



## Recipe Book

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# From Our Farms to Your Table!







## Recipe Book

Preparation Time: **45 minutes**

# Rice Pudding (Roz Bel Laban)

### Ingredients:

- 1 liter **Hayatna Fresh Milk**
- 1/2 cup rice (washed and soaked)
- 1/2 cup sugar
- 1 tsp rose water
- 1/4 cup chopped nuts (for garnish)



### Steps:



1. In a pot, heat **Hayatna Fresh Milk** until it simmers.



3. Once the rice is soft and the mixture thickens, stir in sugar and rose water.



2. Add the soaked rice and cook on low heat, stirring occasionally.



4. Serve warm or chilled, garnished with nuts.





# Basbousa (Semolina Cake)

### Ingredients:

- 1 cup semolina
- 1/2 cup sugar
- 1/2 cup coconut
- 1/2 cup **Hayatna Yoghurt**
- 1/4 cup butter (melted)
- 1 tsp baking powder
- Sugar syrup for topping



### Steps:



1. Preheat the oven to 180°C.



2. Mix semolina, sugar, coconut, baking powder, and melted butter.



3. Add **Hayatna Yoghurt** and mix until a thick batter forms.



4. Spread the batter in a greased tray and bake for 30–25 minutes.



5. Pour sugar syrup over the hot cake and let it soak.







## Recipe Book

Preparation Time: **50 minutes**

# Kunafa

## (with Cream)

### Ingredients:

- 300g kunafa dough
- 1/2 cup melted butter
- 1 cup sugar syrup
- 2 cups **Hayatna Fresh Yoghurt**



### Steps:



1. Preheat oven to 180°C.  
Mix kunafa dough with melted butter.



2. Spread half of the dough in a greased baking dish.



3. Whisk **Hayatna Fresh Yoghurt** until smooth and pour over the dough.



4. Top with the remaining dough and bake for 30 minutes.



5. Pour sugar syrup over the hot kunafa before serving.







## Recipe Book

Preparation Time: **20 minutes**

# Mahalabia (Milk Pudding)

### Ingredients:

- 3 cups **Hayatna Fresh Milk**
- 1/2 cup sugar
- 3 tbsp cornstarch
- 1 tsp orange blossom water
- Crushed pistachios for garnish



### Steps:



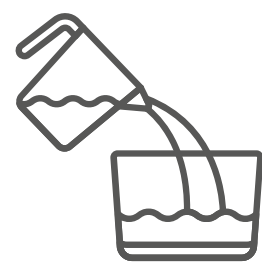
1. Dissolve cornstarch in 2/1 cup of cold **Hayatna Fresh Milk**.



2. Heat the remaining milk with sugar until it simmers.



3. Gradually add the cornstarch mixture, stirring constantly until thickened.



4. Add orange blossom water and pour into serving bowls.



5. Chill and garnish with pistachios.







## Recipe Book

Preparation Time: **35 minutes**

# Om Ali

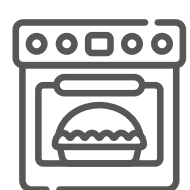
## (Egyptian Bread Pudding)

### Ingredients:

- 1 pack puff pastry (baked and broken into pieces)
- 3 cups **Hayatna Fresh Milk**
- ½ cup sugar
- ½ cup mixed nuts
- (almonds, pistachios, coconut)
- 1 tsp cinnamon
- ½ cup raisins



### Steps:



1. Preheat oven to 180°C.



2. Spread broken puff pastry pieces in a baking dish.



3. Heat Hayatna Fresh Milk with sugar and cinnamon until warm.



Pour the warm milk over the pastry and add nuts and raisins.



Bake for 15 minutes until golden brown.



Serve warm and enjoy.







