

Daniel Fast Recipe Book



Daniel 10:2-3 *“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”*

Fasting- Abstaining from food for spiritual purposes.

Remember that the purpose of fasting is not to lose weight, not to diet, but to draw closer to God. So remember, our focus is not on food, it is on God. This recipe book is a guide to help you during this fast.

Daniel Fast Food List:

Foods to eat

All Fruits: These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

All Vegetables: These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli,

Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All Whole Grains: including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All Nuts: including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All Legumes: These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All Quality Oils: including but not limited to olive, canola, grape seed, peanut, and sesame.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Water: Drink as much as you can. This will help with headaches and speed up the detoxifying.

Foods to Avoid

All Meat and Animal Product: including but not limited to beef, lamb, pork, poultry, and fish.

All Dairy Products: including but not limited to milk, cheese, cream, butter, and eggs.

All Sugars and Artificial Sweeteners

All Leavened Bread and Baked Goods

All Deep Fried Foods

All Solid Fats

Breakfast Foods and Smoothies

Apple Blueberry Oatmeal

2 sweet apples

$\frac{3}{4}$ cup rolled oats

1 cup blueberries

$\frac{1}{2}$ cup almonds

1 cup apple juice

Cook the oats as directed on box. Chop or grind the almonds, chop the apples and combine. Add the blueberries. Top with a sprinkle of nutmeg, cinnamon and apple juice.

Granola

4 cups rolled oats
1 cup crushed almonds
½ cup whole grain flour
1 tsp. cinnamon
¼ cup shredded coconut
1 cup sunflower seeds
½ cup wheat germ or other whole grain bran
¾ - 1 cup honey
1 cup pumpkin seeds

Mix all together and spread out on a non-stick cookie sheet. Bake 20 min. in a 250 degree preheated oven. Stir and continue to bake another 20 min. -stirring periodically to prevent burning. The granola should be lightly browned. Remove from oven and serve warm or cool and store in tightly sealed container or plastic bags. Option : After the granola is cooled, add raisins or other organic, unsulphered dehydrated fruit.

Blueberry Mango Smoothie

- 1 cup water
- 1 cup fresh or frozen mango chunks
- 1 fresh or frozen banana, peeled, sliced
- ½ cup fresh or frozen blueberries
- 1 tablespoon flaxseed meal, optional
- 1 tablespoon unsweetened coconut flakes

Mix all ingredients in a blender until smooth.

Recipe Notes:

Make sure at least one fruit is frozen to have a chilled smoothie. You can also use ice.

To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.

Pour into popsicle molds for a tasty treat!

Make this recipe into a “green” smoothie by adding

1 cup chopped kale or spinach leaves,

Or 1 cup chopped romaine lettuce.

Baked Oatmeal

Preheat oven to 350 degrees

4 cups old fashioned oats (do not use instant or quick cooking)

1 cup chopped apples

½ chopped walnuts

4 cups water

1 teaspoon vanilla

½ cup chopped dates - ¾ cup if you like dates

Combine oats, walnuts and a pinch of salt in a bowl - mix well,

In a separate container combine water and vanilla.

Combine all ingredients (except the dates) and stir gently.

Pour into a lightly oiled 8' x 8" dish.

Bake at 350 degrees for 30 to 60 minutes - keep an eye on this after 30 minutes; the Recipe said 60 minutes, but it was done before that. When done, take out of oven, stir in the dates, and serve.

Serve with soy milk for the Fast. If you like it sweeter use honey or raw sugar-found in most grocery stores with the other sugars.

Strawberry Smoothie

1 ½ cups soy milk

1 bag (10oz) frozen, organic strawberries, partially thawed

1 medium banana, cut into chunks

1/3 cup orange juice

Vanilla, if desired

In blender, blend all for about 1 minute.

Experiment with different fruit and juices

1 bag (10oz) mixed fruit

Banana

1/3 cup orange pineapple juice

Fruit Fantasy

Preparation time: 10 min.

Yields 3 servings

Ingredients:

- 1 banana (not frozen)
- 2 handfuls grapes
- 1 apple
- 3 strawberries (frozen)
- 1 orange
- 8 ice cubes

Directions:

Wash, cut fruit and place in blender. Add ice and blend on high for 2-3 minutes. Makes a Wonderfully refreshing whole fruit drink. I varied some fruits for different tastes. Yummy! This fruit shake is really good. It's fast, easy, delicious and simple. If your fruits are fresh, it's even better. So far, it's my favorite breakfast shake. Go ahead, give it a try!

