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Eid
MUBARAK

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PROPAGATING ISLAM AND BENCHMARKING YOUR BUSINESS!

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THE WAY OF LIFE

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Eid Mubarak

EID-UL-FITR

Nabi (Sallallahu alaihi wasallam) said: "The person who stays awake on the nights preceding the 2 Eids occupying himself with ibâdah, his heart will not die on the day when everyone's heart will perish. (His heart will not die during the time of evil and corruption). It could also mean that with the blowing of the trumpet his soul will not become unconscious.

THE METHOD OF PERFORMING EID SALÂH-HANAFI

A person should make the intention of performing two rakâts wajib Eid salâh with six additional takbeers. Then, saying

Allahu akbar he should fold his hands and recite thana. Thereafter he should say Allahu akbar twice and lower his hands. He should then say Allahu akbar for the third time and complete the rakât as normal. In the second rakat after the recitation of surah fateha and the qirât, he should say Allahu akbar thrice and lower his hands each time. Then he should say Allahu akbar the fourth time, proceed for ruku and complete the rakât as usual

THE METHOD OF PERFORMING EID SALÂH-SHAAFI

Imam Nawawi rahimahullahu ta'ala mentioned in al-Majmu,

"The best way (to perform 'eid salah) is that a person recites du'a istiftah (the opening dua) after takbirat al-ihram, thereafter, recite seven takbir in the first rakah beside takbirat al-ihram and takbir for ruku. In the second rakah, he recites five times takbir beside takbir rising from sajdah and for ruku. (al-Majmu: 5: 17) It is Mustahab (recommended) to recite the additional takbir loudly and to recite "subhanallah walhamdulillah walailahailallah wallahu akbar," silently between the two additional takbirs. It is also sunnah to place one's right hand on his left hand between the two takbirs. (see al-Tuhfat: 1: 523).

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At least 342 killed as Israel unleashes wave of attacks on Gaza

Israeli assaults across Gaza resume, effectively shattering the fragile ceasefire with Hamas.

At least 342 Palestinians have been killed as Israel launched a massive assault on Gaza, shattering the fragile two-month-old ceasefire with Hamas.

Tuesday's attack took place across Gaza, including Khan Younis and Rafah in southern Gaza, Gaza City in the north, and central areas like Deir el-Balah.

Many of those killed in the attacks were children, Gaza's Ministry of Health said.

Hamas, which governs Gaza, said it viewed Israel's attacks as a unilateral cancellation of the ceasefire that began on January 19.

"Netanyahu and his extremist government are making a decision to overturn the ceasefire agreement, exposing prisoners in Gaza to an unknown fate," Hamas said in a statement. It called on people in Arab and Islamic nations, along with the "free people of the world", to take to the streets to protest the assault.

The Palestinian Islamic Jihad (PIJ) armed group accused Israel of "deliberately sabotaging all efforts to reach a ceasefire".

Israel's Prime Minister Benjamin Netanyahu said he ordered the military to take "strong action" against Hamas over its refusal to release captives taken from Israel or agree to offers to extend the ceasefire.

"Israel will, from now on, act against Hamas with increasing military strength," the Prime Minister's Office said in a statement.

The Israeli military said on Telegram that it was conducting "extensive strikes on terror targets" belonging to Hamas.

White House Press Secretary Karoline Leavitt said Israel had consulted with United States President Donald Trump about the strikes.

'Remains of their children' in their hands

Ahmed Abu Rizq, a teacher in Gaza, said he and his family woke up to the sound of "Israeli strikes everywhere".

"We were frightened, our children were frightened. We had many calls from our relatives to check, to check [on] ourselves. And the ambulance started to run from one street to another," Abu Rizq told Al Jazeera, adding that families started to arrive at the local hospital with the "remains of their children" in their hands.

Reporting from Deir el-Balah, Al Jazeera's Tareq Abu Azzoum said the strikes were concentrated on heavily built-up neighbourhoods, makeshift schools and residential buildings where people have been sheltering.

"We have heard in the past hour a clear presence of Israeli drones and fighter jets across the skies in the central area and we understand that among those who were found as victims during the attack were newborn babies, children, women and the elderly," Abu Azzoum said, adding that several high-ranking Hamas

officials had also been killed.

Israel-Hamas ceasefire talks stalled

The Government Media Office in Gaza said: "These brutal massacres committed by the Israeli occupation army reaffirm that this occupation only understands the language of killing, destruction, and genocide.

