

WAJD BIBLE RECIPES WITH SHALOM

Simple Recipes for a Joyful Heart

♥ COOK • EAT • REMEMBER HIS GOODNESS ♥

Let all that you do
be done in love.
1 Corinthians 16:14 KJV

O taste and see
that the LORD
is good.
Psalm 34:8 KJV

Turn ye even to me
with all your heart,
with fasting, and
with weeping, and
with mourning.

Joel 2:12 KJV

It shall be unto you
a sabbath of rest,
and ye shall afflict
your souls.

Leviticus 23:32 KJV

Yom Kippur Break-Fast Honey Date Yogurt Parfait

— A Light and Gentle Recipe for After the Fast —



Good Food
Grateful Hearts
Brighter Days



Cooking
Goodness
Together

Simple Food
Big Blessings

Real
Ingredients
Real People
Real Blessings



Greek Yogurt



Dates



Honey



Apples (or Berries)



Walnuts



Granola or Oats

Ingredients

- 2 cups plain Greek yogurt
- 1 cup chopped dates (pitted)
- 2 tablespoons honey
- 1 apple, diced, or 1 cup berries (strawberries, blueberries, or a mix)
- 1/4 cup chopped walnuts
- 1/2 teaspoon cinnamon
- Optional: granola or oats for extra crunch



Instructions

- 1 Wash and chop the apple (or prepare berries) and chop the dates if needed.
- 2 Spoon a layer of yogurt into cups or a bowl.
- 3 Add a layer of dates and fruit.
- 4 Drizzle honey over the top.
- 5 Sprinkle with chopped walnuts and a little cinnamon.
- 6 Serve chilled and enjoy!



Ask an adult to help
with chopping.

Shalom's Kitchen Tips

- Keep it chilled for the best taste.
- Use soft, fresh dates for natural sweetness.
- Add a little extra honey if needed for taste.



Good Food
Stronger Families
Brighter Tomorrows

A Little Prayer

Dear Lord, thank You for Your mercy and love. Thank You for the food You give us and for new beginnings. Help us to turn to You with all our hearts. **In Jesus' name, Amen.**