



Easy
**Iftar &
Suhoor**

Inspirations

How to best utilise this guide:

1. This guide is in pdf form and all links will be linked to the said profile
2. You can also google the creator names for more inspirations
3. We have picked our top recipes from each creator and you may browse through their other recipes too

Under 3🕒 mins



Blog: Fufu's Kitchen ([Link](#))

Suggested Recipes to try:

1. Overnight Apple Cinnamon Overnight Oats (Prep Time: 10 mins)
2. Crescent Roll Cheese Danish (Prep and Cook time: 20 mins)
3. Healthy Egg Salad (Prep and Cook Time: 20 mins)
4. Avocado Salad (Prep and Cook Time: 20 mins)
5. Chicken Shawarma Bowl (Prep and Cook Time: 30 mins)

Blog: Munaty Cooking ([Link](#))

Suggested Recipes to try:

1. Pan Seared Salmon (Prep and Cook time: 20 mins)
2. Filipino Chicken Adobo (Prep and Cook time: 30 mins)
3. Garlic Mushroom Chicken Breast (Prep and Cook Time: 30 mins)
4. Honey Garlic Chicken (Prep and Cook Time: 20 mins)
5. Teriyaki chicken skewers (Prep and Cook Time: 30 mins)



Blog: The Cook Report ([Link](#))

Suggested Recipes to try:

1. Vegetarian Breakfast Bowl with Hummus (Prep Time: 20 mins)
2. Spicy Salmon Linguine (Prep and Cook time: 15 mins)
3. Oven Baked Salmon with Spicy Butter (Prep & Cook Time: 22 mins)
4. Salmon Sandwich with Garlic Mayo (Prep & Cook Time: 25 mins)
5. Creamy Mushroom Pasta with Thyme (Prep & Cook Time: 20 mins)

Under **4** mins



Blog: Spend With Pennies ([Link](#))

Suggested Recipes to try:

1. Easy Chicken Fajitas (Prep and Cook time: 20 mins)
2. Air Fryer Grilled Cheese (Prep and Cook time: 10 mins)
3. Lemon Chicken (Prep and Cook Time: 15 mins)
4. Easy Fish Tacos (Prep and Cook Time: 20 mins)
5. Sausage Cheddar Breakfast Strata (Prep and Cook Time: 30 mins)

Blog: Fatima Cooks ([Link](#))

Suggested Recipes to try:

1. Egg Bhuna Curry (Prep and Cook time: 20 mins)
2. Pakistani Courgette Curry (Prep and Cook time: 15 mins)
3. Chapli Kabab Recipe (Prep and Cook Time: 25 mins)
4. Spinach & Potato Curry (Prep and Cook Time: 35 mins)
5. Chicken Karahi Keema (Prep and Cook Time: 35 mins)

**FATIMA
COOKS**



Blog: Hungry Paprika ([Link](#))

Suggested Recipes to try:

1. Fattet Hummus (Prep Time: 30 mins)
2. Easy Kale Tahini Salad (Prep and Cook time: 10 mins)
3. Potato Omelette (Prep & Cook Time: 30 mins)
4. Musakhan Rolls (Prep & Cook Time: 40 mins)
5. Arabic Pasta with Yogurt Sauce (Prep & Cook Time: 30 mins)