

Your Recipes Taste Better

with
Luna



Chef
Mona Mosly





To our Greatest Inspiration,

During the blessed month of Ramadan, your dedication shines brighter than ever. Despite the demands of daily life and the many responsibilities you carry, you continue to prepare cherished meals for your family with unwavering care and devotion.

Luna is honored to accompany you on this journey, enhancing your recipes with exceptional taste and quality. A trusted partner throughout your days and evenings, **Luna** ensures that every dish you create is nothing short of memorable.

Within these pages, you will find **70 carefully curated recipes** for Iftar and Suhoor – each crafted to be prepared effortlessly, without compromising on flavor or excellence.

Rely on **Luna** this Ramadan – your refined companion for every table, every gathering, every moment. Rely on Luna this Ramadan – your refined companion for every table, every gathering, every moment.



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CHOCOLATE MUHALLABIA



Ingredients:

- 1 can Luna Evaporated Milk Light (Light)
- 30 g Luna Peanut Butter Creamy Dark Choco
- 2 sachets low-calorie sweetener
- ¼ cup light cream (50 g)
- 1 tablespoon melted butter (10 g)
- 1 tablespoon cornstarch
- 20 ml water
- 5 bran biscuits



For garnish:

- 1 tablespoon pistachios
- 3 red berries



Preparation Method:

- 1 Crush** the biscuits and place them in a bowl. Add the melted butter and a small amount of water, then mix well.
- 2 Press** the biscuit mixture firmly into the serving dish until compact.
- 3 Pour** the Luna Evaporated Milk Light into a saucepan, then add the cream, low-calorie sweetener, and cornstarch. Stir the ingredients well before turning on the heat.
- 4 Place** the saucepan over low heat and continue stirring until the mixture thickens.
- 5 Pour** the muhallabia over the biscuit base and leave it to cool.
- 6 For** the final layer, place the Luna Peanut Butter Creamy Dark Choco in a bowl and thin it with a little water until it reaches a suitable consistency.
- 7 6 Spread** the diluted peanut butter layer over the muhallabia. Refrigerate until set, then garnish with pistachios and berries. Enjoy.

Product used in the recipe



Recipe

1

⌚ Preparation time: 45 minutes

👥 Servings: people 2 - 3



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LASAGNA SOUP



Ingredients:

- 1 Packk (135g) **Luna** Tomato Paste
- 3 cups hot water
- ½ white onion, finely chopped
- 2 tablespoons butter
- 1 tablespoon chopped parsley
- 4 cups tomato juice
- 2 cloves garlic, minced
- 1 chicken stock cube
- 250 g minced meat
- 6-5 lasagna sheets
- 1 teaspoon salt, black pepper, and Italian seasoning
- ½ cup grated parmesan cheese
- ½ cup cooking cream



For garnish:

- A pinch of parsley
- Parmesan cheese
- Cooking cream



Preparation Method:

- ➊ **Add** the butter to a pot over medium heat. Add the chopped onion and garlic, and sauté briefly until fragrant.
- ➋ **Add** the minced meat along with the salt, black pepper, and Italian seasoning. Then add the pack of Luna Tomato Paste and the tomato juice. Stir continuously until the meat is fully cooked.
- ➌ **Dissolve** the chicken stock cube in 2 cups of hot water in a separate bowl, then add it to the soup.
- ➍ **Break** the lasagna sheets into pieces and add them to the pot. Add the remaining cup of hot water and let the soup cook until the lasagna is tender.
- ➎ **Add** the cooking cream, a pinch of parsley, and the parmesan cheese. Stir well to combine.
- ➏ **Pour** the soup into serving bowls and garnish with a sprinkle of parsley, parmesan cheese, and a small spoon of cooking cream. Serve hot and enjoy.



Recipe

2

🕒 Preparation time: 60 minutes

👥 Servings: people 6 - 8

Product used in the recipe





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SHEPHERD'S PIE



Ingredients:

- 4 tablespoons Luna Tomato Paste
- 1 medium onion, finely chopped
- 1/2 teaspoon salt, black pepper, mixed spices, and fresh thyme
- 500g minced meat
- Frozen mixed vegetables
- 4 medium potatoes
- 1 vegetable stock
- 1 tablespoon butter




For garnish:

- A pinch of thyme
- A pinch of parmesan cheese



Preparation Method:

- 1 Brown** the minced meat on a hot pan until it dries out. Add the chopped onion, frozen vegetables, spices, and Luna Tomato Paste, then stir well to combine.
- 2 Dissolve** the vegetable stock cube in 1 cup of water and add it to the mixture. Let the filling simmer over low heat for 15 minutes until thickened.
- 3 Boil** the potatoes, then mash them with butter and a pinch of salt and black pepper.
- 4 Spread** the meat mixture evenly in an oven-safe dish, then top with the mashed potatoes, smoothing them into an even layer.
- 5 Sprinkle** thyme and parmesan cheese over the top. Bake in a preheated oven (top and bottom heat) for 10–15 minutes, or until golden. Serve hot and enjoy.


Product used in the recipe 



Recipe

3

 Preparation time: 60 minutes

 Servings: people 3 - 5



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FOUL MEDAMES WITH TAMARIND AND TAHINI

Ingredients:

- 1 can **Luna** Foul Medames (Superior Quality Fava Beans)
- 1 large onion, finely chopped
- 1 hot chili pepper, chopped
- 1 tablespoon **Luna** Tomato Paste
- 1 tablespoon olive oil
- 1 teaspoon mixed spices
- 1 medium tomato
- ¼ cup boiling water
- ¼ tamarind

Tahini Sauce Ingredients:

- 4 tablespoons tahini
- 1 teaspoon salt, black pepper, and cumin
- 2 cloves garlic, minced
- ¼ cup water

For garnish:

- 1 tablespoon tahini sauce
- 1 small tomato, diced
- 1 teaspoon olive oil
- A pinch of parsley


Preparation Method:

- 1 **Soak** the tamarind in the boiling water for 10 minutes until softened.
- 2 **Heat** the olive oil in a pan, then add the onion and tomato. Cook over medium heat until the mixture is well sautéed.
- 3 **Add** the **Luna** Tomato Paste, hot chili pepper, and mixed spices, then stir well.
- 4 **Strain** the tamarind from the soaking water, mash it slightly, and add it to the sautéed mixture.
- 5 **Add** the can of **Luna** Foul Medames (Superior Quality Fava Beans) with a little water and mix well. Lightly mash the beans until the desired consistency is reached.
- 6 **Transfer** the Foul to a serving dish and garnish with tahini sauce, diced tomato, parsley, and olive oil. Serve and enjoy.

Recipe

4

 Preparation time: 30 minutes

 Servings: people 3 - 5

Product used in the recipe





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CREAM-FILLED QATAYEF DISCS



Ingredients:

- 1 can Luna Plain Analogue Cream
- 1 can Luna Sweetened Condensed Milk
- Vegetable oil, for deep frying

Batter Ingredients:

- 2 cups all-purpose flour
- 2 tablespoons powdered milk
- 2½ to 3 cups water
- ½ cups semolina
- 1 teaspoon yeast
- 2 tablespoons sugar
- pinch of vanilla

For garnish:

- Crushed pistachios

Preparation Method:

1 Preparing the Batter:

- **Place** all the dry ingredients in a deep bowl.
- **Cover** the batter and let it rest for 15 minutes
- Gradually add the water to the dry ingredients, mixing continuously with an electric whisk until you obtain a smooth, pourable batter (slightly thinner than cake batter).

2 Cooking the Qatayef:

- **Heat** a non-stick pan over medium to high heat. Pour small amounts of batter onto the pan, forming evenly sized circles.
- **Cook** for about 2 minutes until the surface dries and the bottom turns lightly golden.
- **Remove** the discs and place them on a clean kitchen towel to cool completely.

3 Assembling and Frying:

- **Take** two qatayef discs and press their edges together with your fingers, sealing the sides while leaving a small opening for the filling.
- **Using** a piping bag, fill the qatayef with chilled Luna Plain Cream (the cream must be completely cold and firm).
- **Refrigerate** the filled qatayef for 1-2 hours.
- **Heat** the frying oil over medium to high heat, then fry the filled qatayef until golden on both sides
- **Remove** and let them cool slightly, then drizzle generously with Luna Sweetened Condensed Milk
- **Finally**, dip the edges in crushed pistachios for garnish. Serve and enjoy.

Recipe

5

Preparation time: 60 minutes
 Servings: people 4 - 6

Product used in the recipe







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EGGPLANT ROLLS

Ingredients:

- 2 tablespoons Luna Tomato Paste
- 4 eggplants
- 1 medium onion, finely chopped
- 4 small cherry tomatoes
- 175 g minced meat
- ¼ cup chopped coriander
- 1 teaspoon salt, black pepper, cumin, paprika,
- 2 cloves garlic, minced
- 1 tablespoon olive oil

Sauce Ingredients:

- 4 tablespoons Luna Cream Cheese Analogue
- 1 teaspoon black pepper and cumin
- 1 tablespoons Luna Tomato Paste
- 1 cup cooking cream

For garnish:

- Lemon slices
- Fresh coriander


Preparation Method:

- 1 **Slice** the eggplants lengthwise and arrange them on a baking tray lined with parchment paper. Drizzle lightly with olive oil.
- 2 **Roast** the eggplant slices in a preheated oven (top and bottom heat) for 20 minutes until lightly golden.
- 3 **Sauté** the onion with olive oil in a pan, then add the minced meat, garlic, and Luna Tomato Paste. Stir until the mixture is well cooked and thickened.
- 4 **Add** the sliced cherry tomatoes, chopped coriander, and spices. Mix well until the filling is fully combined.
- 5 **Fill** each roasted eggplant slice with the meat mixture, roll them up, and arrange them in a baking dish.
- 6 **To** prepare the sauce, mix the cooking cream with Luna Cream Cheese and Luna Tomato Paste. Add the spices, stir well, then cook over low heat for a few minutes.
- 7 **Pour** the sauce over the eggplant rolls, then place the dish under the oven's top grill until golden.

Recipe

6

 Preparation time: 60 minutes

 Servings: people 4 - 6

Product used in the recipe





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IMPROVED BASBOUSA



Ingredients - Basbousa:

- 1 can Luna Sweetened Condensed Milk, for soaking
- 125 g Luna Evaporated Milk (Full Cream)
- 125 g powdered milk
- 250 g corn oil
- 50g desiccated coconut
- 250 g all-purpose flour
- 250 g semolina
- 15 g baking powder
- 250g sugar
- 412.5g eggs
- 5g vanilla

Cheesecake Layer:

- 50 g Luna Plain Analogue Cream
- 15 g lemon juice
- 15 g Luna Evaporated Milk (Full Cream)
- 427.5 g whipping cream
- 1,911 g cream cheese
- 9.5 g vanilla
- 318.5 g sugar
- 350 g eggs

Berry Confit:

- 945 g frozen berries
- 225 g sugar
- 126 g glucose
- 15 g pectin
- 9 g lemon juice

Cream:

- 50 g Luna Plain Analogue Cream
- 63 g powdered sugar
- 135 g cream cheese
- 1.5 g lemon zest
- 350 g cocoa butter
- 202 g whipping cream
- 500 g white chocolate
- 1.5 g vanilla
- 50 g corn oil



Preparation Method:

- 1 Basbousa:**
 - Mix all the liquid ingredients together, then add the dry ingredients and mix until fully combined.
 - Pour the batter into a baking pan and bake at 170°C for 30-40 minutes
 - While still hot, soak the basbousa with Luna Sweetened Condensed Milk, then leave it to cool completely.
- 2 Cheesecake:**
 - Mix the cream cheese with the sugar until smooth, gradually add the eggs, then add the remaining ingredients. Mix gently without incorporating air.
- 3 Berry Confit:**
 - Heat the berries over medium heat, add the sugar mixed with pectin, then add the glucose and lemon juice. Stir gently and allow the mixture to cool.
- 4 Cream:**
 - Mix the cream cheese with powdered sugar and vanilla, add Luna Plain Analogue Cream, lemon zest, and whipping cream. Mix until smooth and well combined
- 5 Coating:**
 - Melt the white chocolate and cocoa butter with the corn oil. Use the mixture at a temperature of 30°C
- 6 Assembly and Baking:**
 - Place the baked basbousa layer into a springform pan.
 - Add the cheesecake mixture on top.
 - Bake at 100°C for 45 minutes, then refrigerate for 4-6 hours
 - Spread the berry confit evenly over the top.
 - Remove the pan and cut the basbousa into equal triangles.
 - Decorate the edges of each piece with the white cream, gently pulling it across the surface.
 - Insert wooden sticks into each piece.
 - Arrange the pieces into a circular cake shape.
 - Fully dip each piece into the white chocolate sauce, then dip half of it into the cocoa butter mixture.