"They expose the true intentions of the occupation in shedding the blood of innocent people without the slightest moral or legal restraint, proving that they have a premeditated plan to continue committing genocide against children and women, as seen on the ground. It confirms that this is an occupation thirsty for blood."

Negotiations on the second phase of the ceasefire deal, which would see the release of nearly 60 remaining captives and the establishment of a permanent ceasefire, have been at an impasse over Israel's insistence that the first stage be extended until mid-April.

Hamas has released about three dozen captives in exchange for nearly 2,000 Palestinian prisoners since the start of the ceasefire.

While Israel did not explicitly declare an end to the ceasefire, senior officials indicated that the assault on Gaza would continue.

Israeli Minister of Defence Israel Katz said the "gates of hell" would open in the enclave if the remaining captives

were not released.

"We will not stop fighting until all of the hostages return home and all the war's aims are achieved," Katz said in a statement.

Reporting from Jordan's Amman, Al Jazeera's Hamdah Salhut said that while Israel has accused Hamas of rejecting various proposals made by negotiators, talks had been stalled after Netanyahu refused to begin negotiations on phase two of the ceasefire deal on February 6.

"Several Israeli analysts, several within the political opposition and several within Netanyahu's own government said that this was the plan all along – a resumption of the fighting, to go back to full-scale war," Salhut said.

"And in fact, there's a new army chief of staff, one who said that 2025 is going to be a year of war – noting that Israel still has a lot of goals to accomplish when it comes to the Gaza Strip, meaning that they are in no way finished with their military action."

Israel's 18-month war on Gaza has levelled much of the enclave, reducing homes, hospitals and schools to rubble.

Israeli forces have so far killed more than 48,000 people in the territory, according to Palestinian health authorities.

Source: Al Jazeera

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Sadaqatul Fitr – Q & A

Q. What is the status of Sadaqatul Fitr, Waajib, Sunnah etc.?

A. Sadaqatul Fitr is Waajib (Fataawa Hindiyyah)

Q. On whom is Sadaqatul Fitr Waajib (compulsory)?

A. Sadaqatul Fitr is Waajib on every Muslim who has the value of Nisaab on the day of Eid after subtracting debts.

Q. I have minor children. Is Sadaqatul Fitr waajib upon them?

A. Yes, Sadaqatul Fitr will have to be discharged on their behalf by their guardian. If they have their own savings then it could be discharged from their money.

Q. To whom can Sadaqatul Fitr be given?

A. Those people who do not have

Zakaat Nisaab and are considered poor.

Q. When can Sadaqatul Fitr be discharged?

A. Sadaqatul Fitr can be discharged before the day of Eid.

Q. What is the deadline for discharging Sadaqatul Fitr?

A. Sadaqatul Fitr should be discharged before the Eid Salaah. If one fails to do so it should be discharged as soon as possible.

Q. Does Sadaqatul Fitr necessarily have to be discharged in cash?

A. No, one can give food etc. to the value of Sadaqatul Fitr.

Q. What is the significance of Sadaqatul Fitr?

A. Sadaqatul Fitr a Sunnah of

Rasulullah (sallallahu alayhi wa sallam) and an opportunity to ease the plight of those in need.

Q. What is the consequence for those who do not discharge Sadaqatul Fitr?

A. Rasulullah (sallallahu alayhi wa sallam) said, the fast remains suspended between the heavens and the earth until Sadaqatul Fitr is discharged. (Targhib)

Q. What is the best method of discharging Sadaqatul Fitr i.e. should I give it to an organisation or individual?

A. It is preferable to pursue the needy and hand it to them personally. However it also permissible to hand it to an organisation provided the organisation discharges it timeously.

Q. What is the position of my Sadaqatul Fitr if I handed it to an organisation that discharged it long after the prescribed time?

A. By giving your Sadaqatul Fitr to an organisation you have appointed them wakeel (representative) on your behalf to discharge your Fitr. Your fitrah will only be discharged when the organisation distributes the money.

Default from their side will be considered a default on your path. It is thus advisable that you query from the organisation as to when and how they discharge their funds.

Q. I did not discharge Sadaqatul Fitr timeously. What should I do?

A. Discharge it as soon as possible.

MAKING UP MISSED DAYS OF RAMADAN

Making Up Missed Days of Ramadan is an obligation that need not be fulfilled immediately because the time for fulfilling is very wide and one may perform it at any time.

This is also the case with the fast of expiation (the act of making atonement: if one intentionally breaks his/her fast).