## Recipe Book

Preparation Time: **40 minutes**

# Qatayef

## (with Cream Filling)

### Ingredients:

- 1 cup **Hayatna Yoghurt**
- 2 cups flour
- 1 tsp baking powder
- 1 tsp sugar
- 1/4 cup nuts (optional)



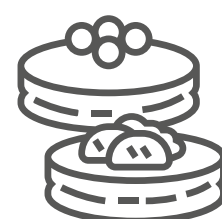
### Steps:



1. Mix flour, baking powder, sugar, and **Hayatna Yoghurt** into a batter.



2. Cook small pancakes on a hot griddle until bubbles appear.



3. Fold pancakes into pockets, filling with nuts or sweetened **Hayatna Yoghurt**.







## Recipe Book

Preparation Time: **45 minutes**

# Saffron Milk Cake

### Ingredients:

- 1 cup flour
- 1 tsp baking powder
- 3 eggs
- ½ cup sugar
- 1 cup **Hayatna Fresh Milk**
- 1 pinch saffron
- ½ cup **Hayatna Yoghurt**



### Steps:



1. Preheat oven to 180°C.



2. Beat eggs and sugar until fluffy.



3. Add flour, baking powder, and **Hayatna Yoghurt**.



4. Pour the batter into a greased baking dish and bake for 30 minutes.



5. Heat Hayatna Fresh Milk with saffron and pour over the baked cake.



6. Let it soak before serving.







## Recipe Book

Preparation Time: **40 minutes**

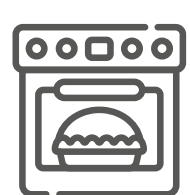
# Date & Milk Pudding

### Ingredients:

- 2 cups Hayatna Fresh Milk
- 1 cup dates (pitted and chopped)
- ½ cup sugar
- 1 cup flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 2 eggs
- ½ cup melted butter



### Steps:



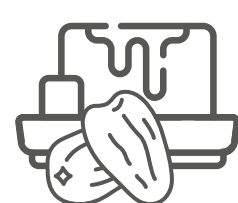
1. Preheat oven to 180°C and grease a baking dish.



2. Soak chopped dates in Hayatna Fresh Milk for 10 minutes.



3. In a bowl, mix flour, sugar, baking soda, and cinnamon. Add eggs, melted butter, and



4. the date-milk mixture. Mix well.



5. Pour into the baking dish and bake for 30 minutes until golden brown.



6. Serve warm with extra Hayatna Fresh Milk drizzled on top.







## Recipe Book

Preparation Time: **1 hour + chilling**

# Labneh Cheesecake

## (Hayatna Greek Yoghurt, Hayatna Laban)

### Ingredients:

- 1 ½ cups crushed digestive biscuits
- ½ cup sugar
- ½ cup melted butter
- 2 eggs
- 1 cup **Hayatna Greek Yoghurt**
- ½ cup **Hayatna Laban**
- 250g cream cheese
- 1 tsp vanilla extract



### Steps:



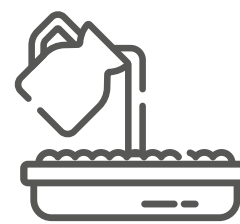
1. Preheat oven to 175°C and grease a springform pan.



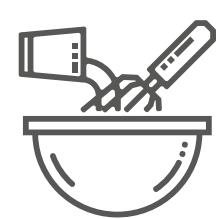
4. Add eggs one at a time, mixing gently.



2. Mix crushed biscuits with melted butter and press into the pan's base. Chill for 10 minutes.



5. Pour over the chilled biscuit base and bake for 40–35 minutes.



3. In a bowl, whisk **Hayatna Greek Yoghurt, Hayatna Laban, cream cheese, sugar, and vanilla** until smooth.



6. Let it cool, then refrigerate for at least 4 hours before serving.





# Baklava with Yoghurt Drizzle

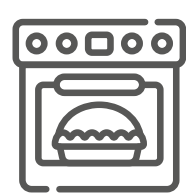
## (Hayatna Greek Yoghurt)

### Ingredients:

- 1 pack filo pastry
- 1 cup mixed nuts (walnuts, pistachios, almonds)
- ½ cup melted butter
- 1 cup honey
- 1 cup **Hayatna Greek Yoghurt**



### Steps:



1. Preheat oven to 180°C.



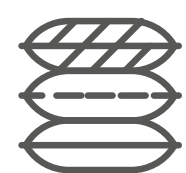
4. Bake for 35 minutes until golden brown.



