts.
6. **\*\*Beverages\*\***: Water, unsweetened fruit juices, coconut water (for hydration).
7. **\*\*Spices and Herbs\*\***: To add flavor to your dishes without relying on salt.

This preparation phase is not just about physical readiness; it's also a time to mentally prepare for the days of fasting ahead, ensuring a balanced approach to both your dietary and spiritual needs during Ramadan.

## **\*\*Stockpiling and Planning\*\***

Stockpiling and planning are crucial for saving time and energy during Ramadan. Consider these steps:

1. **\*\*Inventory Check\*\***: Review your pantry, fridge, and freezer to know what you already have and what's needed.
2. **\*\*Menu Planning\*\***: Create a weekly meal plan including Suhoor and Iftar meals to simplify shopping and meal prep.
3. **\*\*Batch Cooking\*\***: Consider preparing and freezing certain dishes or components to save time during the week.
4. **\*\*Easy and Nutritious Snacks\*\***: Keep healthy snacks available that are quick and easy to prepare.

## **\*\*Kitchen Preparation Tips\*\***

A well-organized kitchen can be a blessing during Ramadan. Here are some tips to prepare your kitchen:

1. **\*\*Organization\*\***: Ensure your kitchen tools and ingredients are easily accessible to save time and reduce stress.
2. **\*\*Appliances Check\*\***: Ensure all your kitchen appliances are in working order. Slow cookers, rice cookers, or steamers can be very helpful.
3. **\*\*Clear Workspaces\*\***: Keep your countertops clean and tidy for easier meal prep.
4. **\*\*Health and Safety Check\*\***: Ensure your kitchen is safe by following food safety guidelines and keeping hazardous items out of reach.

Thorough preparation can not only make Ramadan easier but also more enriching. By planning ahead, you can focus more on your spiritual practice and less on daily concerns, enjoying a time of peace, contemplation, and community.



## **\*\*Suhoor (Pre-Dawn Meal)\*\***

### **\*\*Introduction to Suhoor\*\***

Suhoor, the pre-dawn meal, is a crucial part of fasting during Ramadan. It's the last chance to eat before the fasting day begins, providing energy and hydration for the upcoming hours. A well-planned Suhoor can help minimize hunger and fatigue. Below is an idea for a nutritious and quick Suhoor recipe that you can enjoy during Ramadan.

### **\*\*1. Whole Grain Porridge with Fruits and Nuts (serves 2):\*\***

#### **Ingredients:**

- 100g whole grain oats
- 500ml water or milk
- A pinch of salt
- 1 apple or banana, diced
- A handful of mixed nuts (e.g., walnuts, almonds)
- 2 tsp honey or maple syrup

#### **Preparation:**

1. Boil oats, water/milk, and salt in a pot.
2. Reduce heat and simmer for 5-10 minutes, stirring occasionally, until desired consistency is reached.
3. Serve in bowls, topped with diced fruit, nuts, and a drizzle of honey or maple syrup.

## **\*\*2. Protein Omelette with Vegetables (serves 1):\*\***

### **Ingredients:**

- 4 egg whites
- 1/2 red bell pepper, diced
- 1/2 zucchini, diced
- 1 small tomato, diced
- Salt and pepper to taste
- 1 tsp olive oil

### **Preparation:**

1. Whisk egg whites in a bowl, add salt and pepper.
2. Heat olive oil in a pan, sauté vegetables until soft.
3. Add the egg white mixture and cook over medium heat until the omelette sets.
4. Fold the omelette and serve.

## **\*\*3. Yogurt with Muesli and Berries (serves 2):\*\***

### **Ingredients:**

- 400g Greek yogurt
- 100g muesli
- A handful of berries (e.g., raspberries, blueberries)
- 2 tsp honey or maple syrup (optional)

### **Preparation:**

1. Distribute yogurt into two bowls.
2. Top with muesli and berries.
3. Sweeten with honey or maple syrup if desired.

#### **\*\*4. Quinoa Salad with Vegetables (serves 4):\*\***

##### **Ingredients:**

- 200g quinoa
- 400ml water
- 1 red bell pepper, diced
- 1 cucumber, diced
- 10 cherry tomatoes, halved
- 1 bunch of parsley, chopped
- Juice of 1 lemon
- 2 tbsp olive oil
- Salt and pepper to taste

##### **Preparation:**

1. Rinse quinoa thoroughly and bring to a boil with water, then reduce heat and simmer for 15 minutes.
2. Let quinoa cool and mix with vegetables, parsley, lemon juice, olive oil, salt, and pepper.