Chef Mona Mosly's Not:

- Soaking the basbousa with Luna Sweetened Condensed Milk gives it extra softness and a richer flavor.
- For best texture and stability, it is recommended to serve it the next day.

Product used in the recipe



Recipe

7

⌚ Preparation time: 90 minutes

👤 Servings: people 4 - 6



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PUFF PASTRY BAKLAVA



Ingredients:

- 1 can Luna Sweetened Condensed Milk
- 3/4 canup Pakistani vermicelli
- 1/2 cup ground pistachios or cashews
- 2 tablespoons butter (1 tablespoon unmelted, 1 tablespoon melted)
- 5 puff pastry sheets
- 3 squares cream cheese
- 1 tablespoon ground cinnamon

For garnish: • Crushed pistachios

Preparation Method:

- 1 To prepare the first baklava filling, add 1 tablespoon of unmelted butter to a pan over medium heat. Add the vermicelli and toast it while stirring.
- 2 Add the ground pistachios or cashews and one-third of the can of Luna Sweetened Condensed Milk. Mix well, then remove from heat.
- 3 Place the filling onto the puff pastry sheets and roll tightly into logs.
- 4 To prepare the second filling, place the cream cheese onto puff pastry sheets and sprinkle with cinnamon.
- 5 Cut each roll into 3 equal pieces and arrange in a buttered baking tray.
- 6 Brush the tops with the melted butter to help them brown.
- 7 Bake in a preheated oven at high temperature for 10–15 minutes, or until golden.
- 8 Remove the tray from the oven and transfer the baklava to a serving plate. Let it cool slightly.
- 9 Drizzle with Luna Sweetened Condensed Milk and garnish with crushed pistachios. Serve warm or cold and enjoy.


Product used in the recipe 



Recipe

8

 Preparation time: 45 minutes

 Servings: people 6 - 8



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CHEESE AND THYME SAMOSA



Ingredients:

- 1 tin Luna Cheddar Cheese, grated
- 500g samosa pastry sheets
- 3 tablespoons dried thyme
- 4 tablespoons chopped parsley
- ¼ cup sliced black olives
- Vegetable oil, for deep frying



Preparation Method:

- 1 Grate the Luna Cheddar Cheese and place it in a bowl.
- 2 Add the sliced black olives, thyme, and chopped parsley. Mix well until fully combined.
- 3 Fill the samosa pastry sheets with Luna Cheddar Cheese mixture, then fold them into triangles. Seal the edges using a paste of flour and water.
- 4 Fry the samosa in hot oil until golden brown, or cook them in an air fryer until crispy. Serve hot and enjoy a unique flavor.


Product used in the recipe



Recipe

9

 Preparation time: 50 minutes

 Servings: people 3 - 5



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PHYLLO PASTRY ROLLS WITH CREAM AND DATES



Ingredients:

- 1 can Luna Plain Analogue Cream
- 12 dates
- ¾ cup cream cheese
- 6 sheets phyllo pastry (goulash)
- 1 cup vegetable oil
- ½ cup ready-made caramel sauce



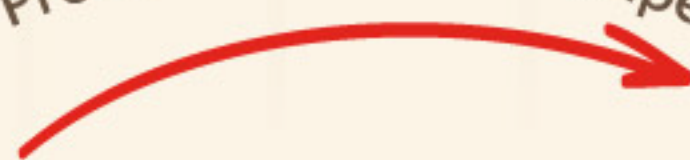
For garnish: • Pecans • Dried rose petals (optional)





Preparation Method:

- 1 **Brush** the 6 sheets of phyllo pastry generously with vegetable oil, then cut them into equal-sized squares.
- 2 **Wrap** each pastry square around cylindrical metal cones, leaving a small opening at the end as shown.
- 3 **Place** the cones in a preheated oven at 180°C and bake until golden.
- 4 **Once** completely cooled, fill the pastry cones with a layer of caramel sauce.
- 5 **Blend** the dates with Luna Plain Analogue Cream, then add the cream cheese and mix until smooth. Use this mixture as a second filling layer inside the cones.
- 6 **Garnish** with pecans and dried rose petals. Serve and enjoy the crunch.

Product used in the recipe



Recipe **10**

 Preparation time: 60 minutes
 Servings: people 4 - 6





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QASHD BALLS



Ingredients:

Base Mixture

- 1 can Luna Evaporated Milk (Full Cream)
- 100g butter
- 1 cup roasted coarse semolina
- 1 ½ cups pitted dates (sukari dates)
- 1 cup roasted powdered milk
- 1 teaspoon ground cardamom
- ¼ cup shredded almonds

White Sauce:

- ¼ cup Luna Sweetened Condensed Milk
- 1 can Luna Plain Analogue
- 5 cream cheese squares
- 1 tablespoon sesame seeds



For garnish:

- Caramel sauce
- Almond
- Pistachio



Preparation Method:

- 1 **Melt** the butter in a pan over medium heat. Add the dates and stir until they soften and combine with the butter.
- 2 **Add** the cardamom, roasted milk, and semolina. Stir until the mixture is fully combined.
- 3 **Gradually** pour in the Luna Evaporated Milk (Full Cream) while stirring continuously. Cook until the mixture absorbs the milk and becomes firm, then add the shredded almonds and mix well.
- 4 **Remove** from heat and let it cool slightly. Shape the mixture into small balls and arrange them on a serving plate.
- 5 **To prepare** the white sauce, mix Luna Sweetened Condensed Milk with Luna Plain Analogue Cream, then add the cream cheese squares and sesame seeds, stir until smooth.
- 6 **Pour** the white sauce over the balls, then sprinkle with nuts (pistachios and almonds). Finally, drizzle caramel sauce on top. Serve and enjoy.




Product used in the recipe



Recipe

11

 Preparation time: 50 minutes

 Servings: people 6 - 8



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CHICKEN PIZZA



:Ingredients (Ingredients are for a 25 cm baking pan)

Filling Ingredients:

- 1 tin Luna Cheddar Cheese
- 1 onion, sliced
- 3 mushrooms, sliced
- 1 teaspoon each: hot paprika, oregano, black pepper, soy sauce (mild or salty)
- 2 chicken breasts, diced
- 1 clove garlic, minced
- 1 tablespoon vegetable oil
- 2 bell peppers,
- Mozzarella cheese

Dough Ingredients:

- 2 cups all-purpose flour
- ¼ cup powdered milk
- 1 teaspoon baking powder
- ¼ cup oil
- 1 teaspoon salt
- ⅓ cup powdered milkwater
- 1 tablespoon sugar
- 1 teaspoon yeast



Preparation Method:

- 1 Mix** all dough ingredients together and knead until soft and cohesive. Cover and let it rise for 1 hour.
- 2 Dice** the chicken and sauté it with oil in a hot pan until browned, add the sliced onion, bell peppers, and mushrooms. Cook until the vegetables soften. Then add the spices and soy sauce and stir until well combined.
- 3 Roll** out the dough on a baking tray, spread the chicken and vegetable filling evenly over the dough. Top with Luna Cheddar Cheese and a sprinkle of mozzarella cheese.
- 4 Place** the tray in the oven at 180°C on the lower rack for 15 minutes or until the pizza is cooked through. Move it to the upper rack and bake until the top turns golden brown. Serve hot and enjoy.

Product used in the recipe



Recipe 12

-  Preparation time: 60 minutes
-  Servings: people 4- 6



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CREAM AND NUT BAKLAVA



Ingredients:

- 1 can Luna Plain Analogue Cream
- 12 sheets phyllo pastry (goulash)
- 1 teaspoon liquid vanilla
- ½ cup melted butter
- 1 cup sugar syrup (shira)
- 4 tablespoons cornstarch
- 5 cups milk
- 1 teaspoon rose water



For garnish: • 1 cup crushed pistachios





Preparation Method:

- 1 In a pot, combine 5 cups of milk with 1 tablespoon of cornstarch. Stir while cold to dissolve.
 - 2 Place the pot over medium heat, then add Luna Plain Analogue Cream, 1 teaspoon liquid vanilla, and 1 teaspoon rose water. Stir continuously until the mixture thickens.
 - 3 Preheat a baking tray with butter and layer 6 sheets of phyllo pastry, brushing melted butter between each layer.
 - 4 Spread the thickened cream over the pastry and sprinkle lightly with pistachios. Fold the edges of the pastry over the cream, then cover the filling with the remaining 6 sheets of pastry, brushing butter between each layer.
 - 5 Cut the layered pastry into squares, folding the edges inward. Bake in a preheated oven for 30-40 minutes until golden and fully cooked.
- 6 Let the baklava cool for 10 minutes, then pour sugar syrup over it. Sprinkle crushed pistachios on top for garnish. Serve and enjoy the crispiness!

Product used in the recipe



Recipe 13

 Preparation time: 50 minutes
 Servings: people 4- 6



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CHOCOLATE-LOG DESSERT (HALWA AL-HATAB)



Ingredients:

- 1 can Luna Plain Analogue Cream
- 1/2 cup Luna Sweetened Condensed Milk
- 1/2 bar of milk chocolate
- 1 1/2 cups crushed biscuits
- 1 1/2 cups roasted powdered milk



Preparation Method:

- 1 In a bowl, combine the crushed biscuits with the roasted powdered milk. Add the Luna Plain Analogue Cream and Luna Sweetened Condensed Milk then mix well until a uniform dough forms.
- 2 Divide the dough into equal portions and roll each into finger-shaped pieces. Place them in the refrigerator for 1 hour to firm up.
- 3 Melt half a chocolate bar using a double boiler. Using a silicone brush, coat the biscuit fingers with chocolate. Return them to the refrigerator until the chocolate sets.
- 4 Slice the biscuit fingers diagonally, serve chilled, and enjoy the delicious flavor!

Product used in the recipe



Recipe 14

⌚ Preparation time: 45 minutes
👥 Servings: people 3 - 5



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SMOKED HEJAZI FOUL



Ingredients:

- 1 can Luna Foul Medames (Superior Quality Fava Beans)
- 1 tablespoon olive oil
- 1 teaspoon each: salt, black pepper, cumin
- 1 tablespoon Luna Tomato Paste
- ½ cup water
- 1 medium tomato, diced
- 1 medium onion, finely chopped
- A pinch of finely chopped parsley

Tahini Sauce:

- 2 tablespoons liquid tahini
- 1 Juice of lemon
- 1 teaspoon vinegar

For Smoking (Tabkheer):

- 1 charcoal piece
- 1 small coffee cup
- 1 tablespoon olive oil
- Aluminum foil to cover the dish

Preparation Method:


- 1 Heat the olive oil in a pan and sauté the onion until soft and golden.
- 2 Add the diced tomato and Luna Tomato Paste, then season with salt, black pepper, and cumin. Pour in the water.
- 3 Stir the mixture and let it simmer on low heat for 10 minutes until thickened.
- 4 Drain the Luna Foul Medames (Superior Quality Fava Beans) and pulse lightly in a blender to make a smooth but slightly textured paste.
- 5 Add the blended fowl to the cooked tomato mixture, stir well, and cook on low heat for 5 minutes.
- 6 Transfer the fowl to a serving dish. Garnish with parsley, onion, tomato, tahini sauce, and a drizzle of olive oil.
- 7 For the smoky flavor: pour olive oil into a small coffee cup, place a hot charcoal piece on top, cover immediately with aluminum foil, and let it smoke for 10 minutes. Serve with healthy bread. Enjoy!

(This recipe is suitable for low-carb diets, calorie-deficit plans, and gluten-free diets.)

Product used in the recipe



Recipe 15

 Preparation time: 30 minutes
 Servings: people 3 - 5





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BASBOUSA WITH ROASTED MILK



Ingredients: (The ingredients are measured using a Luna cream can)

Basbousa:

- 1 can Luna Plain Analogue Cream
- ¼ can sugar
- A pinch of vanilla
- 1 full can powdered milk
- ¼ can oil
- 1 full can semolina
- 1 teaspoon baking powder

Basbousa Syrup:

- 1 can Luna Evaporated Milk (Full Cream)
- ⅓ cup sugar

Final Layer:



- ¼ can roasted milk (remaining from step 2)
- tablespoon powdered sugar



Preparation Method:

- 1** In a pan, roast the powdered milk over medium heat until it turns golden. Let it cool slightly.
- 2** In a separate bowl, mix the Luna Plain Analogue Cream with sugar, oil, and vanilla, then add three-quarters of the roasted milk
- 3** Stir in the semolina and baking powder until the mixture is well combined.
- 4** Pour the mixture into a buttered baking pan and bake in a preheated oven at 180 °C (356 °F) from the bottom until cooked through.
- 5** Meanwhile, heat the Luna Evaporated Milk (Full Cream) and add sugar, stirring until dissolved.
- 6** Pour the sweetened evaporated milk over the basbousa immediately after it comes out of the oven
- 7** Spread a can of Luna Plain Analogue Cream over the top of the basbousa.
- 8** Mix the remaining roasted milk with powdered sugar and drizzle over the top. Serve and enjoy!

