



Safeena
Muslim Cancer Support Network

HEALING FLAVOURS OF THE SUNNAH

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Safeena
Muslim Cancer Support Network

FOREWORD

Allah's name we begin with, the Most Merciful, the Most Compassionate.

Healing Flavours of the Sunnah is more than a cookbook — it is a heartfelt offering rooted in tradition, compassion and trust in Allah's mercy. For those facing the challenges of cancer, this book offers gentle support through the foods loved by our beloved Prophet Muhammad ﷺ, combining spiritual wisdom with modern nourishment.

Every recipe in this book has been thoughtfully chosen to comfort, energise and inspire. Each ingredient carries not only nutritional benefit but also a deep spiritual significance drawn from the Qur'an and Sunnah. It is our sincere hope that these recipes bring ease to those who prepare and enjoy them, and that they help bridge the journey between treatment, recovery and tawakkul — reliance upon Allah.

We live in a time when medical care and holistic wellness must walk hand in hand. This book seeks to honour both. It is a tribute to the resilience of those living with cancer, to the carers who stand beside them and to the timeless Prophetic guidance that continues to heal hearts and bodies.

May Allah place shifa (healing) in every page, reward everyone involved and accept this humble effort as an offering of service and love, Ameen.

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Sunnah Foods: Prophetic Wisdom in Every Bite

Prophet Muhammad ﷺ ate with simplicity, gratitude and intention. He praised certain foods not just for their taste, but for their healing properties and spiritual benefit. These foods have stood the test of time and are now supported by modern nutritional science.

Below is a selection of foods from the Sunnah, many of which are featured in this book:

Honey (Asl)

Qur'anic Reference: "There emerges from their bellies a drink, in which there is healing for people." (Qur'an 16:69)

Hadith Reference: The Prophet ﷺ loved honey and often drank honey water.

Health Benefits: Natural antibacterial, antifungal and wound-healing properties. Soothes the throat and supports gut health.

Dates (Tamr)

Hadith Reference: "A house in which dates are not consumed is a house with hungry inhabitants." (Sahih Muslim)

Health Benefits: High in fibre, natural sugars, potassium and antioxidants. Soothes digestion and boosts energy.

Barley (Sha'ir)

Hadith Reference: The Prophet ﷺ recommended Talbina (barley broth) for the sick and grieving. (Sahih al-Bukhari) /

Health Benefits: Supports digestion, lowers cholesterol, and balances blood sugar.

Olive & Olive Oil (Zayt and Zaytoun)

Hadith Reference: "Eat of its oil and use it, for indeed it is from a blessed tree." (Sunan al-Tirmidhi)

Health Benefits: Rich in healthy fats and antioxidants. Supports heart and brain health, reduces inflammation.

Black Seed (Habbat ul-Sawda)

Hadith Reference: "In the black seed is healing for every disease except death." (Sahih al-Bukhari)

Health Benefits: Powerful anti-inflammatory and immune-supporting properties. Often used for respiratory and digestive issues.

Milk (Laban)

Qur'anic Reference: "We give you to drink of what is in their bellies... milk, pure and pleasant to drink." (Qur'an 16:66)

Health Benefits: Provides calcium, protein, and hydration. Easy to digest when warmed or combined with dates.

Pumpkin/Gourd (Yaqteen)

Hadith Reference: Anas (may Allah be pleased with him) said: 'I saw the Prophet ﷺ picking pieces of gourd from the dish.' (Sahih Muslim)

Health Benefits: High in vitamins A and C. Gentle on digestion and beneficial for immunity and skin.

Vinegar (Khul)

Hadith Reference: "What a good condiment vinegar is." (Sahih Muslim)

Health Benefits: Aids digestion and balances blood sugar. Acts as a natural preservative and digestive tonic.

Figs (Tin)

Qur'anic Reference: "By the fig and the olive..." (Qur'an 95:1)

Health Benefits: High in fibre, calcium and antioxidants. Supports gut health and may ease constipation.

Water (Ma')

Qur'an Reference: "And We made every living thing from water" (Qur'an 21: 30)

Hadith Reference: The Prophet ﷺ drank water in three sips, sitting down. (Sunan al-Tirmidhi)

Health Benefits: Essential for hydration, detoxification and overall healing.

Sunnah Inspired Breakfast

In the Islamic tradition, breakfast is not only a meal but a source of barakah (blessing) and wellbeing.

The Sunnah encourages beginning the day with simple, wholesome foods that nourish the body and uplift the spirit. Ingredients such as dates, yoghurt, honey, barley, pomegranate, milk, seeds, and fresh fruits were loved by the Prophet ﷺ and are rich in natural healing benefits. Sunnah-style breakfasts focus on balance, moderation and gratitude—providing steady energy, supporting digestion and strengthening the body. Whether enjoyed at home or shared with family, these recipes connect us to prophetic guidance while promoting health in a gentle, authentic way.



Honeyed Greek Yogurt & Fig Bowl

Inspired by

The Qur'an mentions figs and honey as foods of healing (Qur'an 95:1; 16:69).

Ingredients

1/2 cup Greek yogurt or natural yogurt
1-2 fresh or dried figs, chopped
1 tsp raw honey
Optional: sprinkle of ground flaxseed or chia

Method

- 1-Place yogurt in a bowl.
- 2-Top with chopped figs and drizzle with honey.
- 3-Add flaxseed or chia for added fibre and omega-3s.



Healing Tip

Honey supports immunity.
Yogurt soothes the gut. Figs
aid digestion and bone
health.

Sunnah Smoothie

(Banana, Date & Black Seed)

Inspired by:

Combines three Prophetic foods: dates, milk, and black seed.

Ingredients

- 1 ripe banana
- 2 dates, pitted
- 1 cup milk (dairy or almond)
- 1/4 tsp ground black seed
- Optional: pinch of cinnamon or cardamom

Method

- 1-Blend all ingredients until smooth.
- 2-Serve chilled or at room temperature.

Healing Tip

Black seed (*Nigella sativa*) is known as a healing remedy. This smoothie supports energy, digestion, and mood.



Prophetic Egg & Olive Plate

Inspired by:

The Prophet ﷺ is reported to have eaten olives and encouraged their use. Eggs are a gentle source of protein.

Ingredients

- 1 boiled or poached egg
- 4-5 olives (preferably black or green, unpitted)
- 1 slice whole grain or sourdough bread
- Drizzle of olive oil
- Optional: pinch of za'atar or sumac



Method

- 1-Plate egg and olives with bread.
- 2- Drizzle with olive oil and sprinkle with za'atar if desired.



Healing Tip

This breakfast is high in healthy fats and protein, ideal for a light, sustaining start.

Barley & Milk Warm Bowl (Talbina Breakfast)

Inspired by:

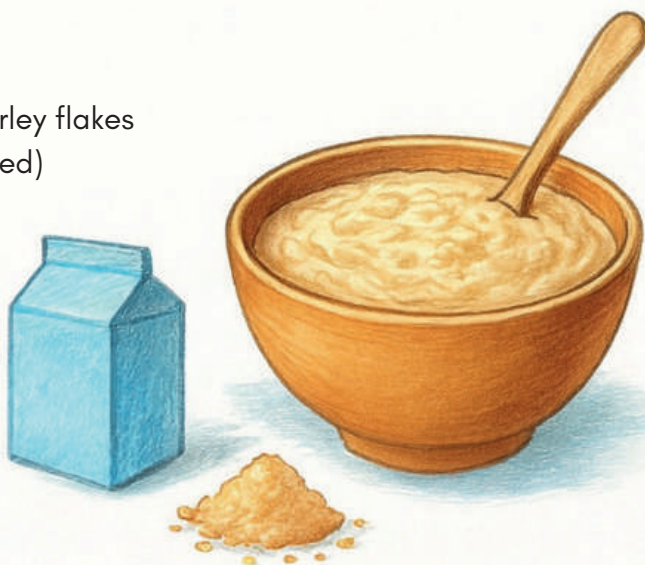
Based on the hadith of talbina, known for comfort and healing.
(Sahih al-Bukhari)

Ingredients

2 tbsp barley flour or fine barley flakes
1 cup milk (dairy or plant-based)
1 tsp honey or date syrup
Optional: cinnamon or
crushed nuts

Method

- 1-Whisk barley and milk in a saucepan.
- 2-Simmer on low heat until thick (5-8 mins).
- 3-Stir in honey and serve warm.