It has been authentically reported that 'Aishah (may Allah be pleased with her) would make up her missed days during the month of

Sha'ban (the month preceding Ramadan), and that she did not perform them immediately even if she had the ability to do so.

Observing the fast of Ramadan and making up the days are the same with respect to the fact that if one day of Ramadan is missed, then only one day needs to be made up. There is no additional penalty.

When a person makes up the missed days, he need not do so on consecutive days.

This is because Allah says: "For him who is sick or on a journey, [the same] number of other days"

- that is, whoever is sick or traveling and breaks the fast must fast the same number of days that he missed. Allah has ordered the fast in a general manner without any restricting clauses.

As for making up the missed days of Ramadan, ad-Daraqutni recorded from Hazrath Abdullah Ibn 'Umar RA that the Prophet sallallahu alaihi wasallam said:

"If you wish, make them on nonconsecutive days and if you wish on consecutive days."

If one delays performing the missed days of fasting until the next Ramadan comes, he is to fast the present Ramadan and then make up the days from the previous Ramadan. There is no ransom payment to be made, regardless of whether the person delayed the fasting due to some acceptable excuse or not.

Source: Fiqh-us-Sunnah



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AUTISM



"Your child is Autistic"

"Hearing those four simple words was unforgettable and overwhelming"-BB. As a parent of a newly diagnosed child BB struggled to grapple with these four words. Her mind was running wild with fears on how this diagnosis will shape her child's future.

April the 2nd marks World Autism Awareness Day. As a registered Speech-Language Pathologist and Life-Coach our goal is to raise awareness and promote inclusion for Neurodiverse individual and their families.

What is Autism?

Autism is both a medical condition and an example of the variation in human neurology and cognition (Neurodivergence). Neurodivergence refers to the natural variation in the human brain functions, manifesting

as alternative cognitive styles such as those seen in individuals with attention deficit hyperactivity disorder (ADHD), autism, dyspraxia, or dyslexia. (Szulc et al., 2021, p. 858).

How is Autism diagnosed?

According to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) an individual must meet all three of the following criterion for a diagnosis to be made:

1. Difficulties in social emotional exchange.
 2. Difficulties in nonverbal communication used for social interaction.
 3. Deficits in developing and maintaining relationships with others.
- In addition, they should demonstrate at least 2 of the following restricted and repetitive behaviour, interests, or activities:

1. Stereotyped speech, repetitive movements, echolalia (repeating words or phrases, sometimes from television shows or from other people).

2. Rigid adherence to routines and extreme resistance to change
 3. Highly restricted interests with abnormal intensity or focus
 4. Increased or decreased reactivity to sensory input or unusual interest in sensory aspects of the environment
- Autism symptoms usually appear around 12-18 months and progressively increases as the demand for social interaction and communication rises. A parent, caregiver or teacher may notice unusual behaviours and/or delay in communication and seek advice from a registered Medical Practitioner.

Early identification and intervention is crucial to help your child develop their full potential. Parents play an important role in early childhood development and communication.

Here are 7 ways to support communication development in your child:

- 1) Model- children learn by seeing and doing. Model appropriate ways of interaction and play (E.g. your child throws his/her toys while playing). Without forcing your child to play in a manner you seem fit, try to model the appropriate use of toys (E.g. aeroplane flying; feeding the baby doll; drinking from the tea cup etc.)
- 2) Parallel play- children with Autism often have difficulty in joint attention, your child may not necessarily play with you. Therefore try to play alongside your child in a manner that might interest them while modelling appropriate play.
- 3) Repetition- children remember and retain through continuous repetition. Repeat simple vocabulary through play- the more your child hears the more they will remember.
- 4) Create opportunities for communication- While cooking, cleaning or at the grocery store,

- name objects, actions, descriptions. Create barriers to encourage communication in your child's daily routine.
- 5) Encourage your child to look toward your face- If your child avoids eye contact. Instead of saying "look at me" ... hold objects of interest closer to your face while kneeling to your child's level prior to handing them over.
- 6) Understand your child's sensory profile
- 7) Focus on developing their strengths and know that communication is both verbal and non-verbal.

Each child comes with their own blessings and challenges. Parents and guardians with neurodiverse children may struggle with social isolation and increased stress and anxiety. Joining a parent support group and networking with other parents can greatly improve feelings of isolation and stress.