Soups and Salad

Corn and Potato Chowder

4 cups corn

2 ½ unsweetened plain soy milk

1 onion chopped

1 sweet bell pepper chopped

2 stalks celery chopped

1 carrot diced

3-4 potatoes peeled and diced

2 cups of vegetable broth

Salt

1 tsp paprika

Cayenne pepper to taste (optional)

Blend two cups of corn with soy milk in a blender or food processor. Set aside. Sauté the onion, pepper, celery, and carrot in a couple of tablespoons of olive oil around 10 minutes or until tender. Add potatoes. Sauté for about 10 more minutes. Add the corn/soy milk mixture, the rest of the corn, the broth and the spices. Cook for about an hour or until potatoes are tender.

Vegetable Chili

1 onion
1 sweet bell pepper
1 clove garlic
1 zucchini
1 yellow squash (you can use these or any of your favorite veggies)
1 can kidney beans
1 can great northern beans
2 cans tomatoes
1 can diced green chilies
1 large can of tomato juice
chili powder to taste

Sauté the onion, pepper and garlic until tender. Sauté the other vegetables for 5-10 more minutes. Add the rest of the ingredients; simmer all vegetables until they are tender.

Tomato Basil Soup

- 12 vine ripe tomatoes (or canned if ripe are unavailable)
- 1 package cherry tomatoes
- 2 ½ cups fresh carrot juice (or Odwalla available in juice section)
- 1 large ripe avocado
- 2 yellow onions (chopped)
- 4 cloves garlic (chopped)
- 5 stems fresh basil
- 2 tablespoon pure honey
- 1 bay leaf
- 1 teaspoon oregano
- 1 teaspoon sea salt
- 1 tablespoon red pepper flakes
- 2 tablespoon olive oil

Cook onion and garlic in olive oil until tender. Cut tomatoes and avocado in quarters and place all ingredients in blender and blend on low speed for one minute. Continue to blend on high for an additional minute until creamy. Pour into large soup bowl or crock pot and cook on medium low for 2 to 3 hours.

Garden Vegetable Soup

This recipe calls for fresh vegetables, but substitute with frozen varieties if they are not available.

By the way, tests show that frozen vegetables actually retain more of their vitamins and minerals because they are frozen so soon after harvesting.

Ingredients:

4 tablespoon olive oil
2 quarts vegetable broth
2 cups chopped leeks, white part only (from approximately medium leek)
4 cups peeled, seeded and chopped tomatoes
2 ears corn, kernels removed
2 tablespoon finely minced garlic salt
½ teaspoon freshly ground black pepper
2 cups carrots, peeled and chopped into rounds (approximately 2 medium)
¼ cup packed, chopped fresh parsley leaves
1-2 teaspoons freshly squeezed lemon juice
2 cups peeled and diced potatoes
2 cups fresh green beans, broken or cut into ¾ inch pieces

Preparation:

Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat.

Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes.

Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.

Add the stock, increase the heat to high, and bring to simmer.

Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until vegetables are fork tender, approximately 25 to 30 minutes.

Remove from heat and add the parsley and lemon juice. Season, to taste, with kosher salt. Serve immediately.

Minestrone Soup

8 cups vegetable stock
1 ½ cups of garbanzo beans
2 cups red kidney beans
½ cup carrots
3 medium tomatoes (or 1-14 oz. can of unsweetened, unsalted Italian tomatoes)
½ cup fresh parsley sea salt
1 cup cabbage, ¼ tsp. oregano, ¾ tsp. basil
¼ teaspoon thyme, ½ cut celery, ½ cup onion
1 clove garlic
1 pkg. spinach noodles, cooked

Soak garbanzo and kidney beans overnight, drain and rinse. Peel and dice tomatoes. Cook and drain kidney and garbanzo beans as per directions on pkg. Mince garlic and parsley. Chop Carrots, onion, celery, cabbage and garlic and sauté in water or soup stock over medium heat 5-7 minutes. Stir in cooked and drained kidney beans, garbanzo beans, diced tomatoes, and minced herbs. Bring to a simmer, then turn heat down and simmer 10 minutes. Stir in cabbage and parsley with lid partially on for about 15 min. or until cabbage is tender. Add more soup stock or tomatoes as needed. Serve over noodles.