Recipe 16

 Preparation time: 30 minutes
 Servings: people 6 - 8

Product used in the recipe





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SAUDI-STYLE FOUL WITH KHUSHNAH AND GHEE




Ingredients:

- 1 can **Luna** can Luna Peeled Foul (Saudi Recipe)
- 1 large onion, diced
- 2 tablespoons olive oil
- 1 teaspoon butter
- 1 teaspoon mixed spices
- 1 teaspoon ground dried lime (loomi)
- 1 teaspoon salt
- 1 large lemon
- 1 tablespoons tahini
- 1 cup low-fat Greek yogurt
- 1 tablespoon ghee (sheep's butter)

- ### For garnish:
- Fried onions
 - 1 teaspoon ghee
 - A pinch of cumin

Preparation Method:

- 1 Heat the olive oil in a pan, then add the butter and allow it to melt.
- 2 Add the diced onion and sauté until golden brown.
- 3 Stir in the mixed spices and ground dried lime. Remove half of the sautéed onion and set aside for garnish.
- 4 Add the can of **Luna** Peeled Foul (Saudi Recipe) and stir, adding a little water if needed.
- 5 In a separate bowl, mix the Greek yogurt with tahini, lemon juice, and salt. Pour this yogurt mixture over the foul and stir well to combine.
- 6 Transfer the foul to a serving dish and garnish with the reserved fried onions, a drizzle of ghee, and a pinch of cumin. Serve warm.

Product used in the recipe 



Recipe **17**

 Preparation time: 30 minutes
 Servings: people 3 - 5



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MINI CAKES WITH SAUDI COFFEE

Ingredients:

- 1 can Luna Full Cream
- ½ cup almond
- 1 teaspoon baking powder
- 1 tablepoons sugar-free sweetener
- 3 eggs
- 1 cup oat flour
- 1 cup prepared Saudi coffee
- ½ cup almond flour

- ### For the Cake Syrup:
- 1 can Luna Evaporated Milk (Full Cream)
 - 1 tablespoon honey or sugar-free sweetener

- ### For garnish:
- Crushed pistachios
 - Edible rose petals


Preparation Method:

- 1** In a bowl, whisk the eggs with melted butter and almond milk until smooth. Gradually add oat flour, almond flour, sugar-free sweetener, baking powder, and the cup of prepared Saudi coffee. Mix until well combined.
- 2** Grease a mini cake mold or baking tray with butter. Pour in half of the cake batter, then add a layer of Luna Full Cream, and finally pour the remaining cake batter on top.
- 3** Bake in a preheated oven at 180 °C (356°F) for 20 minutes, or until golden and fully cooked.
- 4** To prepare the syrup, heat Luna Evaporated Milk (Full Cream) in a saucepan, then stir in honey or sugar-free sweetener until dissolved.
- 5** Pour the warm syrup over the hot cakes, then garnish with crushed pistachios and rose petals. Serve and enjoy!

Product used in the recipe



Recipe 18

-  Preparation time: 60 minutes
-  Servings: people 5 - 6



To watch the video, click here 




PUFF PASTRY CUPS WITH CHICKEN FILLING

Ingredients:

- 1 tin Luna Cheddar Cheese, grated
- Ready-made puff pastry sheets
- ¼ cup cooking cream
- 1 tablespoon mixed spices
- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- Salt, to taste
- 1 green bell pepper, finely diced
- 400g chicken breast, diced
- 1 egg (for egg wash)



Preparation Method:

- 1 To prepare the filling, heat the olive oil in a pan and sauté the onion until softened. Add the garlic and stir briefly
- 2 Add the diced chicken and cook until it changes color.
- 3 Add the grated carrot, green bell pepper, salt, black pepper, and mixed spices. Stir until the mixture is well cooked, then add the cooking cream and continue stirring over low heat for 1 minute.
- 4 Slightly roll out the puff pastry sheets and place a spoonful of the chicken filling in the center of each piece.
- 5 Sprinkle grated Luna Cheddar Cheese over the filling, then fold and seal the pastry into triangles or squares, as desired.
- 6 arrange the puff pastry pieces on a baking tray lined with parchment paper and brush the tops with beaten egg.
- 7 Bake in a preheated oven at 200 °C for 15-20 minutes, or until puffed and golden brown. Serve warm and enjoy.

Product used in the recipe 



Recipe 19

 Preparation time: 40 minutes
 Servings: people 4 - 6



To watch the video, click here



CHEESE ROLLS



Ingredients:

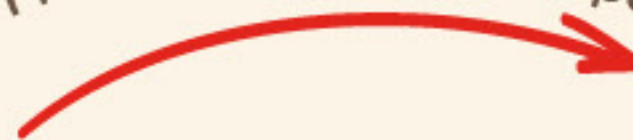
- 1 can Luna Sweetened Condensed Milk
- 500 g samosa pastry sheets
- ¼ cup white sugar
- 8 cream cheese
- 2 tablespoons ground
- 1 tablespoon all-purpose flour + 2 tablespoons water (for sealing)
- Vegetable oil, for deep frying



Preparation Method:

- 1 Lay out the samosa pastry sheets and cut them in half.
- 2 Fill each piece with a cream cheese squares, then roll it tightly and seal the edges using the flour-and-water paste.
- 3 Deep-fry the cheese rolls in hot oil until golden brown, then immediately coat them in the sugar and cinnamon mixture.
- 4 Drizzle Luna Sweetened Condensed Milk over the rolls and garnish with crushed pistachios, if desired. Serve warm and enjoy.

Product used in the recipe



Recipe 20

⌚ Preparation time: 40 minutes
👥 Servings: people 6 - 8





To watch the video, click here 

FOUL WITH THE SECRET RECIPE



Ingredients:

- 1 can Luna Peeled Foul (Secret Recipe)
- 1 onion, chopped
- 1 chicken stock cube
- 2 tomatoes, halved
- ¼ cup water
- 2 cloves garlic, minced
- 1 tablespoon cumin
- ¼ cup olive oil
- 1 teaspoon ketchup



For garnish: • Chopped onion • Tahini • A pinch of parsley



Preparation Method:

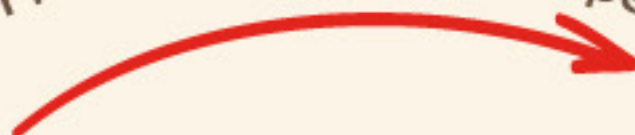
- 1 **Heat** the olive oil in a pan over medium heat, then add the onion, tomatoes, and garlic.
- 2 **Cover** the pan and let the mixture cook until the tomatoes soften and the sauce thickens.
- 3 **Peel off** the tomato skins easily, then mash the tomatoes with a fork.
- 4 **Add** the chicken stock cube, ketchup, and cumin. Pour in a little water and stir well.
- 5 **Add** the Luna Peeled Foul (Secret Recipe) and let the mixture simmer for a few minutes until well combined.
- 6 **Spoon** the foul into a serving dish and garnish with chopped onion, parsley, and tahini. Serve warm and enjoy.

Recipe

21

 Preparation time: 30 minutes

 Servings: people 3 - 5

Product used in the recipe 





To watch the video, click here 



KUNAFI-CRUSTED CHEESE SAMOSAS



Ingredients:

- Luna Sweetened Condensed Milk
- Small samosa pastry
- 1/3 cup all-purpose flour
- 2 tablespoons water + 1 tablespoon flour (for sealing the edges)
- 2 cups shredded kunafa pastry
- Cream cheese squares (as desired)
- 1/2 cup water
- Vegetable oil, for deep




Preparation Method:

- 1 In a bowl, mix the flour with water until you get a thin, pancake-like batter.
- 2 Fill the samosa pastry sheets with cream cheese, then fold them into triangles. Seal the edges using the diluted flour-and-water paste.
- 3 Dip the filled samosa pieces into the flour and water batter.
- 4 Coat each piece with shredded kunafa on both sides, pressing gently so the kunafa sticks well.
- 5 Place the samosas in the freezer for 1 hour to firm up.
- 6 Deep-fry in hot oil until golden brown and crispy.
- 7 Drizzle Luna Sweetened Condensed Milk over the samosas and enjoy the crunch!

Recipe

22

 Preparation time: 40 minutes

 Servings: people 4 - 6

Product used in the recipe 





To watch the video, click here 

CHEESE PIE



Ingredients:

- 1 tin Luna Cheddar Cheese
- 1 cup liquid milk
- 2 tablespoons sugar
- 1 egg
- ½ cup oil
- 4 tablespoons Luna Cream Cheese
- 1 teaspoon baking powder
- 1 teaspoon salt
- 3 cups all-purpose
- 1 tablespoon yeast



For garnish:

- A sprinkle of nigella seeds (black seeds)
- A sprinkle of sesame seeds



Preparation Method:

- 1 **Mix** the milk, oil, and sugar in a bowl. Gradually add the flour, then add the salt and baking powder. Knead until you get a smooth dough.
- 2 **Cover** the dough and let it rest for 30 minutes, then divide it into two equal portions.
- 3 **Grate** Luna Cheddar Cheese and set it aside.
- 4 **Roll** out the first portion of dough and place it in an oiled baking tray. Spread the Luna Cream Cheese Analogue over it, then add the grated Luna Cheddar Cheese.
- 5 **Brush** the top with egg yolk, then sprinkle with nigella seeds and sesame seeds.
- 6 **Bake** in a preheated oven at 180°C, starting from the bottom heat until cooked through, then brown from the top until golden. Serve warm and enjoy.

Product used in the recipe



Recipe

23

 Preparation time: 60 minutes

 Servings: people 4 - 6




To watch the video, click here 

BASBOUSA WITH VERMICELLI AND ROASTED MILK

 **Ingredients:** (All measurements use one Luna cream can as the measuring cup)

 **Basbousa:**

- 1 can Luna Evaporated Milk (Full Cream), for soaking
- 1 can Luna Plain Analogue Cream
- 1 can oil
- 1 tablespoon baking powder
- 1 tablespoon liquid tahini
- 1 can sugar
- 1 teaspoon vanilla
- 1 can roasted powdered milk
- 2 cans coarse semolina
- 1 can water

 **Caramel and Vermicelli:**

- 1 can Luna Plain Analogue Cream
- 6 tablespoons sugar
- 1 tablespoon butter
- A pinch of salt
- 1 cup Pakistani vermicelli

 **Preparation Method:**

1 Preparing the Basbousa :

- 1 In a bowl, mix the Luna Plain Analogue Cream, roasted powdered milk, semolina, oil, sugar, water, baking powder, and vanilla until well combined.
- 2 Grease the baking pan with liquid tahini, then pour in the basbousa mixture.
- 3 Bake in a preheated oven at medium heat for 20 minutes.
- 4 Remove the pan from the oven and immediately soak the basbousa with Luna Evaporated Milk (Full Cream).

2 Preparing the Caramel and Vermicelli :


- 1 Melt the sugar in a saucepan over medium heat until it turns golden.
- 2 Add the butter and stir until melted, then add the Luna Plain Analogue Cream and a pinch of salt. Continue stirring until smooth.
- 3 Toast the vermicelli with a little butter until golden, then sprinkle it evenly over the basbousa. Serve and enjoy.
- 4 Let the caramel sauce cool slightly until it thickens, then spread it over the basbousa.


Product used in the recipe



Recipe

24

 Preparation time: 60 minutes

 Servings: people 6 - 8



To watch the video, click here 

FOUL MEDAMES TACOS



Ingredients:

- 1 can Luna Foul Medames (Superior Quality Fava Beans)
- 3 tablespoons olive oil
- ¼ cup chopped parsley
- 2 tablespoons lemon juice
- Taco baking tray or mold
- 6 cherry tomatoes
- Tortilla bread
- 1 teaspoon garlic powder
- 1 teaspoon mixed spices
- 1 can water



Sauce Ingredients:

- 4 tablespoons yogurt
- A pinch of spices (salt, cumin, black pepper)
- 1 teaspoon garlic powder
- 6 mint leaves, crushed
- 2 tablespoons labneh



Preparation Method:

- 1 **Cut** the tortilla bread into circular shapes and arrange them in the taco tray.
- 2 **Place** the tray in a preheated oven until the tortillas are golden and shaped like tacos.
- 3 **Drain** the Luna Foul Medames (Superior Quality Fava Beans) from the liquid and place them in a bowl.
- 4 **Slice** the cherry tomatoes thinly and add them to the foul along with the chopped parsley.
- 5 **Add** the lemon juice and olive oil, then season with cumin and black pepper. Mix well.
- 6 **To prepare the sauce**, mix the yogurt and labneh, then add the mint, garlic powder, and spices. Stir until smooth.
- 7 **Fill** the toasted tortilla shells with the foul mixture, drizzle with the white sauce, and enjoy the crunch!