Healing Tip

Talbina comforts the heart
and eases digestion.
Ideal for weakness,
sadness, or fatigue.

Berry Yogurt Protein Parfait with Seeds

Ingredients

$\frac{3}{4}$ cup Greek yoghurt
 $\frac{1}{2}$ cup mixed berries
1 tbsp mixed seeds
1 tsp honey or date syrup (optional)
Small handful of grapes (sliced)
Optional: add 2 tbsp cottage cheese or
a scoop of protein powder for extra protein

Method

1-Layer yoghurt, berries, grapes and seeds in a glass or bowl.
2-Drizzle with honey if desired.
3-Chill or eat immediately.



Closing Reflection

"And He it is Who causes gardens to grow... and the olive and the date palm..." (Qur'an, (6:141))

These nourishing breakfasts are more than just food — they are a return to the balanced, blessed ways of the Prophet ﷺ. By starting the day with foods from the Sunnah, you nourish not only the body, but the heart and spirit as well.



Sunnah-Inspired Lunch

Wholesome Midday Nourishment

In the prophetic tradition, lunch is a time to refuel the body with moderation, balance, and gratitude. The Sunnah emphasises eating simple, nourishing foods that provide strength without excess. Ingredients such as barley, lentils, olive oil, vegetables, dates, vinegar, and lean meats were part of the Prophet's ﷺ diet and are known for their healing and restorative qualities.



Pomegranate Glazed Rice and Chicken/Tofu Bowl

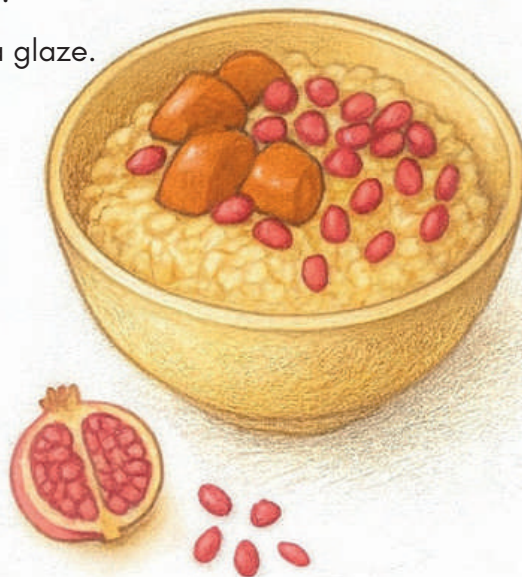
Balanced & savoury with antioxidants

Ingredients

1 cup cooked whole grain rice
½ cup pomegranate juice
1 tbsp olive oil
150g chicken breast or firm tofu (cubed)
½ cup grapes (halved)
1 tbsp mixed seeds
Optional: spinach, chickpeas, or nuts

Method

- 1-Cook chicken or tofu in olive oil until golden.
- 2-Pour in pomegranate juice and reduce to a glaze.
- 3-Serve over rice with grapes and seeds sprinkled on top.



Barley & Chicken Broth (Talbina Soup)

Inspired by:

The Prophet ﷺ said, "Talbina gives rest to the heart of the patient and makes it active and relieves some of their sorrow." (Sahih al-Bukhari)

Ingredients

- 1/3 cup barley flour or pearl barley (soaked)
- 1 skinless chicken breast or thigh
- 1 small onion, chopped
- 1 clove garlic
- 2 cups water or chicken broth
- Pinch of salt and black seed (Nigella sativa)

Method

- 1-Boil chicken with onion, garlic, and barley until soft (about 45 mins).
- 2-Remove the chicken, shred it, and return it to the pot.
- 3-Season lightly. Add black seed before serving.

Healing Tip

Barley supports digestion and immunity. Chicken adds protein without being heavy.



Lentil & Spinach Stew

(Adas Shifa)

Ingredients

- 1 cup red lentils
- 1 small onion
- 2 cloves garlic
- 1 handful fresh spinach
- 1 tsp olive oil
- 1/2 tsp turmeric, cumin, and coriander
- 1 litre water

Method

- 1-Sauté onion, garlic, and spices in olive oil.
- 2-Add lentils and water. Simmer until soft (20-30 mins).
- 3-Stir in spinach at the end. Serve warm.

Healing Tip

Lentils are high in iron and easy to digest.
Turmeric reduces inflammation.



Pumpkin & Ginger Soup

(Yaqteen Comfort)

Inspired by: The Prophet ﷺ liked pumpkin (Yaqteen). Anas (رضي الله عنه) said: "I saw the Prophet ﷺ picking pieces of gourd from the dish."
(Sahih Muslim)



Ingredients

- 2 cups chopped pumpkin
- 1 small potato (optional, for creaminess)
- 1/2 inch fresh ginger
- 1 small onion
- 1 tbsp olive oil
- 1.5 cups water or vegetable stock



Method

- 1-Sauté onion and ginger, add pumpkin and potato.
- 2-Cover with water/stock. Cook until soft.
- 3-Blend until smooth. Serve warm.

Healing Tip

Pumpkin is gentle on digestion and helps restore energy.
Ginger soothes nausea.



Yemeni Lamb & Herb Stew

(Shifaa Marak)



Ingredients

250g lamb (small pieces)
1 onion
1 tsp each: coriander, cumin, cinnamon
Fresh parsley and mint
2 tomatoes
2 cloves garlic
Salt to taste
Water to cover



Method

- 1-Brown lamb and onions, add garlic and spices.
- 2-Add tomatoes and water.
Simmer 1 hour until tender.
- 3-Stir in herbs before serving.

Healing Tip:

Lamb offers strength for the weak; cinnamon and herbs aid digestion and circulation.



Mild Date & Carrot Soup

(Rutaba Nourish)

Inspired by:

The Prophet ﷺ loved dates and often ate them softened or with milk.



Ingredients

- 2 carrots, sliced
- 2 Medjool dates, pitted
- 1/2 tsp cinnamon
- 1 cup coconut milk or oat milk
- 1/2 cup water



Method

- 1-Boil carrots and dates until soft.
- 2-Blend with milk and cinnamon until smooth.
- 3-Reheat gently and serve.



Healing Tip:

Natural sweetness and vitamin A for eye and immune health.

Sheer Khurma (Lightened Version)

Inspired by:

Eid dessert made with dates and milk, both Prophetic foods.



Ingredients

1/4 cup fine vermicelli
2 cups milk
3 dates, chopped
Pinch of cardamom
1 tsp olive oil or ghee



Method

1- Fry vermicelli lightly in oil,
then add milk and cook until soft.
2-Add dates and cardamom.
Serve warm.



Healing Tip:

A nourishing dessert packed with fibre and warmth for the soul.

Closing Reflection

Sunnah-style lunches focus on digestion, energy, and wellbeing—offering meals that are light yet satisfying. By drawing on prophetic guidance and timeless ingredients, these recipes bring together nourishment for the body and serenity for the soul.