Black Bean and Corn Salad

Ingredients:

1 can, 14 ounce black beans, rinsed and drained
2 cups frozen corn kernels
1 small red bell pepper, seeded and chopped
½ red onion, chopped
1 ½ teaspoon ground cumin
2 teaspoon hot sauce, just eyeball the amount
(recommended: Tabasco)
1 lime, juiced
2 tablespoons vegetable or olive oil, eyeball it
Salt and pepper

Direction:s

Combine all ingredients in a bowl. Let stand at least 15 minutes for corn to fully defrost and flavors to combine, then toss and serve. The corn will also place a quick-chill on this side-salad as it defrosts-no need to refrigerate!

Avocado and Vegetable Salad (Legumes)

1 small lettuce
1 med. tomato
1 med. cucumber
1 med. avocado
1 sm. onion
½ teaspoon olive oil
1 tablespoon vinegar
Salt to taste

Tear lettuce and place in bowl. Slice thinly the tomato, cucumber, avocado and onion-add to lettuce. Mix olive oil, vinegar and salt. Pour over vegetables and mix well. Serves 6.

Beautiful Green Salad

This is a basic green salad with a little “zip” to it.

Ingredients:

8 cups baby spinach leaves

½ medium red onion, slice and separated into rings

1 cucumber, seeds removed and cut into ½ inch chunks

1 sweet orange, sliced into sections or triangles

1 ½ cups naturally sweetened dried cranberries

1 cup roasted sliced almonds

Preparation:

Place servings of spinach onto salad plates. Top with red onion, cucumber chunks, orange slices, cranberries, and sliced almonds in that order.

Drizzle dressing over each salad.

Yield: 6 servings

Vegan ooolala Salad Dressing

Preparation time: 1 minute

Yields 4 servings

Ingredients:

¼ cup extra virgin olive oil

1 teaspoon Dijon Mustard

¼ cup balsamic vinegar

1 clove garlic, crushed

½ teaspoon basil

½ teaspoon oregano

Fresh Ground pepper to taste

Directions:

Whisk all ingredients together, toss with green salad and voila!

Awesome Vegan Ranch Dressing

Preparation time: 3 minutes

Ingredients:

½ cups soy milk, unsweetened

2 -3 tablespoon vinegar

½ cup tofu mayonnaise

1 tablespoon dried or fresh parsley

1 teaspoon onion powder
(finely chopped)

1 teaspoon garlic powder

salt and pepper to taste

Directions:

Mix all ingredients in food processor. This recipe tastes totally like the regular Ranch dressings on shelves in supermarkets.

Everybody loves it and they all want the recipe hearing that it is vegan and so much healthier for you. I use it on salads, brown rice, baked potatoes, steamed veggies and a little thicker (add a bit more tofu mayo) as a veggie dip for raw vegetables.

Lemon Olive Oil Dressing

1/3 cup fresh lemon juice (1 large or 1 ½ small lemons)

¾ cup olive oil (or sometimes I mix canola and olive)

1-2 tablespoons tamari soy sauce

2 large cloves garlic, crushed

Fresh ground black pepper to taste

Shake all ingredients in a bottle. Toss with fresh salad greens. Store leftover dressing in Refrigerator.

Main Dishes

Spaghetti Sauce

This quick and easy sauce can be used with whole wheat pasta or over spaghetti squash. You can make ahead of time and freeze.

1 onion chopped

1 bell pepper chopped

2-3 cloves of garlic minced

1 carrot chopped

Fresh mushrooms chopped

1 small can diced tomatoes

1 large can crushed tomatoes

1 small can tomato paste

Sauté onion, pepper, garlic, carrot and mushrooms until tender. Add remaining ingredients. Simmer for 30-45 minutes.

Antipasto Pizza Pie

Crust:

- 3 cups cooked brown rice
- 2 tablespoons extra-virgin olive oil
- 1/4 cup oat flour (see Recipe Notes)
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder

Sauce:

- 1 (8-ounce) can tomato sauce
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- 1/4 teaspoon garlic powder

Toppings:

- 1/4 cup chopped canned artichoke hearts, drained
- 1/4 cup chopped black olives
- 1/4 cup chopped jarred roasted red bell peppers, drained
- 2 ounces extra-firm tofu, grated (about 1/2 cup)
- 1 tablespoon chopped fresh parsley

Instructions

Preheat oven to 400 degrees. Mix rice, olive oil, oat flour, garlic powder, and onion powder in a large bowl. Stir well. Rub bottom and sides of a 9 by 2-inch pie plate with olive oil. Press rice evenly over bottom and up about 1 inch along sides to make the crust. Bake 8-10 minutes or until rice is lightly browned. Combine tomato sauce, basil, oregano, parsley, and garlic powder in a small bowl. Spread over crust, and top with artichokes, olives, and peppers. Sprinkle grated tofu and parsley over all. Bake 10 minutes. Let pie rest 5 minutes so slices stay intact when you serve them.