2. Grease a baking dish and layer 5 filo sheets, brushing each with melted butter.



5. Drizzle with honey and serve with a side of Hayatna Greek Yoghurt.



3. Spread a layer of mixed nuts, then repeat with more filo layers and nuts.







Recipe Book

Preparation Time: 5 minutes

# Laban Banana Smoothie

Hayatna Laban, Bananas

## Ingredients:

- 1 cup **Hayatna Laban**
- 1 banana (sliced)
- 1 tbsp honey
- ½ tsp cinnamon
- Ice cubes (optional)

## Steps:



1. Blend **Hayatna Laban**, banana, honey, and cinnamon until smooth.



2. Add ice cubes for a chilled smoothie.



3. Serve immediately and enjoy.







Recipe Book

Preparation Time: 5 minutes

# Greek Yoghurt with Honey & Nuts (Hayatna Greek Yoghurt)

## Ingredients:

- 1 cup **Hayatna Greek Yoghurt**
- 1 tbsp honey
- ¼ cup mixed nuts  
(almonds, walnuts, pistachios)
- 1 tbsp dried fruits (raisins, dates, or figs)



## Steps:



1. Spoon **Hayatna Greek Yoghurt** into a bowl.



2. Drizzle with honey and sprinkle nuts and dried fruits on top.



3. Serve immediately as a nutritious snack or dessert.







## Recipe Book

Preparation Time: 5 minutes

# Avocado Laban Smoothie (Hayatna Laban, Avocado)

### Ingredients:

- 1 cup Hayatna Laban
- 1 ripe avocado
- 1 tbsp honey
- Ice cubes

### Steps:



1. Blend Hayatna Laban, avocado, honey, and ice cubes until smooth and creamy.



2. Pour into a glass and serve immediately.







## Recipe Book

Preparation Time: **5 minutes**  
(plus overnight soaking)

# Overnight Oats with Milk

## (Hayatna Fresh Milk, Hayatna Greek Yoghurt)

### Ingredients:

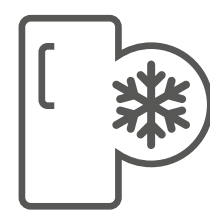
- ½ cup rolled oats
- ½ cup **Hayatna Fresh Milk**
- ¼ cup **Hayatna Greek Yoghurt**
- 1 tbsp honey
- ½ cup mixed fruits  
(berries, banana, apple slices)
- 1 tbsp chia seeds (optional)



### Steps:



1. In a jar, mix rolled oats, **Hayatna Fresh Milk**, and **Hayatna Greek Yoghurt**.



3. Cover and refrigerate overnight.



2. Stir in honey and chia seeds.



4. In the morning, top with fresh fruits and enjoy.







## Recipe Book

Preparation Time: **20 minutes**

# Savory Laban Pancakes

## (Hayatna Laban, Flour, Herbs)

### Ingredients:

- 1 cup **Hayatna Laban**
- 1 cup whole wheat flour
- ½ tsp baking soda
- 1 egg
- ½ cup fresh herbs (parsley, coriander, chives – finely chopped)
- ½ tsp salt
- ½ tsp black pepper
- 1 tbsp olive oil (for cooking)



### Steps:



1. In a bowl, whisk **Hayatna Laban**, egg, salt, and black pepper.



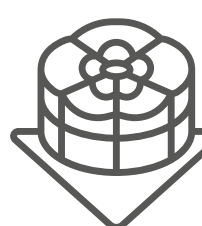
2. Gradually add whole wheat flour and baking soda, stirring until smooth.



3. Fold in the chopped fresh herbs.



4. Heat a non-stick pan with olive oil over medium heat.



5. Pour small amounts of batter to form pancakes and cook for 3–2 minutes per side until golden brown.



6. Serve warm with a side of **Hayatna Greek Yoghurt** or fresh salad.







## Recipe Book

Preparation Time: 5 minutes

# Classic Mango Lassi

### Ingredients:

- 1 cup **Hayatna Mango Lassi**
- ½ cup Ice cubes
- ½ tsp cardamom powder (optional)
- 1 tbsp honey (optional)

### Steps:



1. In a blender, combine **Hayatna Mango Lassi**, ice cubes, and cardamom powder.



2. Blend until smooth and frothy.



3. Pour into a glass and serve chilled.







## Recipe Book

Preparation Time: 5 minutes

# Date & Milk Smoothie

(Hayatna Flavored Milk Strawberry/  
Chocolate, Hayatna Fresh Milk)

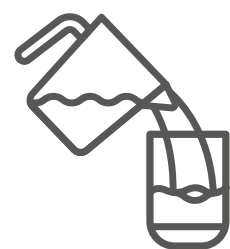
### Ingredients:

- ½ cup **Hayatna Flavored Milk**  
(Strawberry or Chocolate)
- ½ cup **Hayatna Fresh Milk**
- 5–6 dates (pitted)
- ½ tsp cinnamon
- Ice cubes