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Hadith no: 89
Narrated: Ibn Umar
On the day of Eid-ul-Fitr and Eid-ul-Adha a spear used to be planted in front of the Prophet (SAW) [as a Sutra for the prayer] and then he would pray.
Relevance: 9.288

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3cups Eastcape brown Lentils (masoor) dhal ;
Saffron optional; Mutton washed and cut ; 2tomatoes ;
4/5 big potatoes washed, cut and fried in deep oil
"Roasted" with food color ; 500ml plain yogurt ;
5big onions ; Ginger Garlic; Grind it with fresh green chillies
and curry leaves ' 2tablespoon of that ginger garlic ;
1bunch each Dhanya, Mint, thyme,
finely chopped ; 2long stems curry leaves finely

Part 2 Spices: Handful Mustard Seeds ;
Handful Jeera ; 4/5 Cinnamon sticks ; 4/5 Big Black Elachie ;
4/5 Star seeds ; 4/5Normal Elachie ; 3Bay leaf (optional)
Powders: 3tblspls leveled chillie powder ; 3heaped tblspls
garam masala ; 1 tblspn tumeric ; Biryani mix roast
on stove and grind it into powder
and put in a container ; 2 tblsp Jeera powder

Method: Wash and cut meat and put in a bowl. Add some oil
and mix so your spices can stick on it well then add the
grounded ginger garlic and mix really well.
Add all your "Powder" spices which is mentioned.
Add the yogurt &mix with salt. You may grate your 2tomatoes
in and mix. Keep in an airtight container over night

Next day -actual cooking:* Boil the rice with with couple
elachies and food color it should be fully cooked and left
aside you may throw those elachies away once done.

Part 3 Cooking: Wash cut and fry onions golden brown not
white or half brown. Keep this aside. Add a cup of oil and
fry your all spices brown. You can cover while the fries so
the aroma doesn't escape, throw in curry leaves here.
Drop in marinade. Fry on low then high with 1cup boiling water
and leave on low for 1hour 40mins. You may peg the corners.
After 1hour you then throw in your 1bunch thyme,
dhanya and mint finely chopped and
leave for the bal. 40mins Check if its cooked and drop
in the Eastcapemasoor dhal with quarter choice/
rama or half/ 1curry spoon ghee.
Mix and add your roasted potatoes.
Once done then throw in the fried onions and
throw in rice on top.
Cover pot and leave to simmer on low.
In a separate pot -heat saffron and some water
and make it melt then you throw over the rice
and peg it, leave for 5mins on stove.

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SUNNATS OF EID

Make this a checklist for Eid Morning :

- Awake very early in the morning
 - Use a miswaak
 - Have a bath
- Dress in one's best available clothes ensuring that it conforms with Shariah
 - Use itr
- Eat a sweet dish (preferably dates before the Eid Salaah)
 - Go early to the Eid Salaah
- Discharge Sadaqatul Fitr before going to the Eid Salaah
- Offer the Eid Salaah at the Eidgaah (for hanafis) or Masjid (for shafis).
- Return from the Eid Salaah taking a route that is different from the one that was taken when going
- Go to the Eid Salaah on foot. However, there is no harm in using any means of conveyance if the Eid Musallah is a distance away
 - Recite the following takbeer while proceeding for the Eid prayer :
Allaahu Akbar Allaahu Akbar. Laa ilaaha illallahu Wallaahu Akbar Allaahu Akbar
Walilaahil Hamd.



THE NIGHTS OF EID

Rasulullâh Sallallâhu ‘alayhi wasallam said:

“The heart of the person who remains awake (in ibâdah) during the night of Eid-ul-Fitr and Eid-ul-Adhâ will not die on the Day when hearts will be dead, i.e. the Day of Qiyâmah.” (Tibrani)

The nights of both Eids, i.e. the nights preceding the Days of Eid, are auspicious occasions which should be observed with reverence and wor-ship.

Rasulullâh Sallallâhu ‘alayhi wasallam said that these nights are great occasions of ibâdah and of gaining the proximity and special Mercy of Allâh Ta’âla.

These blessed nights, should therefore not be allowed to pass by in idleness.

Full advantage should be taken of these opportunities by offering obedience and ibâdah unto Allâh Ta’âla to the best of our abilities. Istighfâr

[seeking forgiveness for sins], Tilâwah [reciting the Qur’ân], Nafil Salâh, Durûd, etc. should be profusely offered on these blessed nights.

Among the rewards which will be obtained as a result of observing the sanctity of these glorious Eid Nights, the greatest reward is the tidings conveyed to us by Rasulullâh Sallallâhu ‘alayhi wasallam in the above-mentioned Hadîth, viz., the heart will not be smitten with terror and fear on the Day of Qiyâmah when the upheavals of that Day will be so fearsome that men will appear to be intoxicated.