Product used in the recipe 



Recipe

25

 Preparation time: 30 minutes

 Servings: people 2 - 4



To watch the video, click here 



PHYLLO PASTRY TRAY WITH CREAM



Ingredients:

- 1 can Luna Plain Analogue Cream
- 2 cups liquid milk
- 1 pack phyllo pastry (goulash)
- ½ cup melted butter
- ⅓ cup sugar

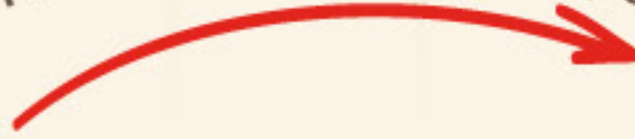


For garnish: • Pistachios and cashews (optional)



Preparation Method:

- 1 **Fold** the phyllo pastry sheets and arrange them evenly in a baking tray.
- 2 **Drizzle** the phyllo pastry with melted butter, then bake in a preheated oven (top and bottom heat) at 180°C for about 10 minutes, or until golden.
- 3 **To prepare the cream** mixture, heat the milk and sugar in a saucepan until it starts to boil. Add the Luna Plain Analogue Cream and stir briefly until combined.
- 4 **Pour** the cream mixture over the phyllo in the tray after it has cooled. (Important: the phyllo in the tray must be cool when adding the hot cream mixture—or if the tray is hot, the cream mixture should be cool—so the pastry absorbs the liquid and becomes soft.)
- 5 **Garnish** with pistachios and cashews, serve chilled, and enjoy!


Product used in the recipe 



Recipe

26

 Preparation time: 50 minutes

 Servings: people 4 - 6



To watch the video, click here 

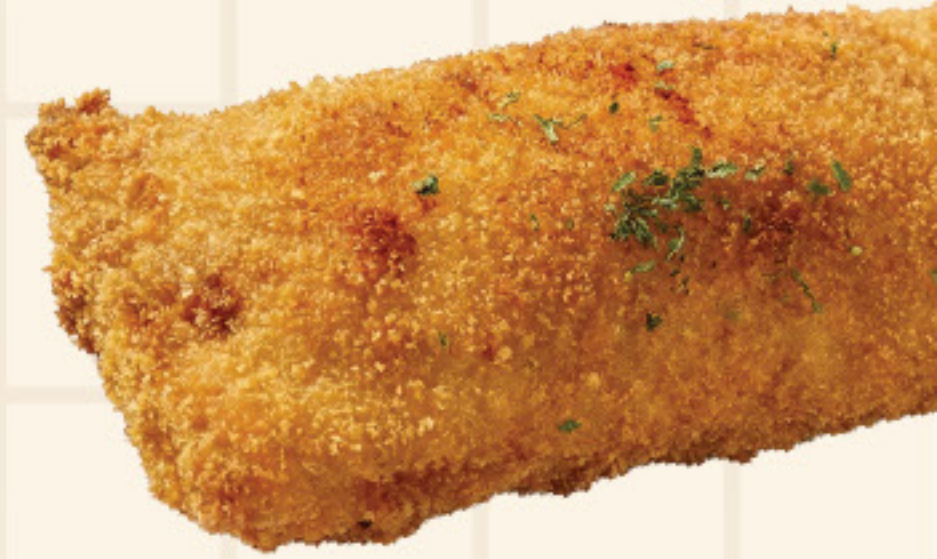


CRISPY TOAST PIES WITH CHICKEN FILLING



Ingredients:

- ½ can Luna Plain Analogue Cream
- ½ can Luna Cheddar Cheese
- 1 egg
- Oil for deep frying
- 1 teaspoon mixed spices (Cajun spice, hot paprika, sweet paprika, salt, black pepper)
- 2 tablespoons vegetable oil
- 10 slices toast bread, crusts removed
- 2 cloves garlic, minced
- Flour and water (to seal the edges)
- 1 cup chopped onion
- 1 cup chicken breast, diced
- 2 mixed-color bell peppers
- ½ cup breadcrumbs



Preparation Method:

- 1 **Heat** the vegetable oil in a pan, then add the onion and bell peppers. Sauté until the onion turns golden.
- 2 **Add** the chicken, garlic, and spices, stirring well until the chicken is cooked.
- 3 **Add** half a can of Luna Plain Analogue Cream, stir for just a few seconds, then remove from heat.
- 4 **Flatten** the toast slices after removing the crusts, then fill them with the chicken mixture and Luna Cheddar Cheese.
- 5 **Seal** the toast edges using the flour-and-water paste, then dip each piece into the beaten egg followed by breadcrumbs.
- 6 **Deep** fry the toast pies in hot oil until golden and crispy. Serve hot and enjoy the crunch.

Product used in the recipe



Recipe

27

⌚ Preparation time: 50minutes

👥 Servings: people 3 - 5



To watch the video, click here



DARK CHOCOLATE PEANUT BUTTER CHEESECAKE



Ingredients:



Layer 1 (Base):

- 1 cup almond flour
- 1 tsp vanilla extract
- 1 tsp calorie-free sweetener
- Pinch of salt
- 5 tbsp melted butter



Layer 2 (Cheesecake filling):

- 7 cream cheese squares
- 1 tsp vanilla extract
- 1 cup Greek yogurt
- 3 tbsp calorie-free sweetener
- 1 egg



Layer 3 (Topping) :

- 3 tbsp Luna Peanut Butter Creamy Dark Choco



For garnish: • 5 strawberries



Preparation Method:

- 1 In a bowl, combine almond flour with melted butter. Add vanilla, salt, and sweetener, then mix well.
- 2 Press the mixture into a muffin tray or baking pan until firm.
- 3 For the second layer, blend the cream cheese, egg, Greek yogurt, vanilla, and sweetener until smooth.
- 4 Spread the cheesecake mixture over the almond base. Bake in a preheated oven at 180°C (356°F) for 20 minutes. Let it cool, then refrigerate for at least 3 hours.
- 5 For the third layer, melt the Luna Peanut Butter Creamy Dark Choco in the microwave and spread it over the chilled cheesecake.
- 6 Decorate with sliced strawberries and serve.

Product used in the recipe



Recipe

28

⌚ Preparation time: 60 minutes

👥 Servings: people 6 - 8





To watch the video, click here 



MAC + CHEESE BALLS



Ingredients:

- 2 tins of **Luna** Cheddar Cheese
- 1 cup milk
- ¼ stick butter
- 2 eggs
- ½ cup mozzarella cheese
- 1 pack small elbow macaroni
- 1 cup breadcrumbs (preferably coarse)
- Pinch of Italian seasoning & paprika
- 3 tbsp flour
- Oil for deep frying



For garnish: • 2 tbsp ketchup • Thyme leaves • Mozzarella cheese



Preparation Method:

- 1 **Cook** the macaroni in salted water, then drain.
- 2 **In a pan**, sauté the flour with butter until fragrant. Gradually add milk and spices while stirring.
- 3 **Add Luna** Cheddar Cheese and mozzarella cheese, stirring until melted.
- 4 **Add** the cooked macaroni to the cheese mixture and stir until well combined. Remove from heat and let it cool.
- 5 **Using** a spoon, scoop about 2 tablespoons of the macaroni mixture and shape into balls with your hands. Close and roll to form smooth balls.
- 6 **Coat the balls in flour**, then egg, and finally in breadcrumbs.
- 7 **Deep** fry the macaroni balls in hot oil until golden brown.
- 8 **Garnish** with ketchup, thyme leaves, and mozzarella cheese. Serve hot and enjoy the crunch!

Product used in the recipe



Recipe

29

 Preparation time: 60 minutes

 Servings: people 4 - 6





To watch the video, click here



PUDDING WITH TOASTED MILK AND CHOCOLATE



Ingredients:

- 1 can Luna Plain Analogue Cream
- ¼ cup Luna Sweetened Condensed Milk
- 1 cup bran biscuits
- 1 cup melted Belgian chocolate
- 1 packet whipped cream powder
- 2 cups ready-made chocolate cake
- 4 cream cheese squares
- 2 tbsp melted butter
- 1 cup powdered milk



For garnish: • ¼ cup feuilletine flakes (optional)



Preparation Method:

- 1 **Crumble** the ready-made chocolate cake and layer it in a serving dish, pressing lightly to make it compact.
- 2 **Toast** the powdered milk in a pan until golden, then let it cool. Add the can of Luna Plain Analogue Cream and Luna Sweetened Condensed Milk.
- 3 **Add** the whipped cream powder and cream cheese squares, and mix until smooth. Pour this creamy mixture over the cake layer.
- 4 **Crush** the bran biscuits, mix them with melted butter, and sprinkle over the creamy layer.
- 5 **Pour** the melted chocolate on top and spread evenly. Optionally, sprinkle feuilletine flakes for decoration. Serve and enjoy!



Product used in the recipe



Recipe

30

⌚ Preparation time: 60 minutes

👥 Servings: people 4 - 6





To watch the video, click here



CHOCOLATE LAYERED DESSERT



Ingredients:



First Layer :

- 150 g cashews, soaked for 3–2 hours
- 50 g honey or maple syrup
- 200 g coconut milk
- 75 g coconut flour



Second Layer :

- 50 g Luna Peanut Butter Creamy
- A pinch of salt
- 25 g coconut flour
- 5 g gelatin, dissolved in 50 ml hot water
- 12 pitted dates, soaked for 1 hour
- 1 teaspoon ground cinnamon



Third Layer :

- 70 g dark chocolate
- 80 g coconut milk



Preparation Method:

- 1 **Grind** the cashews in an electric blender. Add the coconut milk, coconut flour, and honey, then blend well until smooth and fully combined. Pour the mixture into a pan as the first layer and place it in the refrigerator to chill.
- 2 **To prepare the second layer**, place the soaked dates in the blender with a small amount of water and blend until smooth. Add Luna Peanut Butter Creamy, followed by the coconut flour and dissolved gelatin. Finally, add a pinch of salt and the ground cinnamon, then blend well until fully combined.
- 3 **Pour** the second layer over the first layer and spread evenly. Return the pan to the refrigerator until the layer sets.
- 4 **To prepare the third layer**, melt the dark chocolate with the coconut milk using a double boiler. Allow the mixture to cool completely, then pour it over the dessert as the final layer.
- 5 **Refrigerate** the pan for at least 15 minutes. Cut into 12 pieces and serve chilled.

Product used in the recipe



Recipe

31

⌚ Preparation time: 45 minutes

👥 Servings: people 4 - 6



To watch the video, click here



BAKED MEAT TOAST CASSEROLE MEAT TOAST CASSEROLE



Ingredients:

- 2 tablespoons Luna Tomato Paste
- 2 tablespoons olive oil
- 1 cup minced meat
- 1 teaspoon spices (mixed spice, black pepper, salt)
- 2 tablespoons chopped parsley
- 1 cup mozzarella cheese
- 1 tin Luna Cheddar Cheese
- 1 small onion, minced
- 1 tomato, squeezed/pureed
- White toast slices, crusts removed
- 2 tablespoons melted butter
- 1 teaspoon garlic powder



Preparation Method:

- 1 **Heat** the oil and sauté the minced onion until it turns golden.
- 2 **Add** the meat and stir until it is completely dry.
- 3 **Add** Luna Tomato Paste, then add the squeezed/pureed tomato and spices. Stir the ingredients and leave them to simmer until thickened.
- 4 **Remove** the crusts from the toast then distribute the meat mixture along with Luna Cheddar Cheese and mozzarella over the toast slices.
- 5 **Fold** the toast slices and arrange them in a tray greased with butter.
- 6 **Mix** the melted butter with parsley and garlic powder, then brush this mixture over the toast slices.
- 7 **Cover** the top of the tray with mozzarella cheese. Place it in the oven at a high temperature from the bottom until toasted, then brown the top surface. Serve hot. Enjoy.

Product used in the recipe



Recipe

32

⌚ Preparation time: 60 minutes

👥 Servings: people 4 - 6



To watch the video, click here 



FOUL WITH CHICKPEAS AND CHEESE



Ingredients:

- 1 can Luna Foul Medames (Superior Quality Fava Beans)
- 3 garlic cloves, mashed
- 1 hot green pepper, chopped
- 3 tablespoons lemon juice
- 1½ tablespoons olive oil
- 1 teaspoon spices (salt, black pepper, cumin)
- ½ can boiled chickpeas
- 1 teaspoon dried coriander
- 1 medium tomato, chopped into cubes
- White toast slices, crusts removed
- 3 tablespoons tahini
- 3 tablespoons chopped parsley



For garnish:

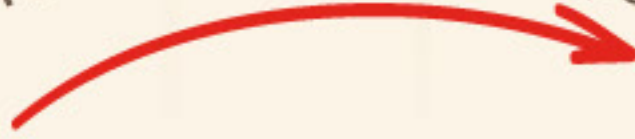
- 1 tablespoon minced onion
- 1 tablespoon olive oil
- 1 tablespoon diced tomato
- 2 teaspoons cheddar cheese
- A sprinkle of parsley
- A sprinkle of cumin



Preparation Method:

- 1 **Place** the garlic, hot pepper, and dried coriander in a bowl with a pinch of black pepper, cumin, and salt, then grind them together.
- 2 **Add** the garlic mixture to a serving bowl, then add the can of Luna Foul Medames (Superior Quality Fava Beans). Follow with the chickpeas, tahini, lemon juice, and olive oil, then mash all the ingredients together.
- 3 **Garnish** the dish with minced onion, tomato, cheddar cheese, olive oil, and a sprinkle of parsley and cumin. Serve and enjoy.




