

The time for this is 12 to 15 minutes after sunset. It is better to offer the *magrib* (sunset) prayer and then break one's fast, preferably with water, milk, or dates.

The following prayer/dua may be recited at the time of breaking one's fast:

اللَّهُمَّ لَكَ صُومْتُ وَعَلَىٰ رِزْقِكَ أَفْطَرْتُ وَعَلَيْكَ تَوَكَّلْتُ

ALLAAHUMMA LAKA S'UMTU WA A'LAA RIZQIKA AFT'ARTU WA A'LAYKA
TAWAWKKALTU

O my Allah, for Thee, I fast, and with the food Thou gives me, I break the fast, and I rely on Thee.