### Steps:



1. Blend **Hayatna Flavored Milk**, **Hayatna Fresh Milk**, dates, cinnamon, and ice cubes until smooth.



2. Pour into a glass and serve immediately.







Recipe Book

Preparation Time: 5 minutes

# Rose Kulfi Milkshake

## (Hayatna Kulfi)

### Ingredients:

- 1 cup **Hayatna Kulfi (blended)**
- ½ cup cold **Hayatna Fresh Milk**
- 1 tbsp rose syrup
- ½ tsp cardamom powder
- Ice cubes

### Steps:



1. Blend **Hayatna Kulfi**, **Hayatna Fresh Milk**, rose syrup, and cardamom powder until smooth.



2. Pour into a glass and serve chilled, garnished with crushed pistachios.







Recipe Book

Preparation Time: 5 minutes

# Jallab Inspired Drink

## (Hayatna Apple Juice, Dates, Rose Water)

### Ingredients:

- 1 cup **Hayatna Apple Juice**
- 5 dates (blended into a paste)
- 1 tsp rose water
- ½ tsp cinnamon
- Ice cubes

### Steps:



1. Blend dates with **Hayatna Apple Juice** until smooth.



2. Stir in rose water and cinnamon.



3. Pour over ice cubes and serve chilled.







## Recipe Book

Preparation Time: **5 minutes**

# Cranberry & Lemon Refresher

(Hayatna Cranberry Juice, Lemon, Mint)

### Ingredients:

- 1 cup **Hayatna Cranberry Juice**
- ½ lemon (juiced)
- 5–6 mint leaves
- Ice cubes
- ½ cup soda water (optional for fizz)



### Steps:



1. In a glass, combine Hayatna Cranberry Juice and fresh lemon juice.



2. Muddle mint leaves and add them to the drink.



3. Add ice cubes and top with soda water if desired.



4. Stir and serve chilled.







## Recipe Book

Preparation Time: **5 minutes**

# Iced Orange Blossom Drink

(Hayatna Orange Juice, Orange Blossom Water)

### Ingredients:

- 1 cup **Hayatna Orange Juice**
- 1 tsp orange blossom water
- ½ tsp honey (optional)
- Ice cubes
- Orange slices (for garnish)

### Steps:



1. In a glass, mix **Hayatna Orange Juice** with orange blossom water.



2. Add honey if desired and stir well.



3. Fill a serving glass with ice cubes and pour the mixture over it.



4. Garnish with fresh orange slices and serve chilled.







Recipe Book

Preparation Time: 5 minutes

# Tamar Hindi

## (Tamarind Refresher)

### Hayatna Pineapple Juice, Tamarind Paste

#### Ingredients:

- 1 cup **Hayatna Pineapple Juice**
- 2 tbsp tamarind paste
- 1 tbsp sugar (optional)
- ½ tsp black salt (optional)
- Ice cubes

#### Steps:



1. In a small bowl, mix tamarind paste with a little warm water to make it smooth.



2. In a glass, combine **Hayatna Pineapple Juice** and the tamarind mixture.



3. Stir in sugar and black salt if using.



4. Add ice cubes and serve chilled.







## Recipe Book

Preparation Time: 5 minutes

# Fruity Iftar Cooler

(Hayatna Mixed Berry Juice, Soda, Fresh Fruits)

### Ingredients:

- 1 cup **Hayatna Mixed Berry Juice**
- ½ cup soda water
- ½ cup mixed fruits  
(strawberries, blueberries, orange slices)
- Ice cubes
- Fresh mint leaves (for garnish)



### Steps:



1. Fill a glass with ice cubes and mixed fruits.



2. Pour **Hayatna Mixed Berry Juice** over the fruits.



3. Top with soda water and stir gently.



4. Garnish with fresh mint leaves and serve immediately.





# Coconut & Pineapple Mocktail

(Hayatna Pineapple Juice, Coconut Water)

### Ingredients:

- 1 cup **Hayatna Pineapple Juice**
- ½ cup coconut water
- 1 tbsp honey (optional)
- Ice cubes
- Pineapple slices (for garnish)



### Steps:



1. In a glass, mix Hayatna Pineapple Juice with coconut water.



2. Stir in honey if desired.



3. Add ice cubes and mix well.



4. Garnish with pineapple slices and serve chilled.





# Cinnamon & Apple Suhoor Shake

(Hayatna Apple Juice, Cinnamon, Oats)