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LAYLATUL QADR – Night of power

Amongst the nights of Ramadhaan, there is one called 'Laylatul Qadr', a night that is noted for its greatest blessings. The Noble Qur'an describes it as being greater in blessedness and spiritual virtue than a thousand months, which in turn means that it is more valuable than eighty three years and four months. Fortunate indeed is that person who attains the full blessings of this night by spending it in the worship of Allah, because he has then attained the reward of 'Ibaadah' (worship) for eighty three years, four months and even more. Indeed (the granting of) this night for the faithful Muslims is a great favour.

THE ORIGIN-FROM QURAN

'We have indeed revealed this (message) in the Night of Power.' Reference here is made to the fact that, on this specific night, the Qur'an was sent down from the 'Lawhul Mahfoodh' (the preserved Tablet) to the heavens (above the earth). The mere fact that the Qur'an was revealed on this night would have been sufficient to ensure its greatness. But apart from this fact, it is also noted for many other things. In the very next verse, by way of increasing our interest in the matter under discussion, a question is asked:

'And what will explain to you what the Night of Power is?'

In other words, the question asked here is: Have you any knowledge as to the greatness and importance of this night? Have you any knowledge as to the great favours and bounties that go with it? The next verse proceeds to explain its greatness.

'The night of Power is better than a thousand months'

The true meaning here is that the reward for spending this night in worship (Ibaadah) is better and more than that for having spent one thousand months in worship (Ibaadah); but as to how much more rewarding it is, we are not told here.

'Therein come down the Angels and the Spirit, by Allah's permission on every errand'

A fine explanation is given for this verse by Imaam Raazi. Commenting on this verse, he explains that when man

first appeared on earth, the 'Malaaikeh' looked upon him with concern. They even ventured to ask Allah, 'Will You place on this earth, one who shall be riotous therein and shed blood?'

Similarly, when his parents noted his original form as a mere drop of sperm, they too looked upon it with dislike, so much so, that they considered it as something which polluted the clothes and had to be washed away. But later, when Allah made that same sperm into a fine form of a child, they began to love and cherish him. So far have things now progressed that, when on this Night of Power we find that same man worshipping Allah and adoring Him, then those very Angels (Malaaikeh) descend towards him, obviously repentant for the thoughts they had once harboured against him. In this verse, where it is mentioned (Wa-rruuh) 'and the Spirit...', the reference is to Jibraa'eel (Alayhis salaam) who descends to the Earth during this night.

Commentators of the Qur'an have given various meanings of this word.

Let us look at some of them:

- The vast majority of commentators are agreed that Jibraa'eel (Alayhis salaam) is meant here and, according to Imaam Razi, this is the most correct meaning. Allah first makes mention of the 'Malaaikeh' and then, because of Jibraa'eel (Alayhis salaam)'s special status among them, a separate mention is made of him.
- Some commentators hold the view that 'Spirit' here means one specific Angel of such extra-ordinary and gigantic proportions that before him the Heavens and the Earth appear as small as a morsel.
- Another group of commentators opine that 'Spirit' here means one group of 'Malaaikeh' who never ordinarily appear and only on this night are they seen by other 'Malaaikeh'
- Some commentators believe that 'Spirit' here designates one specific creation of Allah, who partake of food and drink, and yet neither men nor angels.
- There is also a view that 'Spirit' here refers to the Prophet Jesus (Alayhis salaam), who on this night comes

down to look at the righteous deeds of the 'Ummah'

•The last interpretation we wish to mention here is that 'Spirit' means Allah's special 'Mercy' which comes in the wake of the angels descent. There are other interpretations also, but as already stated, the first opinion given above is the best known. In this connection, Imaam Bayhaqi (RA) relates a Hadith by Anas wherein Rasulullah (Sallallaahu Alayhi Wasallam) is reported to have said: 'On 'Laylatul Qadr' Jibraa'eel (Alayhis salaam) comes down with a group of angels and prays for mercy for every one whom they find busy in worship (Ibaadah).'

'By Allah's permission, descend on the Earth for blessed errands...'

The author of Mazaaire Haqq writes that on this night, ages ago, the 'Malaaikeh' were created, long before the creation of Adam (Alayhis salaam) was begun in the shape of a nucleus; on this same night Paradise was planted with tree and numerous Ahaadith bear witness to the fact that on this night prayers are accepted. Similarly, we read in the book, Durre Manthoor, that according to a Hadith it was on this night that the Prophet Jesus (Alayhis salaam) was lifted up bodily into the Heavens, and also it was on this night that the repentance (Tawbah) of Banu Israa'eel was accepted.

