

a barefoot
recipe!

Rose Milkshake

Recipe by Faaiza Osman, blogger at Modest Munchies and coauthor of *Ramadan on Rahma Road*

This **Rose Milkshake** is a deliciously fragrant milkshake made from rosewater syrup, ice cream and milk. It's the perfect texture and a perfect treat on a hot day. You can make it with or without a blender!

What is rosewater?

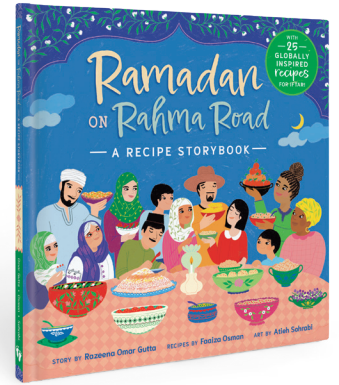
Rosewater is made by soaking rose petals in water. It's a very common addition to desserts in both Middle Eastern and Indian cooking. If you can't find rosewater at the grocery store, you can use rose essence or extract with normal water.

What is rose syrup?

Rose syrup is made by boiling rosewater, sugar and pink food coloring in a saucepan on the stove. Or, you can find it at the grocery store in the Indian section, at Indian supermarkets or online.

Ingredients:

- 1 cup plain or vanilla ice cream
- 1/3 cup milk
- 1/4 cup rose syrup
- rose petals
- whipped cream



Ramadan on Rahma Road

Written by Razeena Omar Gutta

Recipes by Faaiza Osman

Illustrated by Atieh Sohrabi



Illustration © Atieh Sohrabi
from *Ramadan on Rahma Road*



Barefoot Books
step inside a story

www.barefootbooks.com

a barefoot
recipe!

Rose Milkshake, *continued*

Instructions:

- 1) Put the ice cream into a bowl or jug and let it melt slightly
- 2) Use a spoon to combine the ice cream, milk and rose syrup until it all comes together (alternatively, use a blender)
- 3) Pour the milkshake into a tall glass
- 4) Top with whipped cream, more rose syrup and rose petals
- 5) Serve immediately or store without toppings in the fridge for 2–4 hours

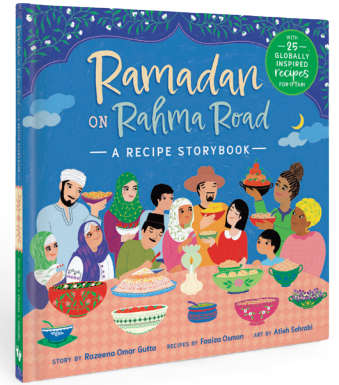
Variations:

- Make it Rose milk by skipping the ice cream and using 1–2 tablespoons of the rosewater syrup and 1 cup of milk
- Make it a Strawberry Rose milkshake by using strawberry ice cream for a floral and fruity flavor
- Make it a Falooda milkshake (also called Bombay Crush in South Africa) by adding basil seeds (also called sabja seeds or tukmaria) and grated red agar jelly



This recipe is adapted from Modest Munchies.

For a more detailed version of the recipe, go to www.modestmunchies.com/rose-milkshake.



Ramadan on Rahma Road

Written by Razeena Omar Gutta

Recipes by Faaiza Osman

Illustrated by Atieh Sohrabi



Illustration © Atieh Sohrabi
from *Ramadan on Rahma Road*



Barefoot Books
step inside a story

www.barefootbooks.com