Product used in the recipe 



Recipe

33

 Preparation time: 30 minutes

 Servings: people 3 - 5



To watch the video, click here



SQUARES DESSERT



Ingredients:

- 1 can Luna Evaporated Milk (Full Cream)
- 2 cans Luna Full Cream
- 1 teaspoon cinnamon
- 1 teaspoon ground cardamom
- 1 cup toasted almond flour
- 12 dates, pitted
- 6 pieces square cream cheese



For garnish:

- 1 teaspoon unsweetened cocoa powder
- 1 teaspoon cinnamon



Preparation Method:

- 1 **Pour** Luna Evaporated Milk (Full Cream) into an electric blender, then add Luna Full Cream, cream cheese, toasted almond flour, dates, and cardamom. Blend all ingredients together.
- 2 **Pour** the mixture into a tray lined with parchment paper and spread it evenly. Place the tray in the oven for 10 minutes at 180°C until cooked through.
- 3 **After** the tray cools, cut the dessert into equal small squares. Garnish with a sprinkle of cinnamon and cocoa powder. Serve and enjoy.

Product used in the recipe



Recipe

34

⌚ Preparation time: 30 minutes

👥 Servings: people 4 - 6



To watch the video, click here



MEAT LASAGNA



Ingredients:

- 4 tablespoons **Luna** Tomato Paste
- ½ cup ready-made béchamel sauce
- A sprinkle of mozzarella cheese
- 1 box lasagna sheets
- 1 teaspoon fresh or dried thyme
- ½kg minced meat
- 1 teaspoon spices (salt, black pepper)
- 1 medium onion, minced
- 2 cups water



Preparation Method:

- 1 **Sauté** the meat in a pan over high heat until browned and dry. Add the onion and thyme, and stir them together.
- 2 **Add** **Luna** Tomato Paste, then add the spices and continue stirring.
- 3 **Pour** in the water and let the meat simmer on low heat for 15 to 20 minutes until the sauce thickens.
- 4 **Place** the meat sauce in a baking tray, followed by a layer of lasagna sheets, then spread a layer of béchamel sauce. Repeat the layers until all ingredients are used.
- 5 **Top** with mozzarella cheese, then cover the tray with parchment paper and aluminum foil. Bake in a preheated oven at 180°C for 20 minutes. Afterward, remove the foil and parchment paper and let the top brown under the broiler. Serve and enjoy.

Product used in the recipe



Recipe

35

⌚ Preparation time: 60 minutes

👥 Servings: people 4 - 6





To watch the video, click here 



FAVA BEAN FATTEH CUPS



Ingredients:



The First Layer (Bread):

- Arabic bread
- 3 tablespoons olive oil



The Fava Bean Layer:

- 1 can Luna Foul Medames (Superior Quality Fava Beans)
- 1 mashed garlic clove
- 1 medium onion, minced
- 1 tablespoon liquid tahini
- 1 tablespoon Luna Tomato Paste
- Spices (salt, black pepper, cumin)
- 1 medium tomato, diced
- 1 green pepper, sliced



Tahini and Yogurt Mixture:

- 1 container yogurt
- 1 tablespoon lemon juice
- 1 mashed garlic clove
- 1 tablespoon liquid tahini
- 1 teaspoon salt and black pepper (to taste)



For garnish: • ½ tomato, diced • A sprinkle of parsley • Roasted pine nuts (optional)



Preparation Method:

- 1 Place** two layers of Arabic bread together, cut them into circles, and arrange them inside mini cupcake molds.
- 2 Lightly** brush the bread pieces with olive oil and place them in the oven until they are toasted and crunchy.
- 3 Place** a large tablespoon of olive oil in a pot over heat, add the onion and sauté until wilted, then add the garlic, tomato, and Luna Tomato Paste. Stir the ingredients together.
- 4 Add** the can of Luna Foul Medames (Superior Quality Fava Beans) along with a little salt, pepper, cumin, and green pepper. Leave it for 10 minutes to blend, then mash the fowl with a hand masher and add the tablespoon of tahini.
- 5 To prepare the Tahini sauce:** Mix the yogurt with the tahini, lemon, mashed garlic, salt, and pepper, stirring until the mixture is smooth.
- 6 Place** the toasted bread cups on a serving plate. Fill each cup with a layer of the fowl mixture, then top with the tahini-yogurt sauce. Garnish with roasted pine nuts, diced tomatoes, and parsley. Serve and enjoy.

Product used in the recipe



Recipe

36

 Preparation time: 45 minutes

 Servings: people 5 - 7



To watch the video, click here 



CARAMELIZED DUMPLINGS



Ingredients:



Caramel Sauce Ingredients:

- 1 can Luna Evaporated Milk (Full Cream)
- ½ cup sugar
- A pinch of salt



Dough Ingredients:

- 2 cups flour
- ¾ cup water
- Deep frying oil
- 1 cup semolina
- ¼ cup oil
- 2 tablespoons milk powder
- A pinch of salt
- 2 tablespoons sugar
- 12 cream cheese squares




For garnish: • Crushed pistachios



Preparation Method:

- 1 To prepare the dough:** Mix the semolina, flour, milk powder, and sugar with the oil and water. Knead the ingredients until the dough comes together, then leave it to rest for 15 minutes.
- 2 Roll** out the dough and cut it into equal circles. Stuff the circles with pieces of cream cheese, fold the edges into a square shape, and press them toward the center as shown in the video.
- 3 Fry** the dumplings in deep oil over medium heat until they turn golden, then set them aside to cool.
- 4 Caramelize** the sugar in a hot pan until it turns golden, then add Luna Evaporated Milk (Full Cream) and a pinch of salt. Leave the sauce over medium heat until it becomes smooth and well-combined.
- 5 Arrange** the caramelized dumplings in a serving dish, pour the caramel sauce over them, and garnish with a sprinkle of pistachios on top. Enjoy.

Product used in the recipe 

Recipe

37

 Preparation time: 60 minutes

 Servings: people 4 - 6





To watch the video, click here 



CHICKEN AND POTATO RICE CASSEROLE



Ingredients:



Chicken Mixture Ingredients:

- 1 tablespoon Luna Tomato Paste
- 400g chicken breast, cut into small cubes
- 4 mashed garlic cloves
- 1 medium onion, minced
- 4 tablespoons corn
- 1 bell pepper, minced
- 1 medium tomato, minced
- 1 chicken bouillon cube (optional)
- 1 tablespoon chicken spices
- Salt and black pepper (to taste)
- Fried potato cubes (quantity as desired)
- 1 tablespoon Italian seasoning
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ½ tablespoon paprika
- ¼ cup cooking cream



Rice Layer Ingredients :

- 1½ cups white rice
- Salt (to taste)
- Aromatics (bay leaf, cardamom, cinnamon stick)



White Layer Ingredients:

- 3 cans Luna Full Cream
- Salt and black pepper (small spoonful)




Preparation Method:

- 1 Boil** the rice with salt and aromatics until cooked, then drain and set aside.
- 2 Sauté** the onion until wilted, then add the garlic. Follow with the chicken and stir until the color changes.
- 3 Add** the bell pepper, corn, and tomato. Then add Luna Tomato Paste, bouillon cube, and spices.
- 4 Add** the cooking cream and stir the ingredients for one minute. Turn off the heat and gently fold in the fried potatoes.
- 5 Place** half the amount of rice in a baking tray, then add a layer of the chicken mixture, followed by another layer of rice.
- 6 Mix** the 3 cans of Luna Full Cream with a little salt and pepper, then spread the mixture evenly over the top of the tray.
- 7 Bake** in the oven at 200°C for 15–10 minutes just to brown the top. Serve and enjoy.

Product used in the recipe

Recipe

38

 Preparation time: 60 minutes

 Servings: people 4 - 6





To watch the video, click here



CREAM-FILLED VERMICELLI CAKE



Ingredients:

- 2 cans Luna Full Cream
- 1 tablespoon liquid vanilla
- ½ cup sugar
- 1 cup liquid milk
- 1½ cups coconut
- 1 tablespoon baking powder
- ½ cup Luna Sweetened Condensed Milk
- 2 eggs
- ¼ cup oil
- ½ cup milk powder
- 1 bag vermicelli



Preparation Method:

- 1 **Place** the eggs in a bowl and add the sugar and vanilla. Mix well, then add the liquid milk, milk powder, oil, vermicelli, coconut, and baking powder. Add one can of Luna Full Cream and stir the ingredients thoroughly until well combined.
- 2 **Lightly** grease a baking tray with oil, then pour in half of the cake mixture.
- 3 **Spread** the second can of Luna Full Cream evenly over the mixture in the tray, then distribute the remaining half of the cake mixture over the top.
- 4 **Place** the tray in a preheated oven at 180°C for 20 minutes. Then, turn on the broiler to brown the top until golden.
- 5 **While** the cake is still hot, pour Luna Sweetened Condensed Milk over it. Serve cold and enjoy.

Product used in the recipe



Recipe

39

⌚ Preparation time: 60 minutes

👥 Servings: people 4 - 6



To watch the video, click here 



ALEPPO FAVA BEAN FATTEH WITH YOGURT AND TAHINI



Ingredients:

- 1 can Luna Foul Medames (Superior Quality Fava Beans)
- 1 tablespoon chili paste
- ½ cup liquid tahini
- 1 mashed garlic clove
- 1 tablespoon cumin
- 1 cup water
- 1 teaspoon salt
- 1 lemon
- 1 cup yogurt
- 1 teaspoon spices (dried coriander, mint, crushed red pepper)




For garnish:

- 1 tablespoon olive oil
- ¼ cup pomegranate seeds
- 1 medium tomato, chopped into cubes
- 1 teaspoon spices (dried coriander, mint, crushed red pepper, cumin)



Preparation Method:

- 1 To prepare the white sauce: Mix the yogurt, tahini, garlic, and chili paste together with lemon juice and a small teaspoon of salt and cumin.
- 2 Boil the Luna Foul Medames (Superior Quality Fava Beans) in water with a small teaspoon of salt and cumin for 10 minutes.
- 3 Drain the fowl from the boiling water and let them cool slightly, then add them to the white sauce.
- 4 Place the fowl in a serving dish, then garnish the surface with diced tomatoes, pomegranate, coriander, and mint. Add crushed red pepper and cumin to taste, and finish with a drizzle of olive oil. Serve and enjoy.

Product used in the recipe 

Recipe

40

 Preparation time: 30 minutes

 Servings: people 3 - 5





لونا

فول مدّقس
حبة درجة أولى

خالٍ من الحامضين
خالٍ من حصى الكلى
خالٍ من الملح
خالٍ من الصمغية



To watch the video, click here 

SHRIMP PASTA WITH PINK SAUCE



Ingredients:

- 1 can Luna Cheddar Cheese
- 1 package pasta (fusilli or twisted pasta)
- ½ white onion, finely chopped
- 1 tablespoon minced garlic
- ½ can Luna Tomato Paste
- 30 g butter
- 1 teaspoon chili flakes
- 400 g shrimp, peeled and deveined
- 4 cups cooking cream
- 4 fresh Italian basil leaves
- 1 teaspoon mixed seasoning (salt, black pepper, Italian seasoning)



For garnish:

- Chili flakes
- Luna Cheddar Cheese
- Fresh basil (optional)



Preparation Method:

- 1** Boil the pasta in salted water until al dente. Reserve some of the pasta cooking water, then drain the pasta.
- 2** In a pot, melt the butter over medium heat. Add the chopped white onion and sauté until soft, then add the garlic and sauté briefly until fragrant.
- 3** Add the shrimp along with 1 teaspoon of chili flakes and stir well. Cook until the shrimp are done, then set aside.
- 4** In the same pot, add the cooking cream, followed by the Luna Tomato Paste, a pinch of salt, the mixed spices, and the fresh basil leaves.
- 5** Add 1 cup of the reserved pasta cooking water and 1 cup of Luna Cheddar Cheese. Stir until the sauce is smooth and well combined.
- 6** Add the cooked pasta, then return the shrimp to the pot. Let everything simmer gently for a few minutes.
- 7** Serve the pasta on a plate and garnish with chili flakes, Luna Cheddar Cheese, and fresh basil. Enjoy!