## **\*\*5. Chickpea Shakshuka (serves 4):\*\***

### **Ingredients:**

- 2 cans of chickpeas, rinsed and drained
- 1 onion, diced
- 2 garlic cloves, chopped
- 1 red bell pepper, diced
- 400g canned chopped tomatoes
- 1 tsp cumin
- 1 tsp paprika
- Salt and pepper to taste
- 4 eggs
- 2 tbsp olive oil

### **Preparation:**

1. Heat olive oil in a large pan, sauté onion, garlic, and bell pepper until soft.
2. Add chickpeas, chopped tomatoes, cumin, paprika, salt, and pepper, simmer for 10 minutes.
3. Make small wells in the mixture and crack in the eggs. Cover and cook until the eggs are set to your liking.

These recipes are nutritious and adaptable to personal preferences. Enjoy these healthy and delicious meals to start your fasting day energized!

## **\*\*6. Avocado Toast on Whole Grain Bread (serves 2):\*\***

### **Ingredients:**

- 2 slices of whole grain bread
- 1 ripe avocado
- Juice of 1/2 lemon
- Salt and pepper to taste
- Optional: chili flakes, sesame seeds, or a boiled egg for extra protein

### **Preparation:**

1. Toast the whole grain bread.
2. Halve the avocado, remove the pit, and mash the flesh in a bowl with a fork.
3. Stir in lemon juice, salt, and pepper.
4. Spread the avocado mixture on the toast.
5. Garnish with chili flakes, sesame seeds, or a boiled egg if desired.

## **\*\*7. Smoothie Bowls (serves 2):\*\***

### **Ingredients:**

- 2 frozen bananas
- 1 cup frozen berries
- 1/2 cup unsweetened almond milk (or any other milk alternative)
- Toppings: granola, coconut flakes, fresh fruits, nuts, chia seeds

### **Preparation:**

1. Place frozen bananas and berries in a powerful blender.
2. Add almond milk and blend until smooth.
3. Pour the mixture into bowls and garnish with chosen toppings.

## **\*\*8. Lentil Soup (serves 4):\*\***

### **Ingredients:**

- 1 cup red lentils
- 1 onion, diced
- 2 carrots, diced
- 2 cloves of garlic, chopped
- 1 tsp cumin
- 4 cups vegetable broth
- Salt and pepper to taste
- 2 tbsp olive oil

### **Preparation:**

1. Heat olive oil in a pot and sauté onion, carrots, and garlic.
2. Add cumin and roast briefly.
3. Add red lentils and vegetable broth, bring to a boil.
4. Reduce heat and simmer for 20-25 minutes until lentils are soft.
5. Season with salt and pepper.
6. The soup can be blended for a creamier consistency or left as is.

## **\*\*9. Oatmeal Pancakes (serves 4):\*\***

### **Ingredients:**

- 1 cup oatmeal flour
- 1 banana
- 1 egg
- 1/2 cup milk
- 1 tsp baking powder
- A pinch of salt
- Fresh fruit or yogurt for serving

### **Preparation:**

1. Blend all ingredients into a smooth batter.
2. Heat a non-stick pan and pour in small portions of the batter.
3. Cook over medium heat until bubbles form on the surface, then flip and finish cooking.
4. Serve with fresh fruit or yogurt.

## **\*\*10. Hummus with Whole Grain Pita Bread (serves 4):\*\***

### **Ingredients:**

- 1 can chickpeas, rinsed and drained
- 2 tbsp tahini
- 1 clove of garlic, chopped
- Juice of 1 lemon
- Salt and pepper to taste
- 2 tbsp olive oil
- Whole grain pita bread

### **Preparation:**

1. Combine chickpeas, tahini, garlic, lemon juice, salt, and pepper in a blender.
2. Gradually add olive oil while blending until a smooth paste forms.
3. Thin with water if necessary to achieve desired consistency.
4. Serve with whole grain pita bread.

## **\*\*11. Overnight Oats (serves 2): \*\***

### **Ingredients:**

- 1 cup oats
- 1 cup milk or plant-based drink
- 1 tbsp chia seeds (optional)
- 2 tbsp honey or maple syrup
- Choice of fruits and nuts for topping

### **Preparation:**

1. Mix oats, milk/plant drink, chia seeds, and sweetener in a jar or bowl.
2. Let it sit overnight in the refrigerator.
3. Garnish with fresh fruits and nuts in the morning.