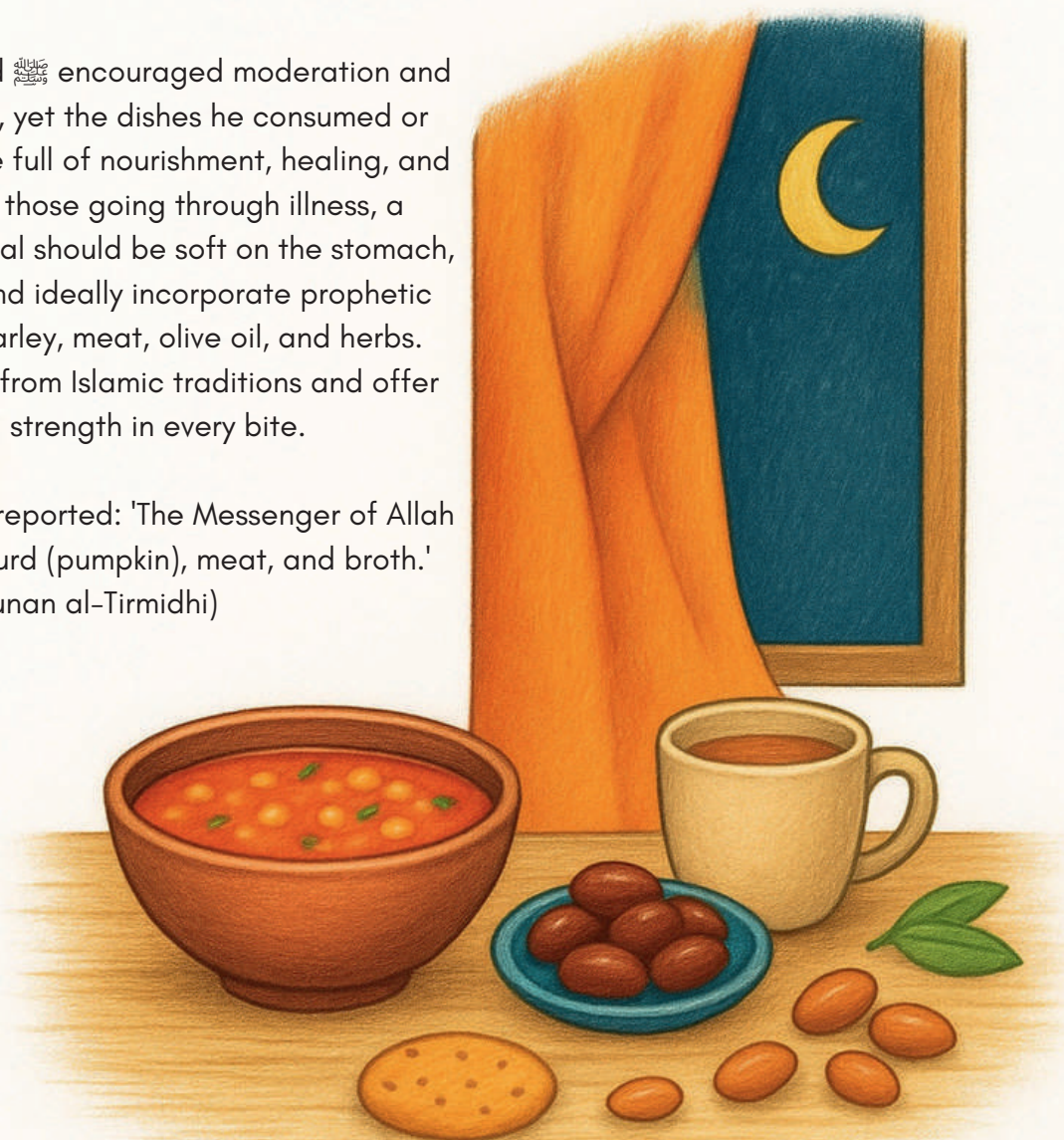


Comforting Main Dishes

“Strength through simplicity and barakah”

Prophet Muhammad ﷺ encouraged moderation and simplicity in meals, yet the dishes he consumed or recommended were full of nourishment, healing, and satisfaction. For those going through illness, a comforting main meal should be soft on the stomach, rich in nutrients, and ideally incorporate prophetic ingredients like barley, meat, olive oil, and herbs. These dishes draw from Islamic traditions and offer calm and strength in every bite.

Anas (رضي الله عنه) reported: 'The Messenger of Allah ﷺ used to like gourd (pumpkin), meat, and broth.'
(Sunan al-Tirmidhi)



Barley Khichdi



Inspired by



A South Asian comfort dish made with Sunnah grain barley.



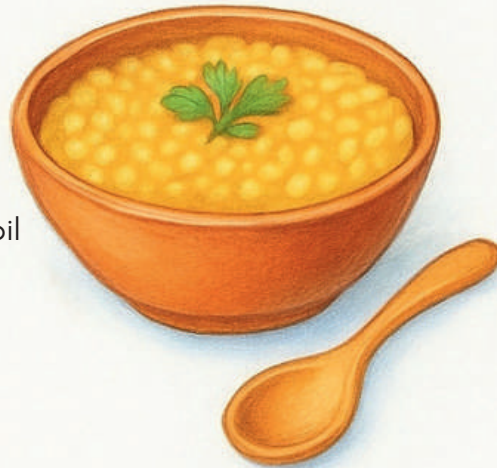
Ingredients

1/2 cup pearl barley
1/4 cup split yellow moong dal
1/4 tsp turmeric
Salt and water to taste
1 tbsp olive oil or ghee



Method

1-Boil barley and dal together until soft and porridge-like.
2-Stir in turmeric, salt and drizzle olive oil or ghee before serving.



Healing Tip

Easy to digest, anti-inflammatory and comforting for the gut.

Masoor Dal with Olive Oil Tarka

Inspired by:

Red lentils were used in early Islamic kitchens; paired here with olive oil tarka.

Ingredients

- 1 cup red lentils (masoor dal)
- 1/2 tsp turmeric
- Salt to taste
- 1 tbsp olive oil
- 1 garlic clove, sliced
- 1/2 tsp cumin seeds

Method

- 1-Boil lentils with turmeric and salt until soft.
- 2- In a small pan, heat olive oil and fry garlic and cumin seeds.
- 3- Pour tarka over dal and serve warm.

Healing Tip

Protein-rich, gentle on digestion and boosted by healing olive oil.



Barley Pilaf with Lamb

(Shaairi Qeema)

Inspired by:

Barley was a staple in the Prophet's ﷺ diet.

Lamb is mentioned in a hadith as a blessed meat.

Ingredients

1 cup pearl barley, soaked
200g minced lamb or beef
1 onion, finely chopped
2 garlic cloves, minced
1 tsp cumin, coriander, and cinnamon
2 cups water or broth
Salt to taste, fresh parsley for garnish



Method

1-Brown the mince with onion, garlic, and spices.
2-Add soaked barley and water.
Cover and simmer until barley is soft (25-30 mins).
3-Garnish with parsley before serving.



Healing Tip:

Barley is easy to digest and lamb provides iron and strength.

Yemeni Chicken Taraq

Inspired by:

Brothy dishes were beloved by the Prophet ﷺ, often eaten with bread.



Ingredients

- 1 small chicken, cut into pieces
- 1 onion, chopped
- 2 tomatoes, blended
- 2 cloves garlic
- 1 tsp turmeric, black pepper, cumin
- Water to cover
- Fresh coriander for garnish



Method

- 1-Sauté onion and garlic, add chicken and spices.
- 2-Add tomato and water. Simmer until chicken is cooked and tender.
- 3-Serve with rice or flatbread.



Healing Tip:

Warming, light and packed with protein and anti-inflammatory spices.

Pumpkin & Lentil Curry (Yaqteen Dal)



Inspired by:

Inspired by the Prophet's ﷺ love for pumpkin (gourd).

Ingredients

- 1 cup red lentils
- 1 cup diced pumpkin
- 1 onion
- 1 tsp turmeric, cumin, ginger
- 2 cups water
- 1 tbsp olive oil



Method

- 1-Sauté onion and spices in olive oil.
- 2-Add lentils, pumpkin and water. Cook until soft.
- 3-Mash slightly for a thick texture.



Healing Tip:

Pumpkin soothes the gut and lentils offer gentle protein and fiber.

Simple Herb Couscous with Vegetables

Inspired by:

Light and nourishing, ideal for low appetite days.



Ingredients

1 cup couscous
1.25 cups boiling water
1 tbsp olive oil
Steamed carrots, courgette, peas
Fresh mint and parsley



Method

- 1- Place couscous in a bowl, add oil and boiling water.
- 2-Cover for 5 minutes.
- 3- Fluff and stir in steamed vegetables and herbs.



Healing Tip:

Couscous is soft and filling. Fresh herbs support digestion and mood.

