

Talbina

INGREDIENTS

- 1 tbsp/2tbsp barley flour (according to preference of thickness)
- 1 cup milk
- Honey to sweeten



METHOD

1. Put the milk in a pot to medium heat and add in the barley flour.
2. Constantly stir for about 10-15 minutes to avoid lumpiness.
3. Sweeten with honey and serve.

Try This!

Soak 5/6 dates in 1/4 cup of water. Keep them soaked for 5/10 minutes. Once the dates have softened, grind them well in a pestle and mortar to form a paste. Add this paste to the talbina and enjoy!

A'isha used to recommend talbina for the sick and for such a person that is in grief. She said: *"I heard that the Messenger ﷺ said: 'Talbina gives rest to the heart of the patient and makes it active and relieves some of his sorrow and grief.'"*

(Bukhari)