## **\*\*12. Scrambled Eggs with Spinach and Feta (serves 1):\*\***

### **Ingredients:**

- 2 eggs
- A handful of fresh spinach
- 30g feta cheese, crumbled
- Salt and pepper to taste
- 1 tsp olive oil

### **Preparation:**

1. Whisk eggs in a bowl, season with salt and pepper.
2. Heat olive oil in a pan, add spinach and sauté until wilted.
3. Add eggs and scramble until set.
4. Sprinkle feta over the scrambled eggs and serve.

### **\*\*13. Nut Butter and Banana Sandwich (serves 1):\*\***

#### **Ingredients:**

- 2 slices of whole grain bread
- 2 tbsp nut butter (e.g., peanut or almond butter)
- 1 banana, sliced

#### **Preparation:**

1. Toast the whole grain bread.
2. Spread a layer of nut butter on each slice.
3. Distribute banana slices on one slice and cover with the other slice.

### **\*\*14. Fruit and Nut Yogurt (serves 1):\*\***

#### **Ingredients:**

- 1 cup plain yogurt
- A handful of mixed berries or other fruits
- 2 tbsp mixed nuts, chopped

#### **Preparation:**

1. Put yogurt in a bowl.
2. Sprinkle fruits and nuts on top.

## **\*\*15. Muesli with Milk or Plant Drink (serves 1):\*\***

### **Ingredients:**

- 1 cup muesli
- 1 cup milk or plant drink
- Fresh fruit of your choice

### **Preparation:**

1. Place muesli in a bowl.
2. Pour over milk or plant drink.
3. Add fresh fruit.

## **\*\*16. Cheese and Vegetable Wrap (serves 2):\*\***

### **Ingredients:**

- 2 whole grain wraps
- 1 cup grated cheese (e.g., Cheddar or Mozzarella)
- 1 bell pepper, sliced
- 1 small zucchini, thinly sliced
- 1/2 cup baby spinach
- 1 tbsp olive oil
- Salt and pepper to taste

### **Preparation:**

1. Sauté vegetables in olive oil until soft. Season with salt and pepper.
2. Warm wraps as per package instructions.
3. Distribute vegetables and cheese on wraps and roll them up.

## **\*\*17. Bean and Cheese Quesadillas (serves 2):\*\***

### **Ingredients:**

- 4 whole grain tortillas
- 1 cup cooked black beans
- 1 cup grated cheese (e.g., Cheddar or Mozzarella)
- 1/2 red bell pepper, diced
- 1/2 onion, diced
- 1 tbsp olive oil

### **Preparation:**

1. Sauté onion and bell pepper in olive oil until soft.
2. Spread beans, vegetables, and cheese on two tortillas, and top with the remaining tortillas.
3. Cook in a pan until both sides are golden brown and the cheese has melted.

## **\*\*18. Turkish Menemen (Egg Dish) (serves 2):\*\***

### **Ingredients:**

- 4 eggs
- 2 tomatoes, diced
- 1 green bell pepper, diced
- 1 small onion, diced
- 1 tbsp olive oil
- Salt, pepper, paprika to taste

### **Preparation:**

1. Sauté onion and bell pepper in olive oil.
2. Add tomatoes and simmer until soft.
3. Whisk eggs, pour over vegetables, and let set on low heat. Season to taste.

## **\*\*19. Mozzarella and Tomato Baguette (serves 2):\*\***

### **Ingredients:**

- 1 baguette, halved
- Mozzarella, sliced
- 2 tomatoes, sliced
- Basil leaves
- Balsamic vinegar
- Olive oil
- Salt and pepper

### **Preparation:**

1. Cut open the baguette and drizzle with olive oil.
2. Layer with mozzarella, tomatoes, and basil.
3. Season with balsamic vinegar, salt, and pepper.

## **\*\*20. Peanut Butter and Jelly Oatmeal (serves 2):\*\***

### **Ingredients:**

- 1 cup oats
- 2 cups water or milk
- 2 tbsp peanut butter
- 2 tbsp jelly or jam of choice

### **Preparation:**

1. Cook oats in water or milk as directed.
2. Once cooked, remove from heat and stir in peanut butter and jelly.
3. Serve in bowls, adding more peanut butter or jelly if desired.