Stuffed Dates with Quinoa & Chicken



Inspired by:

A modern healing twist using Sunnah foods — dates, chicken and grains.



Ingredients

6 Medjool dates, pitted
1/2 cup cooked quinoa
1/2 cup shredded cooked chicken
Pinch of cinnamon and sea salt
1 tsp olive oil



Method

- 1- Mix quinoa, chicken, oil and spices.
- 2- Stuff the mixture into dates and warm gently before serving.



Healing Tip

Dates energize, while quinoa and chicken provide steady strength.

Closing Reflection

"And He it is Who causes gardens to grow... and the olive and the date palm..." (Qur'an, (6:141))

These comforting main dishes are more than just food — they are a return to the balanced, blessed ways of the Prophet ﷺ. With foods from the Sunnah, you nourish not only the body, but the heart and spirit as well.



Comforting Soups & Stews

“Warmth for the body, healing for the soul”

Prophet Muhammad ﷺ valued warm, light meals that were easy on the body and rich in benefit. Soups and stews – especially those made with lentils, barley, and fresh herbs – offer healing through hydration, gentle nourishment and Sunnah-inspired ingredients. For those undergoing treatment or recovering from illness, these meals offer both physical comfort and emotional calm.

Ibn Qayyim (رحمه الله) wrote in Tibb Nabawi that warm liquids can help “soften the temperament” and support the digestion of those with weakened strength – a beautiful reminder that healing begins with gentleness.



Barley & Chicken Broth (Talbina Soup)

Inspired by:

The Prophet ﷺ said, "Talbina gives rest to the heart of the patient and makes it active and relieves some of their sorrow." (Sahih al-Bukhari)

Ingredients

1/3 cup barley flour or pearl barley (soaked)
1 skinless chicken breast or thigh
1 small onion, chopped
1 clove garlic
2 cups water or chicken broth
Pinch of salt and black seed (Nigella sativa)

Method

- 1-Boil chicken with onion, garlic and barley until soft (about 45 mins).
- 2-Remove the chicken, shred it and return it to the pot.
- 3-Season lightly. Add black seed before serving.

Healing Tip

Barley supports digestion and immunity.
Chicken adds protein without being heavy.

Dua while cooking:

Allahumma bārīk lana fihi wa at'imnakhayran minhu.
(O Allah, bless it for us and give us better than it.)



Lentil & Spinach Stew

Ingredients

- 1 cup red lentils
- 1 small onion
- 2 cloves garlic
- 1 handful fresh spinach
- 1 tsp olive oil
- 1/2 tsp turmeric, cumin and coriander
- 1 litre water



Method

- 1-Sauté onion, garlic and spices in olive oil.
 - 2-Add lentils and water. Simmer until soft (20-30 mins).
 - 3- Stir in spinach at the end.
- Serve warm.

Healing Tip:

Lentils are high in iron and easy to digest.
Turmeric reduces inflammation.



Pumpkin & Ginger Soup

(Yaqteen Comfort)

Inspired by

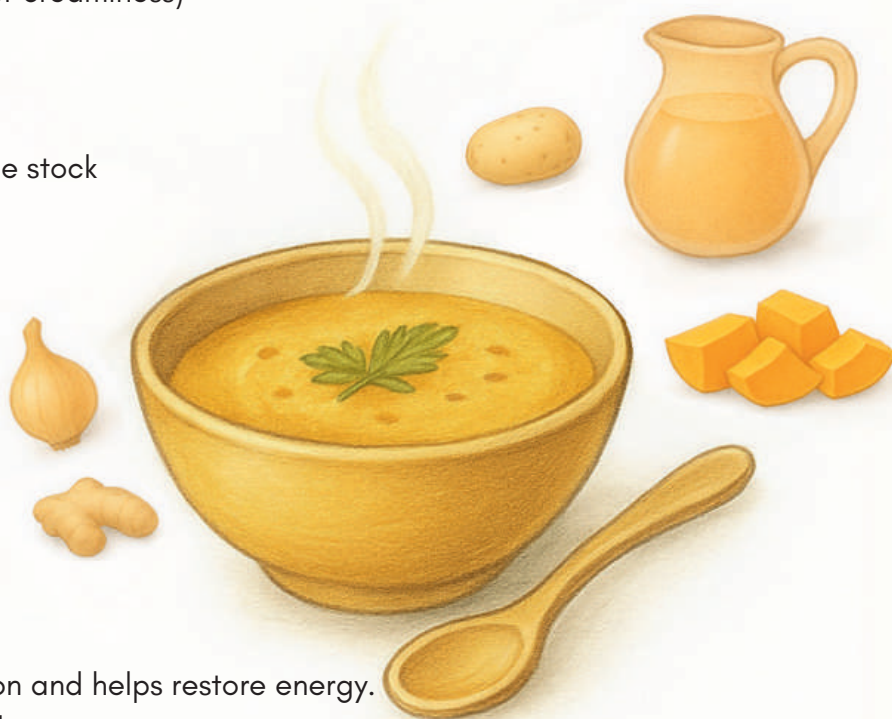
The Prophet ﷺ liked pumpkin (Yaqteen).
Anas رضي الله عنه said: "I saw the Prophet ﷺ picking pieces of gourd from the dish." (Sahih Muslim)

Ingredients

2 cups chopped pumpkin
1 small potato (optional, for creaminess)
1/2 inch fresh ginger
1 small onion
1 tbsp olive oil
1.5 cups water or vegetable stock

Method

- 1- Sauté onion and ginger, add pumpkin and potato.
- 2- Cover with water/stock. Cook until soft.
- 3- Blend until smooth. Serve warm.



Healing Tip:

Pumpkin is gentle on digestion and helps restore energy.
Ginger soothes nausea.

Yemeni Lamb & Herb Stew

Shifaa Marak

Ingredients

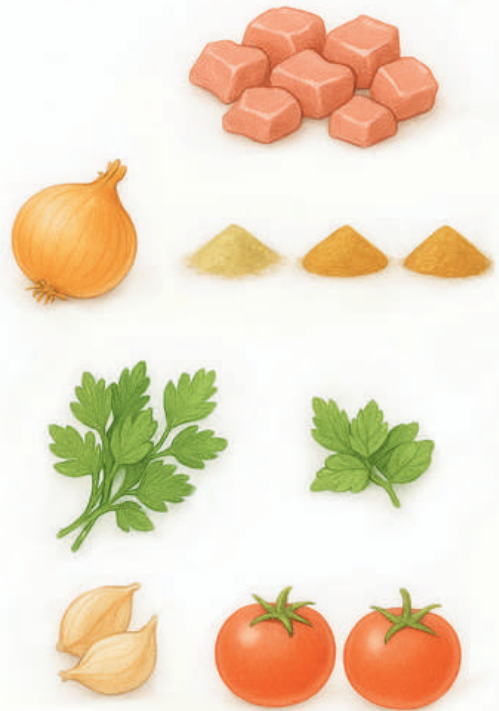
250g lamb (small pieces)
1 onion
1 tsp each: coriander, cumin, cinnamon
Fresh parsley and mint
2 tomatoes
2 cloves garlic
Salt to taste
Water to cover

Method

1-Brown lamb and onions, add garlic and spices.
2-Add tomatoes and water. Simmer 1 hour until tender.
3-Stir in herbs before serving.

Healing Tip

Lamb offers strength for the weak; cinnamon and herbs aid digestion and circulation.



Mild Date & Carrot Soup

(Rutabah Nourish)



Inspired by:

The Prophet ﷺ loved dates and often ate them softened or with milk.

Ingredients

2 carrots, sliced
2 Medjool dates, pitted
1/2 tsp cinnamon
1 cup coconut milk or oat milk
1/2 cup water



Method

- 1-Boil carrots and dates until soft.
- 2- Blend with milk and cinnamon until smooth.
- 3-Reheat gently and serve.



Healing Tip:

Natural sweetness and vitamin A for eye and immune health.