Product used in the recipe

Ingredient

41

 Preparation time: 50 minutes

 Servings: people 2 - 4





To watch the video, click here 



FAVA BEANS WITH EGGPLANT



Ingredients:

- 1 can Luna Peeled Foul (Secret Recipe)
- 2 medium eggplants, cut into cubes
- 1 medium tomato, diced
- 2 tablespoons Luna Tomato Paste
- 1 small onion, finely chopped
- 1 clove garlic, minced
- ¼ cup water
- 1 tablespoon oil
- ¼ teaspoon mixed seasoning (salt and black pepper)



For garnish:

- ½ onion, finely chopped
- ½ tomato, finely chopped
- 1 teaspoon olive oil
- 1 teaspoon tahini





Preparation Method:

- 1 In a pan, sauté the eggplant in a small amount of oil until golden brown. Remove and set aside.
- 2 In the same pot, add a little oil and sauté the onion until golden. Add the tomato, Luna Tomato Paste, salt, and black pepper, and stir until the tomatoes soften.
- 3 Add Luna Peeled Foul (Secret Recipe) and ¼ cup of water. Stir well until all ingredients are combined.
- 4 Add the fried eggplant and mix gently with the foul. Let the mixture simmer over low heat for about 10 minutes until thickened.
- 5 Transfer to a serving dish and garnish with chopped onion, chopped tomato, tahini, and a drizzle of olive oil. Serve warm and enjoy.

Ingredient **42**

 Preparation time: 30 minutes

 Servings: people 2 - 4

Product used in the recipe 





To watch the video, click here 



CHOCOLATE DATE BARS



Ingredients:

- 3 tablespoons Luna Peanut Butter Crunchy
- 1/2 cup date paste
- 1 teaspoon crushed pistachios
- 1/2 cup mixed nuts (almonds, walnuts, pistachios)
- 1/2 can Luna Peanut Butter Creamy Dark Choco
- 1 tablespoon coconut oil




For garnish:

- Sesame seeds (optional)



Preparation Method:

- 1 In a food processor, blend the mixed nuts with the coconut oil until the mixture comes together and has a dough-like consistency. Press the mixture evenly into a tray to form the base layer.
- 2 In a bowl, whisk the date paste with a little boiling water until smooth. Add Luna Peanut Butter Creamy and mix well. Spread this mixture evenly over the nut base, then place the tray in the freezer for 10 minutes until both layers set.
- 3 In a bowl, mix Luna Peanut Butter Creamy Dark Choco with a small amount of water to loosen the consistency. Stir in the crushed pistachios, then spread the mixture evenly over the top layer. Place the tray in the freezer for 30 minutes.
- 4 Garnish with a sprinkle of sesame seeds, cut into bars as desired, and serve.

Product used in the recipe 



Ingredient **43**

 Preparation time: 60 minutes

 Servings: people 4 - 6



To watch the video, click here 



VERMICELLI MILK PUDDING



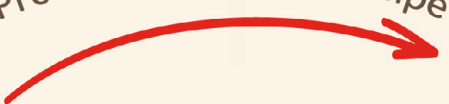
Ingredients:

- 1 can Luna Evaporated Milk (Full Cream)
- 3 tablespoons custard powder
- 300 ml water
- 3 tablespoons sugar
- 4 tablespoons Luna Plain Analogue Cream
- 1 can Luna Sweetened Condensed Milk
- $\frac{3}{4}$ cup Pakistani vermicelli
- A pinch of vanilla
- 1 tablespoon butter



Preparation Method:

- 1 **Toast** the vermicelli on a flat pan with the butter until golden brown.
- 2 **In a pot**, mix Luna Evaporated Milk (Full Cream), water, custard powder, and sugar. Place over medium heat.
- 3 **Stir** continuously until the mixture thickens, then add Luna Plain Analogue Cream and vanilla, continuing to stir until smooth.
- 4 **Pour** the pudding into serving bowls. Top with the toasted vermicelli and drizzle with Luna Sweetened Condensed Milk. Serve warm or chilled, as desired.

Product used in the recipe 

Ingredient **44**

 Preparation time: 30 minutes
 Servings: people 2 - 4





To watch the video, click here 



AUTHENTIC SAUDI-STYLE FOUL (FAVA BEANS)



Ingredients:

- 1 can Luna Foul Medames (Saudi Recipe)
- 2 tablespoons Luna Tomato Paste
- ¼ teaspoon mixed spices (salt, cumin, black pepper, paprika)
- 1 tablespoon oil
- 1 small onion, finely chopped
- 1 cup mixed bell peppers
- ½ cup water




For garnish:

- 1 teaspoon tahini
- Chopped tomatoes
- Red chili pepper (optional)



Preparation Method:

- 1 In a pan, heat the oil and sauté the onion with the bell peppers. Add Luna Tomato Paste and spices, then stir the mixture for about 3 minutes until well cooked and thickened.
- 2 Add a little water to the sauce, then add Luna Foul Medames (Saudi Recipe). Stir gently, mash lightly using a hand masher, and let simmer over medium heat for 10 minutes.
- 3 Transfer the foul to a serving dish and garnish with tahini, chopped tomatoes, or red chili pepper. Serve warm and enjoy.

Product used in the recipe 

Ingredient **45**

 Preparation time: 20 minutes

 Servings: people 4 - 6







To watch the video, click here



CHOCOLATE BALLS



Ingredients:

- 1 can Luna Plain Analogue Cream
- 2 tablespoons Luna Sweetened
- ½ cup salted peanuts, crushed
- 2½ cups coarsely ground bran biscuits
- 1 chocolate bar



For garnish:

- Crushed biscuits (any flavor, as desired)
- ¼ white chocolate bar



Preparation Method:

- 1 In a bowl, combine the ground biscuits with the crushed salted peanuts.
- 2 Add Luna Sweetened Condensed Milk and Luna Plain Analogue Cream, then mix until a soft, cohesive dough forms.
- 3 Shape the mixture into small, evenly sized balls.
- 4 Melt the chocolate bar using a double boiler. Dip the biscuit balls into the melted chocolate, then place them on parchment paper.
- 5 Decorate half of the balls with crushed biscuits. Place all the balls in the freezer until firm, then decorate the remaining balls with melted white chocolate.

Product used in the recipe



Recipe

46

⌚ Preparation time: 40 minutes

👥 Servings: people 4 - 6



To watch the video, click here



FAVA BEAN STEW WITH TUNA



Ingredients:

- 1 can **Luna** Foul Medames (Saudi Recipe)
- 2 cloves garlic, minced
- 1 large can tuna, drained
- 1 medium tomato, diced
- 1 tablespoon **Luna** Tomato Paste
- 2 tablespoons tahini
- 1 small cup chopped cilantro
- 1 teaspoon mixed spices (salt, black)
- ½ cup water
- 1 tablespoon olive oil
- ½ medium onion, diced



For garnish:

- A pinch of chopped cilantro
- 1 teaspoon tahini
- Sliced green chili (optional)
- 1 teaspoon olive oil



Preparation Method:

- 1 **Heat** the olive oil in a pot over medium heat. Add the onion and garlic, and sauté until lightly browned.
- 2 **Add** the diced tomato and **Luna** Tomato Paste, stirring well. Season with the spices, then add the tuna and a little water as needed. Let the mixture cook until thickened.
- 3 **Lightly** blend **Luna** Foul Medames (Saudi Recipe), then add them to the tuna mixture and stir to combine.
- 4 **Add** the chopped cilantro and continue stirring, then add the tahini and let the stew simmer until well combined and thickened.
- 5 **Transfer** to a serving dish and garnish with cilantro, sliced green chili, a drizzle of tahini, and olive oil. Serve with healthy bread and enjoy.

Product used in the recipe



Recipe

47

⌚ Preparation time: 60 minutes

👥 Servings: people 4 - 6



To watch the video, click here



BLACK SALAD (AL-ASWAD)



Ingredients:

- 2 tablespoons **Luna** Peanut Butter Creamy
- 2 cloves garlic, minced
- 3 tablespoons Greek yogurt
- 1 teaspoon mixed spices (salt, black pepper, cumin)
- 1 tablespoon **Luna** Tomato Paste
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 1 teaspoon crushed pepper
- 2 medium eggplants



For garnish:

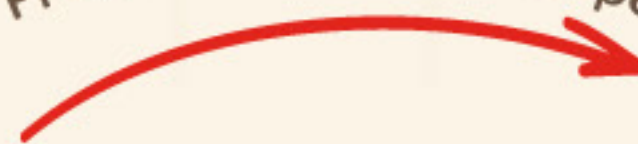
- Lemon wedges
- Parmesan cheese (optional)



Preparation Method:

- 1 **Cut** the eggplants into small cubes. Toss with olive oil and salt, then roast in an air fryer or oven at 180°C (356°F) for 15 minutes until golden.
- 2 **Heat** olive oil in a pan, add a pinch of crushed pepper, then add the **Luna** Tomato Paste and Greek yogurt.
- 3 **Add** the **Luna** Peanut Butter Creamy and a little water to loosen the consistency. Stir well until smooth.
- 4 **Add** the lemon juice, salt, black pepper, and cumin. Add the roasted eggplant and mix gently until well combined.
- 5 **Transfer** the salad to a serving plate and garnish with parmesan cheese and lemon wedges. Serve and enjoy.

Product used in the recipe



Recipe

48

🕒 Preparation time: 30 minutes

👥 Servings: people 1 - 3



To watch the video, click here



POTATO TRAY BAKE WITH WHITE SAUCE



Ingredients:

- 1 can Luna Full Cream
- 5 cream cheese squares
- ½ medium bell pepper, diced
- Grilled chicken breast, cut into cubes
- 2 potatoes, oven-roasted
- ½ medium tomato, diced
- 1 tablespoon olive oil
- 2 eggs, beaten
- 1 teaspoon mixed spices (salt, black pepper, paprika)
- ½ cup chopped spinach leaves
- ½ cup mozzarella cheese



Preparation Method:

- 1 Place the roasted potatoes in a buttered baking dish. Mash and spread them evenly over the base, then drizzle with a little olive oil.
- 2 Add the spinach, tomato, bell pepper, and grilled chicken. Pour the beaten eggs evenly over the mixture, then season with salt, black pepper, and paprika.
- 3 For the white sauce, blend Luna Full Cream with the cream cheese until smooth. Pour the mixture over the dish and top with mozzarella cheese.
- 4 Bake in the oven for 20 minutes until golden and lightly browned. Serve hot with a side salad.

(This recipe is gluten-free and suitable for low-carb and calorie-deficit diets.)

Product used in the recipe



Recipe

49

⌚ Preparation time: 60 minutes

👥 Servings: people 2 - 4



To watch the video, click here



SMOKED FAVA BEANS



Ingredients:

- 1 can Luna Peeled Foul (Secret Recipe)
- 3 tablespoons olive oil
- 1 medium onion, diced
- 1 tablespoon Luna Tomato Paste
- ¼ cup water
- 1 tablespoon mixed spices (cumin, ground coriander)
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 clove garlic, minced



For Smoking:

- 1 piece of charcoal
- 1 small cup
- 1 piece of aluminum foil
- 1 tablespoon olive oil



For Smoking:

- Chopped onion
- 2 tablespoons tahini
- Olive oil
- 1 teaspoon cumin
- A pinch of parsley
- Sliced chili pepper



Preparation Method:

- 1 In a pan, sauté the onion, green chili (if using), and garlic in olive oil until golden. Add Luna Tomato Paste and the mixed spices, and stir well.
- 2 Add Luna Peeled Foul (Secret Recipe), lightly mash them, then pour in the water. Stir and let the mixture simmer until thickened. Add a pinch of parsley and stir briefly.
- 3 For smoking: put 1 tablespoon olive oil in a small cup, place the lit charcoal inside, and carefully set the cup in the center of the pan. Cover the pot for 1 minute to infuse the smoky flavor.
- 4 Transfer the foul to a serving dish. Garnish with chopped onion, tahini, olive oil, parsley, cumin, and sliced chili. Serve and enjoy.