## Ingredients:

- 1 cup **Hayatna Apple Juice**
- ½ cup **Hayatna Fresh Milk**
- ¼ cup rolled oats
- ½ tsp cinnamon
- 1 tbsp honey
- Ice cubes



## Steps:



1. Blend **Hayatna Apple Juice**, **Hayatna Fresh Milk**, oats, cinnamon, and honey until smooth.



2. Add ice cubes and blend again for a creamy texture.



3. Pour into a glass and serve immediately.







## Recipe Book

Preparation Time: **20 minutes**

# Protein-Packed Skyr Pancakes

(Hayatna Skyr, Hayatna High Protein Milk)



### Ingredients:

- ½ cup **Hayatna Skyr (Plain or Vanilla)**
- ½ cup **Hayatna High Protein Milk**
- 1 cup oat flour
- 1 tsp baking powder
- 1 egg
- 1 tbsp honey
- ½ tsp cinnamon (optional)
- 1 tsp vanilla extract
- ½ cup fresh berries (for topping)
- 1 tbsp maple syrup (optional)

### Steps:



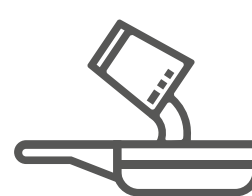
1. In a bowl, mix **Hayatna Skyr**, **Hayatna High Protein Milk**, egg, honey, vanilla extract, and cinnamon.



2. Add oat flour and baking powder, stirring until a smooth batter forms.



3. Heat a non-stick pan over medium heat and lightly grease it.



4. Pour small portions of the batter onto the pan and cook for 3-2 minutes per side until golden.



5. Serve warm with fresh berries and a drizzle of maple syrup.





# Collagen & Berry Smoothie Bowl

(Hayatna Collagen Drink, Greek Yoghurt)

## Ingredients:

- ½ cup **Hayatna Collagen Drink**
- ½ cup **Hayatna Greek Yoghurt**
- 1 cup mixed frozen berries (strawberries, blueberries, raspberries)
- ½ banana
- 1 tbsp chia seeds
- Toppings: granola, fresh berries, coconut flakes, honey



## Steps:



1. Blend **Hayatna Collagen Drink**, **Hayatna Greek Yoghurt**, frozen berries, and banana until thick and smooth.



3. Drizzle with honey and serve immediately.



2. Pour into a bowl and top with granola, fresh berries, and coconut flakes.







## Recipe Book

Preparation Time: **10 minutes**  
(plus chilling time)

# Mango Protein Chia Pudding

(Hayatna Mango Lassi, Hayatna Skyr)

### Ingredients:

- 1 cup **Hayatna Mango Lassi**
- ½ cup **Hayatna Skyr**
- 3 tbsp chia seeds
- 1 tbsp honey
- ½ cup diced mango (for topping)
- 1 tbsp chopped nuts (optional)