Closing Reflection

"Eat of the good things We have provided for you." — Qur'an (2:172)

These soups and stews are not only comforting but spiritually aligned with the prophetic tradition of eating with gratitude, balance and mindfulness. Whether you are preparing food for yourself or a loved one, let every spoonful be an act of care, healing and trust in Allah's mercy.



Sweet Sunnah Treats

“Sweetness from the Sunnah for the soul and body”

Sweets are not forbidden in Islam — in fact, Prophet Muhammad ﷺ enjoyed natural sweetness, especially from dates and honey. Desserts inspired by the Sunnah bring comfort and joy, especially to those recovering or struggling with illness. In moderation, these treats can lift mood, nourish gently and reconnect us with the simple pleasures the Prophet ﷺ loved.

Aisha (رضي الله عنها) reported: 'The Prophet ﷺ used to like sweet edible things and honey.' (Bukhari)



Stuffed Dates with Nut & Tahini

Inspired by:

Dates were a staple food of the Prophet ﷺ and often eaten at iftar.

Ingredients

6 Medjool dates, pitted
2 tbsp tahini (sesame paste)
2 tbsp crushed walnuts or almonds
Optional: sprinkle of cinnamon

Method

- 1-Open each date and fill with tahini.
- 2-Top with crushed nuts and cinnamon.
- 3-Serve chilled or at room temperature.

Healing Tip

Dates are high in fibre and potassium.
Tahini provides calcium and healthy fats.



Honey & Olive Oil Cake

Inspired by:

Combines two blessed foods — honey and olive oil — in a soft, spiced cake.

Ingredients

1 cup wholemeal or spelt flour
1/2 tsp baking soda
1/2 cup olive oil
1/3 cup honey
2 eggs
1/2 tsp cinnamon and ginger
1/4 cup milk (plant-based or dairy)

Method

- 1- Mix wet ingredients and spices.
Fold in flour and baking soda.
- 2- Pour into a loaf tin and bake at 170°C (340°F) for 25-30 mins.
- 3-Cool before slicing.

Healing Tip

Moist and nourishing. Olive oil and honey support digestion, immunity and energy.



Milk and Date Custard

Inspired by:

A gentle dessert using the Prophet's ﷺ two favorite foods: dates and milk.

Ingredients

- 2 cups milk
- 4 dates, finely chopped
- 1 tsp cornflour or arrowroot powder
- 1/2 tsp cardamom (optional)



Method

- 1- Simmer milk with dates until soft.
- 2- Stir in cornflour dissolved in a little water and cook until thickened.
- 3- Add cardamom and chill before serving.



Healing Tip:

Soothing for the stomach and high in iron and natural sugars — ideal for low appetite.

Barley and Apple Halwa



Inspired by:

Halwa was enjoyed in classical Islamic cuisine and adapted here with barley flour.



Ingredients

1/2 cup barley flour
2 tbsp olive oil or ghee
1 apple, grated
1-2 tbsp honey
1/2 tsp cinnamon



Method

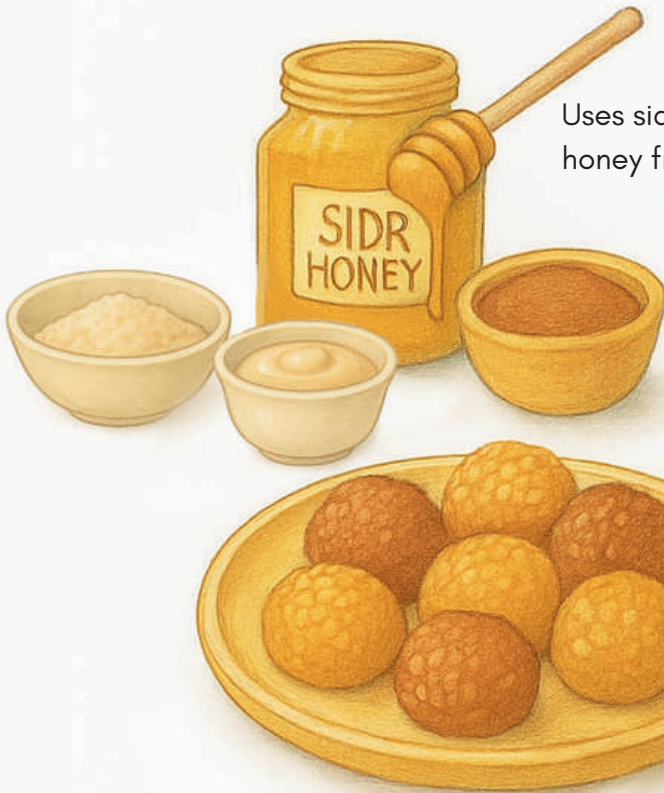
- 1-Roast barley flour in oil until golden.
- 2- Add apple and stir until soft.
- 3- Sweeten with honey and cinnamon before serving.

Healing Tip:

Barley and apple are gentle and fibre-rich, ideal for digestion and comfort.



Sidr Honey Truffles



Inspired by:

Uses sidr honey — a highly regarded healing honey from the Qur'an.

Ingredients

- 1/2 cup ground almonds
- 2 tbsp sidr honey
- 1 tbsp tahini
- 1 tbsp cocoa powder (optional)

Method

- 1-Mix all ingredients into a dough.
- 2-Roll into small balls and refrigerate.

Healing Tip

Energy-boosting, rich in antioxidants and protein.
A perfect Sunnah snack.

Fig & Almond Kheer

Inspired by:

Figs are mentioned in the Qur'an; kheer is a beloved South Asian dessert.

Ingredients

1/4 cup rice or broken vermicelli

2 cups milk

2 dried figs, chopped

1 tbsp ground almonds

Honey to taste

Method

1-Cook rice/vermicelli in milk until soft.

2-Add figs, almonds and sweeten with honey.

3-Serve warm or chilled.



Healing Tip:

Nourishing for body and bones — gentle on the stomach.

Coconut Milk Rice Pudding (Kheer)

Inspired by:

A comforting, soft dessert that's easy to digest and nourishing.

Ingredients

1/2 cup cooked rice
1/2 cup coconut milk
1 tsp honey or date syrup
Pinch of cinnamon or saffron

Method

- 1- Simmer rice and coconut milk until thickened.
- 2- Stir in sweetener and spices.
- 3- Serve warm or cold.

Healing Tip

Soothing and hydrating, especially helpful for mouth sores or swallowing issues.



Closing Reflection

"Indeed, it is He who produces gardens... olives, date-palms, grapes and every kind of fruit." (Qur'an, 6:99)

Sunnah-inspired desserts are not just about indulgence, but a reminder that sweetness from the earth is a mercy from our Creator. Enjoy in moderation, with shukr (gratitude) in your heart.



Sunnah Inspired Healing Drinks and Tonics

“Shifa in every sip”

Prophet Muhammad ﷺ recommended many drinks and simple tonics for healing, hydration and spiritual well-being. From honey water to milk, the drinks in this chapter are based on Prophetic traditions and natural remedies. For those experiencing cancer, gentle fluids can reduce inflammation, ease digestion and uplift the heart.

In the Qur'an, Allah mentions: “There emerges from their bellies a drink, varying in colors, in which there is healing for people...” (Qur'an, 16:69)

These drinks combine comfort, barakah and natural medicine from the Sunnah.



Honey Water

(Má al-Asl)

Inspired by:

Qur'an 16:69 mentions honey as a source of healing.

Ingredients

1 tsp raw honey
(preferably organic or local)
1 cup warm water (not boiling)

Method

1-Stir honey into warm water until dissolved.
2-Drink slowly, preferably on an empty stomach.

Healing Tip

Cleanses the digestive tract and boosts immunity.
Sunnah practice for internal purification.



Sidr Leaf Infusion

Inspired by:

Sidr (Lote tree) is mentioned in the Qur'an and used in Islamic medicine for cleansing and protection.

Ingredients

5-7 dried sidr leaves
2 cups water

Method

1-Crush sidr leaves and boil in water for 5-7 minutes.
2-Strain and drink warm.
Can also be used topically.



Healing Tip

Sidr is used for ruqyah and protection, and may assist with inflammation and skin issues.