'Peace reigns until the break of dawn'

Indeed this night is the very embodiment of peace; the 'Malaaikeh' offer salutations to the faithful believers adoring their Lord. As one group ascends, another group descends (with the same greetings), as indicated in some narrations. Another interpretation is that it is that it is a night of complete safety from evil and mischief. These blessings last all night until the break of dawn, and are not limited to anyone part of the night. And now, having noted a few virtues of this night as explained in the Words of Allah, we now turn to the Hadith where we read more about the virtues of the night.

Regarding this night in a Hadith

reported by Anas (RA) in Durre Manthoor, Rasulullah (Sallallaahu Alayhi Wasallam) is reported to have said: "Laylatul Qadr was granted to this Ummah (of mine) and not to any other 'Ummah' before this" As regards the reason for the granting of 'Laylatul Qadr', various views are held. According to some Ahaadith, one reason is given thus: Rasulullah (Sallallaahu Alayhi Wasallam) used to ponder over the longer lives of peoples of the past ages and when comparing them with, the much shorter lives of his 'Ummah', he became greatly saddened, because if his 'Ummah' wished to compete with the people before them, then because of their shorter lives, it would be impossible for them to either emulate or surpass the previous 'Ummahs' in the doing of righteous deeds.

Therefore, Allah in His Infinite Mercy granted them this night of great blessings. This means that, if any fortunate person of this 'Ummah' during his life-time spends ten such nights in the worship of his Maker, he would have gained the reward of 'Ibaadah' (worship) for eight hundred and thirty three years and even more. Another report states that Rasulullah (Sallallaahu Alayhi Wasallam) once related to the 'Sahaaba' the story of a very righteous man from among the Banu Israa'eel, who spent one thousand months in 'Jihaad'.

On hearing this, the Sahaaba enviously felt that they could not attain the same reward, whereupon Allah granted them this Night (of Power). Still another report states that it so happened that our Nabi (Sallallaahu Alayhi Wasallam) once mentioned the names of the four most pious people from among the Banu Israa'eel, each of whom spent eighty years in Allah's sincere service, worshipping Him and not transgressing in the least. They were Nabi Ayyub, Zakariyya, Ezkeel and Yu'sha (Alayhimus salaam). The 'Sahaaba' heard this, wondering how to emulate their achievements. Then Jibraa'eel (Alayhis salaam) appeared and recited 'Surah Qadr', wherein the blessings of this particular night were revealed.

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Recipes



Recipe LEMON SWISS ROLL

INGREDIENTS

- 4 large eggs
- 3/4 cup granulated sugar
- 1 tsp vanilla extract
- 3/4 cup all-purpose flour
- 1/2 tsp baking powder
- Zest of 1 lemon
- 1 cup heavy whipping cream
- 1/4 cup powdered sugar
- 1 tbsp lemon zest
- 1/2 cup lemon curd
- Whipped cream (for topping)
- Chopped pistachios (optional)
- Powdered sugar (for dusting)

Directions:

1. Preheat your oven to 180°C and line a baking sheet with baking paper. In a mixing bowl, whisk together the eggs and granulated sugar until the mixture is light and fluffy. Then, gently fold in the vanilla extract, all-purpose flour, baking powder, and lemon zest until just combined. Spread the batter evenly onto the prepared baking sheet and let it bake for 10-12 minutes, or until it's beautifully golden.
2. Once it's out of the oven, while it's still warm, carefully roll the cake with the baking paper. Let it cool completely in this rolled-up position.
3. In another bowl, whip the heavy cream with the powdered sugar until you achieve stiff peaks. Gently fold in the lemon zest and lemon curd, creating a creamy lemon filling that's simply heavenly.
4. Unroll the cooled cake, and spread the lemon cream evenly over the top. Roll it back up carefully, ensuring all the filling stays inside. Top it off with a generous dollop of whipped cream, sprinkle with optional chopped pistachios, and finish with a light dusting of powdered sugar.

Recipe FRUIT COCKTAIL JUICE

INGREDIENTS

- 1 punnet strawberries
- 2 x 350ml mediterranean juice
- 1 x 300ml orange juice
- ¼ to ½ cup sugar

DIRECTIONS

Cut and wash strawberries and put in blender, then add the mediterranean juice and orange juice lastly add sugar and blend.

Serve Cold



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