Product used in the recipe



Recipe

50

⌚ Preparation time: 20 minutes

👥 Servings: people 2 - 4





To watch the video, click here



EID DESSERT PISTACHIO TIRAMISU FINGERS



Ingredients:



For the Ladyfinger Layer

- 1 can Luna Evaporated Milk (Full Cream)
- A few drops of rose water



For the Pistachio Praline

- 447 g raw pistachios
- 147 g sliced almonds
- 201 g sugar
- ½ teaspoon sea salt



For the Pistachio Tiramisu Cream

- 50 g Luna Plain Analogue Cream
- 200 g mascarpone
- 10 g Luna Sweetened Condensed Milk
- 3 tablespoons pistachio praline



For garnish:

- Crushed pistachios
- Fresh berries
- Edible gold leaf
- 1 tablespoon berry jam



Preparation Method:

- 1 **Prepare** the Ladyfingers: Mix Luna Evaporated Milk (Full Cream) with simple syrup and a few drops of rose water. Lightly dip the ladyfinger biscuits into the mixture—do not soak, just a gentle coating
- 2 **Prepare** the Pistachio Praline: Roast the pistachios and almonds in the oven at 160°C (320°F) for 12 minutes
- 3 **Melt** the sugar over medium heat until golden, then quickly add the roasted nuts and salt, stirring to coat
- 4 **Spread** the mixture on parchment paper and let it cool. Once cooled, grind it in a food processor until smooth
- 5 **Prepare** the Pistachio Tiramisu Cream: Whip the mascarpone cheese until smooth. Add Luna Plain Analogue Cream and Luna Sweetened Condensed Milk, mixing well. Stir in 3 tablespoons of pistachio praline until the cream is smooth and pipeable

- 6 **Brush** the calzone with egg yolk. Bake in a preheated oven at 180°C (356°F) for 20 minutes on the middle rack until cooked through, then broil briefly until golden on top
- 7 **Brush** the baked calzone with melted butter mixed with fresh parsley. Serve hot and enjoy

Chef Mona Mosly's Notes

- Dip the ladyfingers lightly to prevent them from falling apart
- Chill for 60–30 minutes before serving for best results



Product used in the recipe

Recipe

51ف

⌚ Preparation time: 60 minutes

👥 Servings: people 6 - 8





To watch the video, click here 



COCOA BISCUIT BALLS



Ingredients:

- 1 can Luna Sweetened Condensed Milk
- 1 teaspoon liquid vanilla
- 2 packs tea biscuits



For garnish:

- 1 tablespoon cocoa powder
- 1 tablespoon Luna Sweetened



Preparation Method:

- 1 Grind the tea biscuits into fine crumbs. Add Luna Sweetened Condensed Milk and vanilla, then mix well until combined
- 2 Take half of the mixture and add the cocoa powder, mixing until evenly incorporated
- 3 Take a portion from the plain mixture, fill it with a small amount of the cocoa mixture, then roll it between your hands to form a ball
- 4 Roll the balls in the crushed biscuits, then decorate with a drizzle of Luna Sweetened Condensed Milk and a light dusting of cocoa powder. Serve and enjoy

Recipe

52

 Preparation time: 30 minutes

 Servings: people 5 - 7

Product used in the recipe





To watch the video, click here 



EID CHARLOTTE CAKE



Ingredients:

- ½ can Luna Sweetened Condensed Milk
- 1 small pack cream cheese
- 1 cup frozen berries
- 1 white chocolate bar
- 1 can Luna Plain Analogue Cream
- 1 teaspoon vanilla
- Sugar (to taste)
- 1 cup liquid milk
- 2 packs ladyfinger biscuits
- 2 sachets whipped cream
- Zest of 1 lemon



For garnish:

- Strawberries (optional)



Preparation Method:

- 1 **Melt** the white chocolate in the microwave for 1 minute, stirring every 30 seconds. Dip the ends of the ladyfingers into the melted chocolate and set aside until firm.
- 2 **In a bowl** or blender, mix the cream cheese, Luna Sweetened Condensed Milk, Luna Plain Analogue Cream, whipped cream powder, and vanilla until light and smooth.
- 3 **Place** the frozen berries in a saucepan with sugar and lemon zest. Cook over medium heat, stirring until softened and combined, then set aside to cool.
- 4 **Arrange** the chocolate-dipped ladyfingers upright around the edges of a spring form pan
- 5 **Dip** the remaining ladyfingers briefly in milk and arrange them at the bottom of the pan to cover the base
- 6 **Pour a layer** of the prepared cream into the pan, followed by a layer of berry compote. Cover with a layer of milk-dipped ladyfingers and repeat the layers until all ingredients are used
- 7 **Pour a very thin layer** of melted white chocolate over the top (keep it very thin so it can be easily sliced with a warm knife). Garnish with strawberries and serve

Recipe

53

 Preparation time: 60 minutes

 Servings: people 5 - 3

Product used in the recipe





To watch the video, click here 



STUFFED GHRAYBEH COOKIES




Ingredients:

- 4 tablespoons Luna Peanut Butter Creamy Dark
- 2 cups powdered sugar
- 2 cups ghee, at room temperature
- 2 tablespoons cornstarch
- 4 cups all-purpose flour



Preparation Method:


- 1 Mix the ghee and powdered sugar until creamy and smooth
- 2 Add the flour and cornstarch, then knead until a soft, cohesive dough forms
- 3 Shape the dough into evenly sized balls and make a small indentation in the center of each using a spoon.
- 4 Bake the cookies on the lower rack of the oven at 180°C (356°F) for about 10 minutes, until lightly golden.
- 5 Once the cookies have cooled, fill the indentation with Luna Peanut Butter Creamy Dark Choco. Serve and enjoy.

Product used in the recipe 

Recipe

54

 Preparation time: 50 minutes

 Servings: people 8 - 10





To watch the video, click here 



CRISPY CINNAMON-PECAN CROISSANT BITES



Ingredients:



For the White Sauce

- 1 can Luna Sweetened Condensed Milk
- 6 cream cheese squares
- 2 tablespoons toasted



For the Main Layer

- Mini croissants
- 1 tablespoon brown sugar
- ½ cup melted butter
- 1 tablespoon ground cinnamon



For garnish:

- Toasted, chopped pecans



Preparation Method:

- 1 **Slice** the mini croissants into thin pieces and place them in a bowl. Add the melted butter, brown sugar, and cinnamon, then toss well until evenly coated. Transfer to a baking tray.
- 2 in a preheated oven at 180°C (356°F) for 10–8 minutes, or until the croissants are golden and crispy.
- 3 In a bowl, mix the cream cheese with Luna Sweetened Condensed Milk and toasted milk powder until the sauce is smooth and well combined.
- 4 Arrange the crispy croissants on a serving plate, drizzle with the white sauce, and garnish with toasted pecans. Serve and enjoy the

Recipe

55

 Preparation time: 40 minutes

 Servings: people 8 - 6

Product used in the recipe







To watch the video, click here 



BAKED FAVA BEANS WITH EGGS (CLAY POT STYLE)



Ingredients:

- 1 can **Luna** Peeled Foul (Saudi Recipe)
- ¼ teaspoon mixed spices (salt, cumin, paprika)
- 2 tablespoons oil (paprika)
- 2 tablespoons **Luna** Tomato Paste
- 2 small onion, finely chopped
- 3 eggs
- ¼ cup water



For garnish:

- Crushed chili
- Parsley
- Fresh thyme



Preparation Method:

- 1 **Sauté** the onion in oil until golden. Add the **Luna** Tomato Paste and stir well to combine
- 2 **Add** **Luna** Peeled Foul (Saudi Recipe), spices, and ¼ cup of water. Stir all ingredients together and let simmer over low heat until thickened.
- 3 **Transfer** the fowl mixture to a clay pot. Crack the eggs over the top.
- 4 **Place** the clay pot under a preheated top grill at 180°C (356°F) until the eggs are cooked to your preference.
- 5 **Garnish** with crushed chili, fresh thyme leaves, and parsley. Serve hot and enjoy.

Product used in the recipe



Recipe **56**

- 🕒 Preparation time: 50 minutes
- 👥 Servings: people 3 - 5



To watch the video, click here



WINTER SAHLAB WITH WHITE CHOCOLATE FLAVOR



Ingredients:

- 1 can Luna Evaporated Milk (Full Cream)
- 2 tablespoons sahlab powder or cornstarch
- 2 teaspoon liquid vanilla
- 2 cups liquid milk
- 180 g white chocolate
- 3 Sugar (to taste)



For garnish:

- Crushed pistachios
- Cardamom
- Walnuts
- Mastic and cinnamon sticks (optional)



Preparation Method:

- 1 In a pitcher or saucepan, mix the liquid milk, Luna Evaporated Milk (Full Cream), sahlab powder, and vanilla while still cold.
- 2 Place the mixture over low heat, stirring continuously. Add the white chocolate and sugar to taste.
- 3 Continue stirring until the mixture thickens and becomes smooth.
- 4 Pour the sahlab into serving cups and let it sit for a few seconds until a smooth surface forms.
- 5 Garnish with walnuts, pistachios, a pinch of mastic, and cinnamon sticks. Serve warm and enjoy.

Product used in the recipe



Recipe

57

⌚ Preparation time: 20 minutes

🍽 Servings: people 2 - 4



To watch the video, click here 



CREAMY WHITE CHICKEN SOUP



Ingredients:

- 1 can Luna Evaporated Milk (Full Cream)
- 2 tablespoon oil
- ½ cup chopped carrots
- Chicken breast, cut into pieces
- 1 teaspoon mixed spices (sweet paprika, salt, black pepper)
- ½ cup chopped bell pepper
- ½ cup chopped onion
- ½ cup boiled corn
- ½ cup oats
- ¼ cup chopped parsley
- 2 cloves garlic, minced
- 5 cups boiling water



Preparation Method:


- 1 **Sauté** the onion in oil until softened.
- 2 **Add** the chicken and garlic, stirring until the chicken turns golden.
- 3 **Add** the bell pepper, carrots, corn, and spices, and sauté briefly with the chicken.
- 4 **Pour** in the boiling water, add the oats, and stir to combine.
- 5 **Cover** the pot and cook over medium heat for 15–10 minutes.
- 6 **Add** Luna Evaporated Milk (Full Cream) and parsley, and let it simmer for just a few seconds.

product used in the recipe 



Recipe **58**

 Preparation time: 50 minutes

 Servings: people 3 - 5



To watch the video, click here



HEALTHY ROYAL MASOOB



Ingredients:

- 1/3 can Luna Evaporated Milk (Full Cream)
- 1 tablespoon Luna Plain Analogue Cream
- 2 pitted dates, chopped
- 1 small banana, mashed
- 1 tablespoon low-calorie sweetener (optional)
- 1 tablespoon Luna Cheddar Cheese
- 40 g whole oats
- 1 cup almond milk
- 1 tablespoon Sidr honey
- A pinch of black seed (Nigella sativa), optional



Preparation Method:

- 1 **Add** the oats, chopped dates, and almond milk to a saucepan. Cook over medium heat for about 3 minutes, stirring, until the mixture thickens.
- 2 **Add** the mashed banana and Luna Evaporated Milk (Full Cream). Continue cooking until the oats are fully cooked and the mixture thickens. Add the low-calorie sweetener if you prefer it sweeter.
- 3 **Spoon** the cooked oats into serving bowls. Top with Luna Plain Analogue Cream, grate Luna Cheddar Cheese over the top, then drizzle with honey and sprinkle with black seed. Serve and enjoy.

Product used in the recipe



Recipe 59

⌚ Preparation time: 20 minutes

👥 Servings: people 2 - 4



To watch the video, click here



PEPPERONI CALZONE



Ingredients:



For the Tomato Sauce

- ½ can Luna Tomato Paste
- 2 tablespoons olive oil
- 1 teaspoon sugar
- 1 teaspoon Italian



For the Tomato Sauce

- ¼ cup cheddar cheese
- ¼ cup mozzarella cheese
- 3 slices pepperoni



For the Dough

- 2 cups all-purpose flour
- 1 teaspoon salt
- 1 tablespoon sugar
- 2 tablespoons olive oil
- 1 cup water
- 1 tablespoon instant yeast



For garnish:

- 1 egg yolk
- 2 tablespoons melted
- A pinch of fresh parsley



Preparation Method:

- 1 In a bowl, combine the flour, sugar, salt, and instant yeast. Add the water and olive oil, then knead until a smooth dough forms. Cover and let rise for 1 hour.
- 2 In a small bowl, mix Luna Tomato Paste with the Italian seasoning, sugar, and olive oil until well combined
- 3 Roll out the dough into a circle. Spread the tomato sauce over one half of the dough
- 4 Sprinkle the cheddar and mozzarella cheeses over the sauce, then arrange the pepperoni slices on top
- 5 Fold the uncoated half of the dough over the filling. Seal the edges by folding and pressing firmly
- 6 Brush the calzone with egg yolk. Bake in a preheated oven at 180°C (356°F) for 20 minutes on the middle rack until cooked through, then broil briefly until golden on top
- 7 Brush the baked calzone with melted butter mixed with fresh parsley. Serve hot and enjoy

Product used in the recipe



Recipe

60

⌚ Preparation time: 50 minutes

👥 Servings: people 2 - 4





To watch the video, click here 



PEANUT CHICKEN SALAD



Ingredients:

- 1½ tablespoons Luna Peanut Butter Creamy
- 3 boneless chicken breastst
- ½ cup olive oil
- 1 head lettuce
- 1 tablespoon honey
- 1 teaspoon mixed spices (salt, black pepper, paprika)
- 1 lemon
- 2 carrots, grated
- ½ bunch red cabbage
- 2 cucumbers
- ½ bunch coriander
- 2 carrots, grated
- 3 tablespoons olive oil




For garnish:

- 1 can ready-made potato sticks (preferably chili-flavored)



Preparation Method:

- 1 **Cut the** chicken breasts into two equal pieces. Season with the spices, add 1 tablespoon lemon juice, and 3 tablespoons olive oil
- 2 **Sear the** chicken on a hot griddle or pan for about 6 minutes on each side, until cooked through and golden
- 3 **In a blender**, add half of the coriander, the juice of one lemon, ½ cup olive oil, honey, a little water, and Luna Peanut Butter Creamy. Blend until smooth and well combined
- 4 **Chop** the vegetables and toss them in a serving bowl with 1 teaspoon salt. Arrange the grilled chicken slices on top
- 5 **Garnish** the salad with the potato sticks, then drizzle with the peanut butter dressing. Serve and enjoy

Product used in the recipe 



Recipe

61

 Preparation time: 40 minutes

 Servings: people 2 - 4



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CREAMY TOMATO SOUP



Ingredients:

- 2 tablespoons Luna Tomato Paste
- 2 cups water
- 1 teaspoon mixed spices (salt, black pepper, paprika)
- 2 tablespoons olive oil
- 4 medium tomatoes
- ¼ cup cooking cream
- 4 garlic cloves




For garnish:

- A few coriander leaves
- 1 tablespoon cooking cream



Preparation Method:

- 1 Heat 2 tablespoons of olive oil in a pot. Place the tomatoes at the bottom, then add the garlic cloves.
- 2 Cover the pot and cook over medium heat for about 10 minutes until the tomatoes soften.
- 3 Peel the tomatoes and mash the pulp with a fork.
- 4 Add Luna Tomato Paste, spices, and water.
- 5 Blend the mixture with a hand blender until smooth.
- 6 Stir in the cooking cream and simmer for 5 minutes until the soup thickens slightly.
- 7 Serve hot, garnished with a spoon of cream and a few fresh coriander leaves.