Milk and Date Shake

Inspired by:

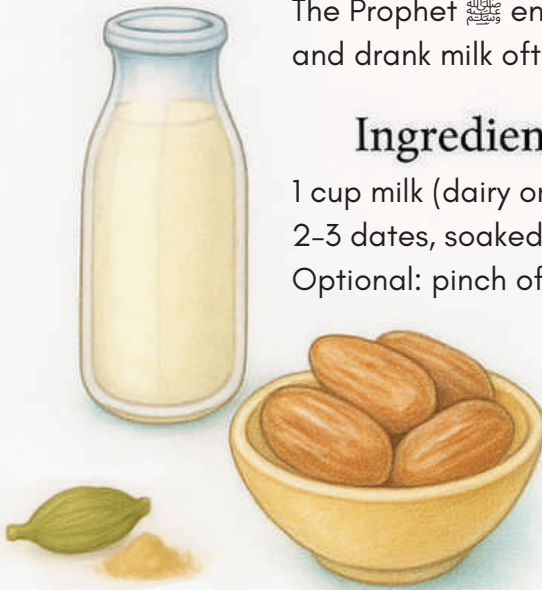
The Prophet ﷺ enjoyed dates soaked in water and drank milk often.

Ingredients

1 cup milk (dairy or almond)

2-3 dates, soaked overnight

Optional: pinch of cinnamon or cardamom



Method

1-Blend dates and milk until smooth.

2-Serve cold or room temperature.

Healing Tip:

Strengthens the body, calms the nerves and supports healthy digestion



Cucumber and Mint Detox Water

Inspired by:

Refreshing and hydrating — ideal for nausea and heat.



Ingredients

4 slices cucumber
2 sprigs fresh mint
1 litre water

Method

- 1- Add cucumber and mint to water.
- 2- Let infuse for at least 1 hour before drinking.



Healing Tip:

Reduces bloating and cools the system, especially helpful during chemotherapy or fatigue.

Warm Olive Oil & Lemon Tonic

Inspired by:

The Prophet ﷺ said: "Eat of its oil and use it, for indeed it is from a blessed tree."
(Sunan al-Tirmidhi)

Ingredients

1 tbsp extra virgin olive oil
1 tsp fresh lemon juice
1/2 cup warm water

Method

1- Mix ingredients well and drink on an empty stomach.



Healing Tip

Supports liver detox, boosts skin health and may reduce internal inflammation

Warm Milk with Saffron and Honey

Inspired by:

Based on Prophetic preference for milk and healing honey.

Ingredients

1 cup warm milk
1 tsp honey
Few strands of saffron

Method

1-Warm milk gently, stir in saffron and honey just before serving.



Healing Tip

Calming, supports sleep and uplifting during anxiety or fatigue.

Rooh Afza Smoothie with Dates

Inspired by:

A South Asian classic paired with dates for energy and sweetness.

Ingredients

1 cup milk or almond milk

1 tbsp Rooh Afza syrup

2 dates

Ice (optional)

Method

1- Blend everything until smooth.

Serve chilled.



Healing Tip

Hydrating, vitamin-rich, and spiritually uplifting with Sunnah ingredients.

Haldi Honey Tonic (Golden Milk)

Inspired by:

Turmeric and honey both appear in Islamic medicine.

Ingredients

1 cup milk
1/4 tsp turmeric
1 tsp honey
Pinch of black pepper

Method

1-Warm milk with turmeric and pepper.
Stir in honey off the heat.



Healing Tip

Anti-inflammatory,
soothing for joints
and aids sleep.

Closing Reflection

"Indeed, in the remembrance of Allah do hearts find rest."
(Qur'an, 13:28)

Just as these drinks nourish the body, let them also be reminders of Allah's mercy. Drink with gratitude, intention and trust that healing lies not just in the ingredients, but in the One who created them.



Healing Snacks & Sides

“Ease, nourishment and mercy in every bite”

On difficult days, even preparing or eating a full meal can feel overwhelming. That’s where gentle, healing snacks come in — rooted in the Sunnah and full of ease and benefit. These small bites and sides are quick to prepare, easy to digest and rich in spiritual and physical nourishment.

The Prophet ﷺ said: 'The most beloved actions to Allah are those done consistently, even if small.' (Sahih al-Bukhari)

These recipes are designed to comfort and sustain during fatigue, treatment, or recovery — with love and intention.



Spiced Chickpea & Date Chaat

Inspired by:

Combines chickpeas with dates and warm spices — Sunnah meets street food.

Ingredients

1 cup boiled chickpeas
2 chopped dates
1/4 tsp cumin powder
Pinch of Himalayan salt
Chopped coriander and lemon juice



Method

1-Mix all ingredients together and chill slightly before serving

Healing Tip

High in fibre and iron. Great for light nourishment between meals.



Pomegranate & Berry Protein Smoothie Bowl

Ingredients

150 ml pomegranate juice
½ cup mixed berries (fresh or frozen)
½ cup Greek yoghurt (or high-protein yoghurt)
1 scoop protein powder (optional, e.g., whey, pea, soy)
1 tbsp mixed seeds (e.g., chia, flax, pumpkin, sunflower)
Optional toppings: grapes (halved), extra seeds, nuts

Method

1-Blend pomegranate juice, yoghurt, berries, and protein powder until smooth.
2-Pour into a bowl.
3-Top with grapes and mixed seeds.



Whole Grain Rice & Yogurt Power Salad

Ingredients

1 cup cooked whole grain rice (brown/basmati/wild rice)

3-4 tbsp Greek yoghurt

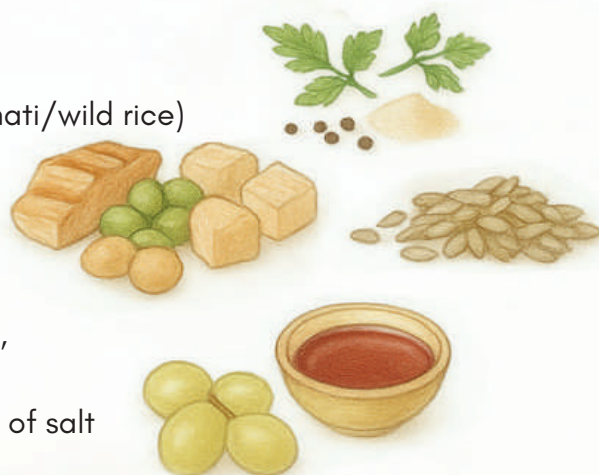
1 tbsp pomegranate juice (for tang)

½ cup grapes (halved)

1 tbsp mixed seeds

½ cup chickpeas, edamame, grilled chicken, or tofu (protein boost)

Optional: parsley, mint, black pepper, pinch of salt

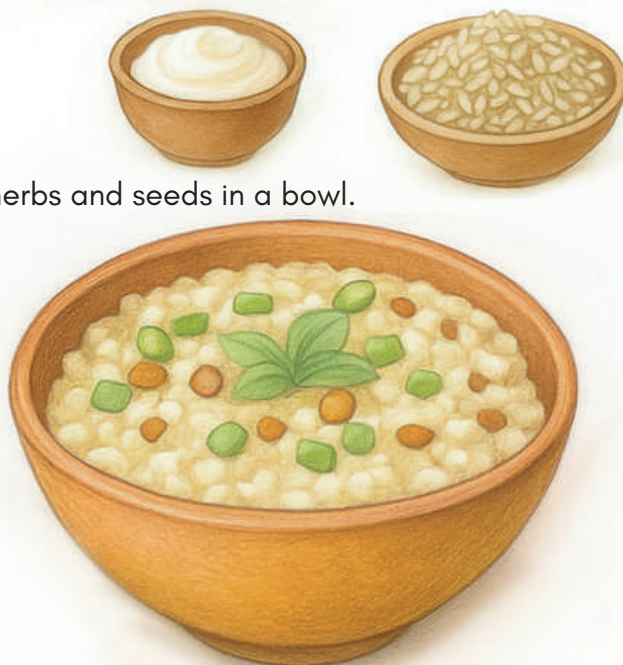


Method

1-Mix yoghurt with pomegranate juice to form a dressing.

