

BARAKAH PANTRY

The Sunnah Kitchen Starter Kit

7 prophetic pantry staples, the etiquettes that go with them,
and 3 starter recipes — every one with its reference.

A free gift from

barakahpantry.com

Seven staples for a Sunnah pantry

01

Dates

A familiar part of iftar and a naturally sweet everyday staple.

“Shake toward you the trunk of the palm tree; it will drop fresh ripe dates upon you.” — Quran 19:25. The Prophet (peace be upon him) would break his fast with fresh dates before praying (Tirmidhi).

02

Honey

A golden staple for breakfast bowls, warm drinks, and natural sweetness.

“There comes forth from their bellies a drink... wherein is healing for men.” — Quran 16:69.

03

Olive Oil

A blessed, versatile oil for simple, wholesome cooking.

“Eat olive oil and anoint yourselves with it, for it comes from a blessed tree.” — Tirmidhi. The olive is sworn by in the Quran (95:1) and described as blessed (24:35).

04

Barley & Talbina

A comforting traditional grain — try it as talbina, the soothing barley porridge.

Aisha (may Allah be pleased with her) reported that the Prophet (peace be upon him) said talbina comforts the sick and grieving heart (Bukhari, Muslim).

05

Black Seed

A tiny seed with a mighty reputation — sprinkle on breads, salads, and yogurt.

“In the black seed there is healing for every disease except death.” — Bukhari, Muslim.

06

Figs

Naturally sweet, fiber-rich, and honored by an oath in the Quran.

“By the fig and the olive.” — Quran 95:1.

07

Milk

Pure, wholesome nourishment — the drink of fitrah.

“...pure milk, palatable to drinkers.” — Quran 16:66.

Table manners of the Prophet (peace be upon him)

01

Begin with Bismillah.

“When one of you eats, let him mention the name of Allah.” — Tirmidhi, Abu Dawud.

02

Eat with your right hand.

“Eat with your right hand, for Satan eats with his left.” — Muslim.

03

Waste nothing.

“...eat and drink, but waste not by excess, for Allah loves not the wasters.” — Quran 7:31.

04

Eat together.

Sharing food brings barakah — the Prophet (peace be upon him) encouraged communal eating (Ibn Majah).

FROM THE KITCHEN

Three starter recipes

Soothing Talbina

SERVES 2

Whisk 3 tbsp barley flour into 2 cups milk until smooth. Simmer on low 10–12 minutes, stirring, until thick. Sweeten with 1–2 tbsp honey, top with chopped dates. Rest 2 minutes before serving.

Date & Oat Morning Bowl

SERVES 1

Stir ½ cup oats into 1 cup warm milk. Top with 3 chopped dates, a drizzle of honey, and a pinch of black seed. Cover 3 minutes; the oats soften as you make wudu.

Golden Honey Milk

SERVES 1

Warm 1 cup milk (do not boil). Stir in 1 tbsp honey and a small pinch of black seed. Sip slowly — a calm end to the day.

BARAKAH PANTRY

Bring more Barakah to your table.

Barakah Pantry is free on iOS & Android — Sunnah foods,
AI recipe ideas, and meal planning with intention.

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