




## Ramadan Milkshake



At the end of fasting, it is traditional to break the fast with dates soaked in milk, with coconut and sugar.





### Ingredients

300   
300ml milk



















3   
3 dates

1    
1 tablespoon of desiccated coconut

1    
1 teaspoon of demerara sugar




### Method


1.   +    
Cut the dates and remove the seed
2.    
Put into a glass
3.     
Add one teaspoon of sugar
4.     
Add one tablespoon of desiccated coconut
5.  +       
Stir and wait (this allows the dates to soften)

 You can also try your own kind of Ramadan milkshake which is great to have in the morning.

 Those who are fasting during Ramadan, eat before the sun rises. Milkshakes are great because they are quick to

 drink and fill you up.

### Ingredients
































**300**   
300ml milk

**5**   
5 dates

**1**    
1 scoop of ice-cream



### Method

1.   +    
1. Cut the dates and remove the seeds.
2.   $\frac{1}{2}$      **1**   
2. Heat half the milk in a microwavable jug, in the microwave, for 1 minute.
3.      **30**   
3. Soak the dates in the hot milk for about 30 minutes.
4.      
4. Blend the dates with the ice-cream.
5.    +      
5. Mix the blended dates and ice-cream with the remaining milk.
6.    +   
6. Pour into a glass and enjoy!

      
Enjoy making milkshakes – Happy Ramadan