



Cure from Grief and Recovery After Sickness..

Eating Talbina (a type of porridge), amazingly will help cure a grieving heart and help any person recovering from sickness

A'isha radhiyallāhu anha used to recommend at-Talbina for the sick and for such a person as grieved over a dead person. She used to say, "I heard Allah's Messenger (ﷺ) saying, 'at-Talbina gives rest to the heart of the patient and makes it active and relieves some of his sorrow and grief.'" (Bukhari)

How to make

INGREDIENTS

Water 1/4 mug
Dates 5 - 6
Barley flour 1tbs
Milk 1 mug
Honey (only if needed as the dates will act as a sweetener)



PREPARATION

STEP ONE

Soak the dates in water.

STEP TWO

Once soft grind them well

STEP THREE

Boil the milk with the barley flour and stir continuously. Lower the heat once it starts boiling and simmer for 10 mins while stirring .

STEP FOUR

Add the date paste and mix in.