2-Combine rice, grapes, protein source, herbs and seeds in a bowl.

3-Toss with dressing and serve chilled or room temperature.



Yogurt and Cucumber Raita with Mint

Inspired by:

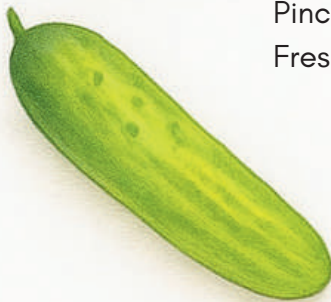
Cooling, probiotic-rich side rooted in Indo-Islamic tradition.



Ingredients



1/2 cup plain yoghurt
1/4 cup grated cucumber
Pinch of salt and roasted cumin powder
Fresh chopped mint



Method

1- Mix all ingredients.
Chill before serving.



Healing Tip:

Hydrating and soothes
inflammation —
especially helpful for
mouth ulcers or chemo
discomfort.

Olive Oil Paratha

(Light Version)

Inspired by:

A lighter twist on the beloved paratha, using olive oil.

Ingredients

1 cup wholemeal flour

Pinch of salt

Water to form dough

1 tbsp olive oil for cooking

Method

1-Make dough and roll into discs.

2-Cook on hot pan using a little olive oil until golden.

Healing Tip:

Less greasy, but comforting and energy-restoring with fibre and good fats.



Date and Nut Energy Balls

Inspired by:

Dates and nuts were often eaten by the Prophet ﷺ, especially when travelling.

Ingredients

1 cup soft dates (pitted)

1/2 cup almonds or walnuts

1 tbsp tahini or nut butter

Pinch of cinnamon or cardamom

Method

1-Blend all ingredients until sticky and crumbly.

2-Form into small balls and refrigerate.

Healing Tip:

Rich in natural energy and good fats,
perfect for days of fatigue or low
appetite.



Soft-Boiled Egg with Olive Oil Drizzle

Inspired by:

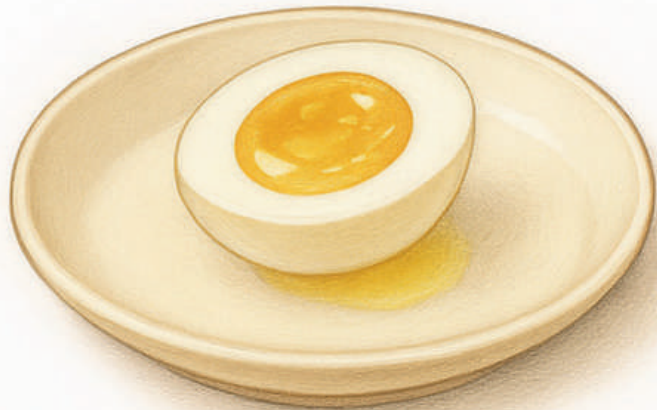
Eggs and olive oil were both favoured by the Prophet ﷺ for nourishment.

Ingredients

1 egg
1 tsp extra virgin olive oil
Pinch of salt or za'atar

Method

- 1-Boil egg to desired doneness (soft or medium).
- 2-Peel and slice, drizzle with olive oil and sprinkle salt or za'atar.



Healing Tip:

Simple protein with healthy fat to fuel
and soothe when eating is difficult.

Barley Crackers with Hummus

Inspired by:

Barley is a Prophetic grain. Hummus offers gentle plant-based nutrition.

Ingredients

Barley crackers (store-bought or homemade)
3 tbsp hummus (plain or with herbs)
Optional: drizzle of olive oil

Method

1-Spread hummus on crackers and top with herbs or olive oil if desired.

Healing Tip:

Ideal snack for nausea or low appetite, with protein and fibre in every bite.



Sliced Apple with Black Seed Honey

Inspired by:

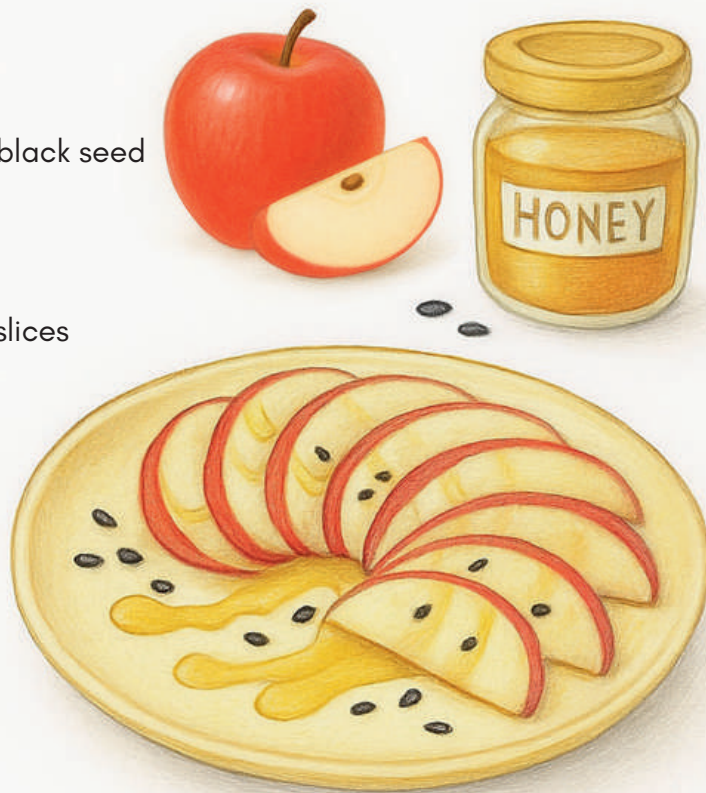
Black seed and honey were both praised for healing in the ahadith.

Ingredients

1 apple, sliced
1 tsp black seed honey or
mix 1 tsp honey + 1/4 tsp black seed

Method

1- Drizzle honey over apple slices and enjoy fresh.



Healing Tip

Light and refreshing. Apple supports digestion; black seed boosts immunity.

Closing Reflection

"Allah does not burden a soul beyond that it can bear."
(Qur'an, 2:286)

When the body is tired and the spirit low, healing can come in small, kind acts — a gentle snack, a nourishing sip, a heartfelt dua. These treats remind us that even on difficult days, the mercy of Allah surrounds us in every bite.



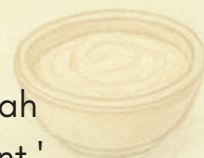


Spiritual Reminders & Duas for Healing

“The heart finds healing in the remembrance of Allah”

True healing in Islam is holistic — it encompasses the body, the mind and the soul. For those living with illness, pain, or weakness, the Qur'an and Hadith offer a deep well of comfort and resilience. In times of struggle, turning to Allah with sincere dua, dhikr and trust can bring light into even the darkest moments.

Prophet Muhammad ﷺ said: 'There is no disease that Allah has created, except that He also has created its treatment.'
(Sahih al-Bukhari)





1. Dua for Relief from Illness

اللَّهُمَّ رَبَّ النَّاسِ، اذْهَبِ الْبَاسَ، اشْفِ أَنْتَ الشَّافِي، لَا شِفَاءَ إِلَّا بِشِفَاؤِكَ، شِفَاءً لَا يُغَادِرُ سَقَمًا

"O Allah, Lord of mankind, remove the harm and cure [him/her], You are the Healer.

There is no healing but Your healing, a healing that leaves no disease behind." (Sahih al-Bukhari and Sahih Muslim)

2. Dua of Yunus (عليه السلام) in Distress

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

"There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers." (Qur'an, 21:87)

This powerful dua was said by Prophet Yunus (عليه السلام) from the belly of the whale. It is recommended for relief from hardship and anxiety.

3. Ayah for Comfort and Shifa

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ

"And when I am ill, it is He who cures me." (Qur'an, 26:80)

Reciting this verse helps reinforce trust in Allah's power to heal, even in the most challenging times.

4. Dhikr for Inner Peace

اللَّهُمَّ اجْعَلْ فِي قَلْبِي نُورًا

"O Allah, place light in my heart."