### Steps:



1. In a bowl, mix **Hayatna Mango Lassi**, **Hayatna Skyr**, chia seeds, and honey.



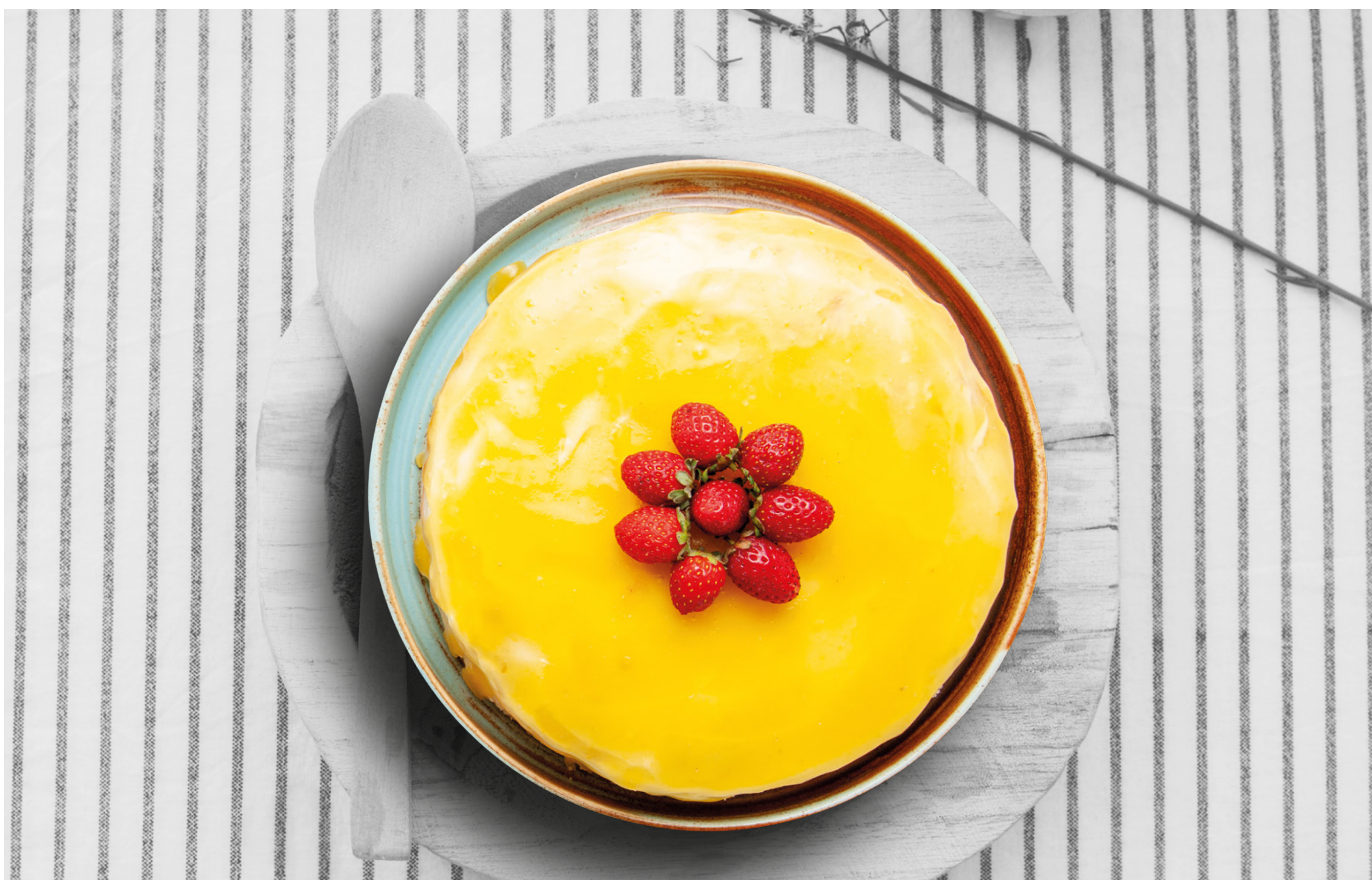
3. Once thickened, top with fresh mango chunks and chopped nuts.



2. Stir well and refrigerate for at least 4 hours or overnight.



4. Serve chilled.







## Recipe Book

Preparation Time: **10 minutes**  
(plus chilling time)

# Greek Yoghurt Energy Bites

(Hayatna Greek Yoghurt, Nuts, Honey)

### Ingredients:

- ½ cup **Hayatna Greek Yoghurt**
- ½ cup rolled oats
- ¼ cup chopped nuts  
(almonds, walnuts, pistachios)
- 2 tbsp honey
- 1 tbsp peanut butter
- 1 tsp cinnamon (optional)



### Steps:



1. In a bowl, mix **Hayatna Greek Yoghurt**, oats, nuts, honey, peanut butter, and cinnamon.



2. Stir until the mixture is well combined and holds together.



3. Roll into small bite-sized balls.



4. Place in the refrigerator for 30 minutes to set.



5. Serve as a healthy snack.





# Tropical Citrus Mocktail

(Hayatna Pineapple Juice, Hayatna Orange Juice, Fresh Mint, Soda Water)

### Ingredients:

- ½ cup **Hayatna Pineapple Juice**
- ½ cup **Hayatna Orange Juice**
- ½ cup soda water
- 1 tbsp honey (optional)
- Fresh mint leaves
- Ice cubes



### Steps:



1. In a glass, mix **Hayatna Pineapple Juice** and **Hayatna Orange Juice**.



2. Add honey if desired and stir well.



3. Fill a serving glass with ice cubes and pour the juice mixture over it.



4. Top with soda water and garnish with fresh mint leaves.



5. Serve chilled.

