

## Nabīdh – Prophetic Health Drink

### Benefits and Uses

Nabīdh is a Prophetic health drink. This nutritious drink gives you the full benefits of dates, as well as containing water. It can be used to help with energy, especially after fasting, and to remove constipation.

### Method of Preparation

1. Soak 100g of dates (pitted, which means with pits removed) in 1 litre of pure clean water. Cover and leave overnight.
2. In the morning, blend the mixture to obtain a beautiful cloudy Nabīdh. Drink within 12 hours.
3. CAUTION: Do not leave Nabīdh for longer than 12 hours or it will ferment and become alcoholic, especially in hot climates.

### Variations and Tips

- People with a cool or cold temperament can add a ¼ tsp of cinnamon or ginger powder into their Nabīdh drink.
- You can choose to use 100g of raisins instead of dates. However, do not mix dates and raisins, only use one.