Daily remembrance brings calm, reduces stress and restores emotional balance during recovery.

5. Sunnah Practice: Using ruqyah for Healing

The Prophet ﷺ often recited the Mu'awwadhat (Surah al-Falaq, Surah An-Naas) and Ayat al-Kursi for protection and healing.

- Recite them morning and evening.
- Blow gently over yourself or a loved one after reciting.
- Trust that Allah is al-Shafi, the ultimate Healer.



Closing Reflection

"Verily, in the remembrance of Allah do hearts find rest." (Qur'an, 13:28)

May these words offer solace and strength. Whether spoken aloud, whispered in prayer, or held silently in the heart — duas are a bridge between pain and peace. Never underestimate the healing power of turning to your Lord.



Tips for Carers & Loved Ones

“Compassion is a form of healing too”

Caring for someone with cancer is a noble and emotionally intense journey. In Islam, caregiving is seen as an act of worship, especially when done with patience, love, and trust in Allah. Supporting a loved one through illness means being present — physically, emotionally and spiritually — and remembering that even small acts of care are recorded and rewarded.

The Prophet ﷺ said: 'Whoever relieves a believer's distress, Allah will relieve his distress on the Day of Resurrection.' (Sahih Muslim)



1. Keep Meals Light, Fresh & Familiar

Use simple ingredients they enjoy. Avoid overwhelming them with strong smells or rich flavours. Serve smaller portions more often throughout the day.

2. Offer Food with Kindness and Duas

Gently offer food without pressure. Recite Bismillah or share a comforting dua while preparing or serving. Your care has spiritual weight.

3. Create a Calm Eating Environment

Ensure mealtimes are quiet, comfortable, and without rush. Add a comforting touch — a warm blanket, a tray, or even playing soft Qur'an nearby.

4. Prioritise Hydration

Encourage small, frequent sips of water, herbal teas, or nourishing drinks. Add healing ingredients like honey or lemon when appropriate.

5. Be Patient with Changing Tastes

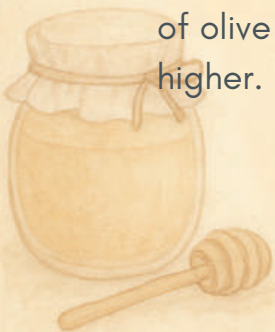
Illness can affect appetite, taste, and digestion. Avoid taking it personally if food is refused. Focus on what brings ease and comfort.

6. Accept Help and Make Dua for Yourself

Your emotional and physical energy matters too. Make space for rest, reflection and recharge. Ask Allah for strength: 'O Allah, help me to remember You, thank You, and worship You well.'

7. Use Prophetic Foods for Connection

Introduce Sunnah ingredients gently — a date in the morning, a drizzle of olive oil, a sip of honey water. These connect the heart to something higher.



Closing Reflection

"And We have certainly created man and We know what his soul whispers to him, and We are closer to him than his jugular vein."
(‘Qur’an, 50:16)

Caring for a loved one with illness is an act of closeness — to them and to Allah. May your kindness be a light for both of you and may every small effort be written in your favour.





Weekly Planner

This planner offers gentle guidance for balanced eating during treatment and recovery

Monday Breakfast: Talbina or date smoothie Lunch: Light soup with barley bread Snack: Apple with black seed honey Dinner: Fish with couscous	Tuesday Breakfast: Prophetic egg and olive plate Lunch: Barley and chicken broth Snack: Spiced chickpea and date chaat Dinner: Pumpkin and lentil curry	Wednesday Breakfast: Barley and milk warm bowl Lunch: Lentil and spinach stew Snack: Warm milk with saffron & honey Dinner: Couscous with vegetables
Thursday Breakfast: Pumpkin and ginger soup Lunch: Pumpkin and ginger soup Snack: Rooh afza smoothie Dinner: Yemini chicken maraq	Friday Breakfast: Sunnah smoothie (banana, date and black seed) Lunch: Yemini lamb and herb stew Snack: Haldi honey tonic Dinner: Barley pilaf with lamb	Saturday Breakfast: Honeyed Greek yoghurt and fig bowl Lunch: Mild date and curry soup Snack: Date and nut energy balls Dinner: Masroor daal with olive oil tarka
	Sunday Breakfast: Talbina or date smoothie Lunch: Lentil and spinach stew Snack: Barley crackers with hummus Dinner: Barley khichdi	



About Safeena Muslim Cancer Support Network

Safeena Muslim Cancer Support Network is a compassionate, community-led initiative dedicated to supporting Muslims affected by cancer. Founded with the vision of combining emotional, spiritual and practical support, Safeena walks alongside patients and carers during one of the most challenging journeys of their lives.

The name *Safeena* means 'ship' — a symbol of protection, resilience, and carrying others through difficult waters. Just like a safe ship navigates a storm, Safeena is here to offer hope, understanding, and solidarity to those navigating the trials of illness.

Our work includes:

- Culturally sensitive emotional and peer support**
- Educational resources rooted in Islamic and holistic wellness**
- Wellness workshops, nutrition advice and spiritual reflection**
- A listening ear and personalised guidance for patients and carers**
- Bereavement Support**
- Education and Awareness**

Safeena is powered by volunteers, healthcare professionals, chaplains and those with lived experience. We believe in healing through connection — to community, to compassion and to Allah.

To connect, support, or learn more, please visit: www.safeena.org.uk or email us on Hello@safeena.org.uk

Conclusion & Acknowledgements

“Gratitude is the perfume of healing”

Conclusion

This book, *Healing Flavours of the Sunnah*, was created with love, compassion and the hope that it brings ease, nourishment and spiritual comfort to anyone walking the path of illness — especially those facing cancer.

Our goal was not just to share recipes, but to offer a reminder: healing is from Allah alone. The foods of the Sunnah carry timeless wisdom, and when prepared with intention and eaten with gratitude, they become a source of barakah for both the body and the heart.

May every recipe be a means of shifa. May every du’a be accepted. And may every carer and patient feel the mercy of Allah in every moment.

Acknowledgements

First and foremost, all praise is due to Allah, the Ultimate Healer (‘), for allowing this work to come together.

This book is a collaborative effort between *Safeena Muslim Cancer Support Network* and many dedicated individuals who believe in the power of faith, food, and community.

Special thanks to:

- The patients and carers who shared their stories, courage and favourite foods
- Nutritionists and wellness advisors, in particular Dr Zeeba Shariff who offered guidance
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- Sumera Nomani for her time in reading this booklet with utmost care
- Dr Ather Hussain Al Azhari who helped root the content in authentic Sunnah
- Family members and volunteers who tested recipes and offered encouragement

To the readers: Thank you for bringing this book into your kitchen and hearts. May it serve as a source of comfort and connection.

A Final Du’a

اللَّهُمَّ اجْعَلْ هَذَا الْعَمَلَ خَالِصًا لِرُوحِكَ الْكَرِيمِ، وَاجْعَلْ فِيهِ خَيْرًا وَشِفَاءً لِعِبَادِكَ الْمَرْضَى

O Allah, make this work sincerely for Your noble Face, and place in it goodness and healing for Your sick servants.

Ameen

Glossary of Terms

Talbina

A warm barley porridge recommended by the Prophet ﷺ for sadness and weakness.

Yaqteen

Pumpkin or gourd, a food loved by the Prophet ﷺ.

Tawakkul

Complete reliance on Allah, especially during trials.

Ruqyah

Spiritual healing through Qur'anic verses and du'as.

Black Seed

Nigella sativa, known as a cure for many illnesses.

Sidr

Leaves of the Lote tree, used for cleansing and spiritual protection.

Food Safety Tips for Immunocompromised Patients

- Wash all fruits and vegetables thoroughly before use.
- Avoid raw eggs, undercooked meats, or unpasteurised dairy.
- Reheat leftovers to steaming hot temperatures.
- Drink plenty of clean water to stay hydrated.
- Discard any food left at room temperature for over 2 hours.
- Use clean utensils and keep food preparation areas sanitised.

Permission

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