Yield: 4-6 servings (serving size: 1-2 slices pie)

Recipe Notes

- Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (1 cup oats will yield about 3/4 cup ground oats).
- If you don't have a grater, use your hands to crumble tofu into small pieces.
- Other topping ideas: diced green peppers, mushrooms, onions, spinach or zucchini.

Vegetable Fajitas

1 red onion

1 red bell pepper

1 green bell pepper

Mushrooms

1 zucchini

1 squash

12 corn tortillas

Slice vegetable and sauté until tender. Heat the corn tortillas according to directions on package. You can add brown rice, black beans, and top with your favorite salsa, guacamole. Etc.

Portabella Steaks

6 portabella mushroom caps
1/2 cup fresh squeezed lemon juice
2 tablespoons apple cider vinegar
2 tablespoons Pure Maple syrup
2 teaspoons fresh grated ginger
1/2 teaspoon marjoram

Wash mushrooms and place in a gallon size plastic sealable bag. Combine remaining ingredients in a bowl and stir to combine. Add to the mushrooms and marinate for a few hours. Grill indoors or out until cooked through.

Serve with baked sweet potatoes and grilled squash and asparagus.

Potato and Green Onion Frittata

1/4 cup olive oil

4 -5 green onions, chopped with the green and white parts separated

4 garlic cloves, minced

2 medium potatoes, shredded (or 2 cups of frozen shredded potatoes)

2 teaspoons salt, divided

1/2 teaspoon pepper, divided

2 lbs firm tofu

2 -3 tablespoons soy sauce, to taste

Directions:

In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes. Add the garlic and heat for another 30 seconds. Increase the heat to medium-high and add the potatoes, 1 teaspoons of the salt, and 1/4 teaspoons of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned.

Blend the remaining salt and pepper, the tofu, soy sauce, in a food processor until they are creamy. Pour creamy mixture and the green part of the green onions, and the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan. Bake for 30 to 40 minutes or until the center is firm.

Allow the frittata to cool for 10 minutes then invert it onto a serving plate.

Yield : 4 Servings

Scarlett potatoes

White potatoes boiled with onions cut up in them, pepper, garlic, seasoning salt.

Rice, Green Beans and Lentils

1 cup brown rice

½ cup lentils rinsed 1 tsp salt.

1TBSP tomato paste

1 can green beans not drained

1 cup water

Rice cooked in rice cooker. The rest of the ingredients go in crock pot for five hours on medium to high.

Brown Rice Dinner

1 cup of brown rice

2.5 cups water

Bring to rolling boil, reduce heat and simmer/steam for 45 minutes

Half way through the cooking time, add:

½ cup of fresh salsa

1cup of frozen corn

½ of a chopped red bell pepper

¾ cup of cooked black beans

a pinch of pepper to taste

Stir and replace cover for remainder of cooking time.
Serve with fresh sliced avocado.

Stir Fry Vegetables with Brown Rice

- 1 tablespoon sesame oil
- 3 green onions, finely chopped
- 3 tablespoons fresh ginger, minced
- 4 cups fresh broccoli, chopped
- ½ pound fresh green beans, chopped
- 2 carrots, peeled and sliced on diagonal
- 2 cloves garlic, minced
- 4 cups greens, chopped (kale, bok choy, spinach, collards, etc)
- 1 can sliced water chestnuts, drained
- 3 cups cooked brown rice
- 2 tablespoons soy sauce
- 1 ½ cups peas (if frozen run under water to thaw)
- ½ cup toasted sliced almonds

Preparation:

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.
2. Add green onions and ginger. Sauté for 5 minutes.

3. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.
6. Serve as complete meal.

Yield: four servings

Oven Fries

Prep Time: approx. 15 min

Cook time: approx. 30 mins

Ready in approx. 45 mins.