Product used in the recipe 



Recipe

62

 Preparation time: 30 minutes

 Servings: people 3 - 5



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FAVA BEANS WITH CRISPY POTATOES



Ingredients:

For the Fava Beans

- 2 can Luna Peeled Foul (Saudi Recipe)
- 1 tablespoon tomato paste
- 1 medium tomato, chopped
- 1 teaspoon (salt, cumin, black pepper)
- 1 medium onion, chopped
- 1 lemon
- 1 tablespoon olive oil

For the Crispy Potatoes

- 1 medium potato
- 2 tablespoons lemon juice
- 2 tablespoons olive oil (for frying)
- 1 tablespoon ketchup
- A handful of parsley leaves
- 1 tablespoon pomegranate molasses
- 1 teaspoon (salt, cumin, black pepper)




For garnish:

- 2 tablespoons tahini
- 1 tablespoon olive oil
- 1 tablespoon pomegranate seeds
- 1 teaspoon pomegranate molasses



Preparation Method:

- 1 **Sauté** the chopped onion in olive oil until golden.
- 2 Add the tomato paste and chopped tomato, season with salt, cumin, and black pepper. Stir and simmer until the mixture thickens
- 3 Add Luna Peeled Foul (Saudi Recipe) and lightly mash them to create a smooth texture. Stir and cook until fully heated
- 4 Fry or air-fry the potato in olive oil until golden and crispy
- 5 Toss the crispy potatoes with parsley, pomegranate molasses, ketchup, spices, and lemon juice
- 6 In a serving dish, place a layer of the foul mixture, then top with the crispy potatoes
- 7 **Drizzle** with tahini, pomegranate molasses, and olive oil, and sprinkle with pomegranate seeds for garnish. Serve warm

Product used in the recipe 



Recipe

63

 Preparation time: 50 minutes

 Servings: people 3 - 5



To watch the video, click here 



CREAMY STUFFED PASTA SHELLS



Ingredients:

For the Filling

- 4 chicken breasts, cut into small cubes
- 1 medium onion, chopped
- 1 tablespoon vegetable oil
- ½ teaspoon each: salt, paprika, black pepper, cumin
- ½ cup grated carrot
- 2 colored bell peppers,
- ½ cup water

For the Pasta

- 1 box large pasta shells


For the Cream Sauce

- 2 cans Luna Plain Analogue Cream
- 3 tablespoons cream cheese
- 3 tablespoons mozzarella cheese
- 4 tablespoons ready-made



Preparation Method:

- 1 **Heat** the vegetable oil in a pan, add the chicken, and sauté until fully cooked
- 2 **Add** onion, carrot, bell peppers, and spices, and continue sautéing until the vegetables are tender
- 3 **Add ½ cup water** and simmer until the filling thickens
- 4 **Cook** the pasta shells in boiling water with a pinch of salt and a drizzle of oil for 10 minutes. Drain and rinse under cold water for a few minutes. Once cooled, stuff the shells with the chicken-vegetable mixture
- 5 **Spread a layer** of béchamel sauce on a baking tray, place the stuffed shells on top, and pour another layer of sauce over them
- 6 **Mix** Luna Plain Analogue Cream with cream cheese and spread evenly over the tray to cover the shells completely. Sprinkle with mozzarella cheese and a pinch of paprika
- 7 **Broil** in a preheated oven from the top for 5 minutes, or until the top is golden and lightly browned. Serve hot and enjoy!

Product used in the recipe 



Recipe

64

 Preparation time: 50 minutes

 Servings: people 3 - 5



To watch the video, click here 



MEAT PIZZA CUPS



Ingredients:

- 2 tablespoons Luna Tomato Paste
- Cheddar cheese slices
- 2 eggs
- 2 tablespoons diced bell
- 2 tablespoons diced tomato
- 40 g mozzarella cheese
- 1 teaspoon mustard
- 1 teaspoon each of black pepper, salt, paprika, and oregano
- 2 tablespoons diced onion



Preparation Method:

- 1 Season the minced beef with salt, black pepper, paprika, and oregano
- 2 Divide the beef into two equal portions, then shape each portion into cups using an empty glass
- 3 Crack one egg into each beef cup and sprinkle with a pinch of salt and black pepper. Then layer in the mozzarella cheese, diced tomatoes, onion, and bell pepper
- 4 Add Luna Tomato Paste and 1 teaspoon of mustard. Cover the top of each cup with Cheddar cheese slices, and finish by sprinkling a small amount of spices on top.
- 5 Bake the beef cups in the oven or air fryer for 20–30 minutes
- 6 Serve with a salad or mashed potatoes. Enjoy!

(This recipe is suitable for a low-carb or calorie-restricted diet.)

Recipe

65

 Preparation time: 30 minutes

 Servings: people 1 - 3

Product used in the recipe







To watch the video, click here



MIXED FAVA BEANS WITH SAUDI SEASONING



Ingredients:

- 1 can Luna Peeled Foul (Saudi Recipe)
- 2 tablespoons Cheddar
- 1 tablespoon tomato paste
- 1 teaspoon each of salt and cumin
- ½ bell pepper, diced

For garnish

- Chopped onion
- Diced tomato
- Lemon wedge



Preparation Method:

- 1 **Sauté** the onion in olive oil in a pan, then add the diced bell pepper and tomato.
- 2 **Stir** in the tomato paste, salt, and cumin. Cook while stirring until the mixture thickens.
- 3 **Add** Luna Peeled Foul (Saudi Recipe) and mix well with the sautéed vegetables.
- 4 **Add** a little water, stir, and let the mixture cook for a few minutes until the fowl are fully cooked.

- 1 tomato, diced
- 1 small onion, chopped
- 1 boiled or grated egg
- 2 tablespoons olive oil
- 2 tablespoons feta cheese

- Chili pepper
- Fresh coriander





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CRISPY FAVA BEAN BALLS




Ingredients:

- 1 can Luna Foul Medames (Saudi Recipe)
- 3 tablespoons fresh
- 1 teaspoon each of salt, black pepper, and cumin
- 1 egg
- 3 medium potatoes
- 1 cup breadcrumbs
- ½ cup mozzarella cheese
- Plenty of oil for frying



Preparation Method:

- 1 **Boil** the potatoes, then mash them thoroughly while still hot. Add the spices, coriander, and Luna Foul Medames (Saudi Recipe), and mix until well combined.
- 2 **Shape** the mixture into evenly sized balls, then stuff each ball with mozzarella cheese.
- 3 **teach** ball in the egg, then coat with breadcrumbs. Fry in oil or cook in an air fryer until golden brown. Serve and enjoy!

Product used in the recipe 



Recipe

67

 Preparation time: 30 minutes

 Servings: people 3 - 5



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FOUL WITH CHEESE AND HERBS



Ingredients:

- 1 can **Luna** Peeled Foul (Secret Recipe)
- 1 medium onion, diced
- 2 tablespoons vegetable oil
- ¼ cup chopped coriander and dill
- ¼ cup mozzarella cheese
- 2 tablespoons **Luna** Tomato Paste
- ½ cup tomato juice
- 1 tablespoon liquid cheese
- ¼ cup Cheddar cheese

For garnish

- 3 cubes of white cheese
- A pinch of coriander and dill



Preparation Method:

- 1 **Sauté** the onion in vegetable oil until golden, then add the Luna Tomato Paste, tomato juice, and spices.
- 2 **Add** **Luna** Peeled Foul (Secret Recipe), stir, and let the mixture simmer until thickened.
- 3 **Pour** the foul into a baking dish. Add the herbs (coriander and dill) and liquid cheese, then sprinkle Cheddar and mozzarella on top.
- 4 **Place** the dish in a preheated oven for a few minutes until the cheeses melt. Garnish with white cheese cubes and a pinch of coriander and dill. Serve and enjoy!



Product used in the recipe



Recipe

68

 Preparation time: 50 minutes

 Servings: people 3 - 5



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KARAK CAKE

Ingredients:

Karak Tea Ingredients

- 1 can Luna Evaporated Milk (Full Cream)
- ¼ cup loose tea leaves
- 2 cups water

Cake Ingredients

- 4 eggs
- 1 cup sugar
- A pinch of salt

Cream Ingredients

- ½ can Luna Sweetened Condensed Milk

For garnish

- Damask rose petals

Preparation Method:

- 1 **Beat** the eggs, sugar, and vanilla for 5 minutes until the mixture is fluffy. Gently fold in the flour, salt, and baking powder until the batter reaches a smooth consistency.
- 2 **Pour** the batter into a greased baking pan and bake in a preheated oven at 180°C (356°F) for 30–25 minutes.
- 3 **Boil** the tea leaves with cinnamon, cardamom, sugar, and water for 10–7 minutes. Add Luna Evaporated Milk (Full Cream) and let it simmer with the tea for 5 minutes, then allow the mixture to cool completely.

- 3 tablespoons sugar
- 1 cinnamon stick
- ¼ teaspoon ground cardamom

- 1 teaspoon liquid vanilla
- 1½ cups flour
- 1 tablespoon baking powder

- 250 ml whipping cream

- Crushed pistachios (optional)


- 4 **Poke** evenly spaced holes in the cake using a wooden skewer, then pour the cooled Karak tea over the holes so the cake absorbs the tea.
- 5 **Whip** the cream with Luna Sweetened Condensed Milk until firm, then spread it over the surface of the cake
- 6 **Garnish** with crushed pistachios and Damask rose petals. Serve chilled, optionally with a small cup of Karak tea on the side. Enjoy!

Recipe

69

 Preparation time: 60 minutes

 Servings: people 4 - 6

Product used in the recipe 





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CAULIFLOWER CASSEROLE WITH WHITE SAUCE



Ingredients:

- 1 tablespoon **Luna** Tomato Paste
- 1 large potato, diced
- 1 large bell pepper, diced
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 150 g chicken breast
- 1 teaspoon each of salt, black pepper, cumin, and paprika
- 1 medium cauliflower
- Plenty of oil for frying




White Sauce Ingredients:

- 1 can **Luna** Full Cream
- 1 cup mozzarella cheese
- 3 tablespoons **Luna** Cream Cheese



Preparation Method:

- 1 Fry the potatoes and cauliflower in plenty of oil or in an air fryer, then transfer them to a baking dish
- 2 Sauté the onion and garlic until golden, then add the chicken breast, bell pepper, and spices. Continue stirring until the chicken is fully cooked
- 3 Add 1 tablespoon of **Luna** Tomato Paste, stir, and let the mixture thicken slightly
- 4 Spread the chicken mixture over the fried potatoes and cauliflower in the baking dish
- 5 Mix **Luna** Full Cream with 3 tablespoons of **Luna** Cream Cheese Analogue.
- 6 Pour the sauce over the casserole, then sprinkle with mozzarella cheese. Broil in the oven until the top turns golden brown. Serve and enjoy!


Product used in the recipe 



Recipe

70

 Preparation time: 60 minutes

 Servings: people 3 - 5





**ENJOY
YOUR MEAL**