Ingredients:

2 1/2 pounds baking potatoes

1 teaspoon olive oil

1 pinch ground cayenne pepper

Directions

Preheat oven to 450 degrees Line a baking sheet with foil, and coat well with vegetable cooking spray. Scrub potatoes well and cut into 1/2 inch thick strips. Line a large mixing bowl toss potatoes with oil and red pepper. Spread on baking sheet in one layer. Bake for 30 minutes.

Serve immediately.

Spanish Rice

1 cup brown rice

1 cup tomato juice

1/3 cup green pepper

1/3 cup celery

1 med. Tomato

2 tsp. chives

1 tsp. basil

1 cup vegetable stock

1 tsp. oregano

1/3 cup carrot

1/3 cup onion

2 small garlic cloves

1 tsp. sea salt

Combine tomato juice and soup stock in large pot and bring to a boil. Add rice and reduce to simmer. Cover and cook for 25 min. Remove from heat and add the following: diced tomato, celery, and onion; minced garlic, chopped chives, grated carrots, seasoning and sea salt. Replace cover and simmer for 15-20 minutes.

Snacks

Flat Bread

3 cups whole wheat flour,

½ tsp sea salt,

1 tbs olive oil,

1 ½ cups lukewarm water

Mix flour, and salt. Add olive oil and water. Mix together (I use the bread hook on my mixer. But this can be done with a wooden spoon.) Form into a dough ball. Knead five times. Roll out and bake at 350 for 8-10 minutes. Can also be placed in a cast iron skillet and fried for 1-2 minutes on each side. This goes great with all natural peanut butter and jelly, or try it with some hummus or salsa.

Tortilla Chips

20 corn tortillas
Kosher salt
Cracked black pepper
Lime zest
Olive oil

Cut tortillas into triangles and toss with oil, salt, pepper, and lime zest. Bake in preheated 400 degree oven for 15 minutes or until crispy. Allow to cool and enjoy.

Salsa

Roma Tomatoes, quartered

Lime

Cilantro

Green onion (1 bunch)

Chili powder

Cumin

Garlic

In a food processor, chop tomato, cilantro, green onion with chili powder, garlic, cumin and lime

Juice by pulsing the blade several times to desired texture. We prefer chunky.

Place rice on individual dishes and top with beans and salsa.

Serves: 6 entrée size

Serve with slice mango and papaya and lime juice.

Homemade Crackers

Making crackers is quick, easy and fun. They can be made with various seasonings and many different kinds of grain. Try cornmeal with chili powder, rye with caraway or dill seeds, or whole wheat with garlic powder. Experiment! If made from cornmeal, buckwheat or other non-gluten grains, they can safely be eaten by gluten-intolerant individuals. This recipe makes a semi-crisp, dense cracker.

Preheat oven to 400°

Ingredients

1 ¼ cups whole wheat flour, divided (rye, buckwheat or cornmeal can be substituted)

½ teaspoon salt

2 tablespoons canola oil or olive oil; more as needed

4 tablespoons water; add more as needed

1 teaspoon seasoning such as dried herbs, chili powder, garlic powder, onion powder, etc. (optional)

1. Using a food processor to mix 1 cup of the flour, ½ teaspoon salt and oil.
2. Add 3 tablespoons water and mix well. Gradually add more water, mixing after each addition, until mixture forms a compact ball. If it seems too sticky to handle, add more flour.
3. Sprinkle your work surface (or a baking sheet-sized piece of parchment paper) with some of the remaining flour then press and roll the dough to about 1/8th inch thickness, trying to get it fairly uniform. If the dough is too dry to roll out, return it to the food processor and add a little more water. If necessary to prevent sticking, dust your hands and the rolling pin with a little more flour.
4. Place the rolled-out dough on a baking sheet dusted with a little flour or cornmeal (if you've used parchment paper, transfer dough and paper to baking sheet)

5. Bake for 10 - 15 minutes, until light brown.
6. Cool and break into pieces. If making several batches, mix another while the first one bakes. You can re-use the parchment paper several times.

Makes about a pound of crackers.

Snack Ideas

Rice cakes, just plain old crunchy patties

Rice cakes with peanut butter and raisins

Almonds, cashews, peanuts, or other nuts

Dried fruit including apricots

Apples dipped in nut butter

Sliced fruit

Celery and Peanut Butter

Popped popcorn

Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit

Fruit kabobs

Frozen fruit including grapes, blueberries, strawberries and bananas

Whole wheat crackers with nut butter

Hummus with flat bread