



Daniel Fast Cookbook

The recipes in this booklet were kindly supplied by LifeLinks International Fellowship, Canada.

BREAKFAST

ALL-FRUIT SMOOTHIES

1 Cup unsweetened Pineapple Juice
1 large banana, cut into chunks
1 cup frozen strawberries
1 cup frozen blueberries

G'OATMEAL

3 cups rolled oats
2 cups Irish steel-cut oats
5 ripe bananas, mashed
½ cup ground flax seeds
1.2 cup water
¼ cup peanut butter
¼ cup pitted, chopped dates
¼ cup chopped pecans (optional)
¼ cup chia seeds
2 Tbsp. coconut oil
1 ½ tsps. Vanilla extract
½ tsp salt
1/3 cup honey (omit for Daniel Fast)

Directions

Preheat oven to 375 degrees F. Line a 9x13 inch casserole dish with parchment paper. Mix rolled oats, steel-cut oats, bananas, flax seeds, water, peanut butter, dates, pecans, chia seeds, coconut oil, vanilla extract, and salt together in a bowl; press into prepared dish. Drizzle honey over mixture. Bake in the preheated oven until set, about 45 minutes. Cool completely before cutting into bars. Wrap bars in plastic wrap and freeze. Let defrost for 15 min before eating or heat in microwave.

**Another option is to bake it in muffin tins. Then wrap the individual muffins in plastic wrap and freeze.

BAKED OATMEAL SQUARES

Ingredients

- 1 ½ cups old-fashioned rolled oats
- 1 ½ cups unsweetened almond milk
- ½ cup unsweetened applesauce
- ¼ cup chopped dried apricots
- ¼ cup chopped dates or raisins
- ¼ cup chopped pecans or walnuts
- ½ teaspoon cinnamon
- ¼ teaspoon salt

Instructions

- Preheat oven to 350 degrees.
- Put all ingredients in a large bowl and stir well.
- Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil.
- Pour oatmeal mixture into dish and bake 45-50 minutes or until lightly browned and crispy on top.

Yield: 6 servings (serving size: 2 squares)

Recipe Notes

You can add both dates and raisins and both pecans and walnuts at 1/4-cup each without increasing any other ingredients.

Spread almond butter or Date Honey on each serving.

This recipe can be doubled and baked in a 9 by 13-inch casserole dish.

Recipe Found at the following URL:

<http://storage.cloversites.com/newlifechristianchurchworldoutreach/documents/23%20Breakfast-Recipes.pdf>

LUNCH

Peanut Butter & Banana Wraps

Whole wheat wrap
100% Natural Peanut Butter
Banana

Spread peanut butter on a whole wheat wrap, cut up banana into small pieces. Fold and enjoy!

Broccoli and Brown Rice Salad

1/2 cup brown rice, cooked
2 cups romaine lettuce, chopped
1 carrot
1 cup broccoli, chopped, frozen
2 teaspoons lemon juice
1 1/2 teaspoons extra virgin olive oil
2 tablespoons soy beans, roasted, salted

Directions

Place lettuce in the bottom of your salad bowl, Peel and grate carrot, set aside.
Steam broccoli in microwave or on stovetop, add to carrot
Blend together lemon juice and olive oil
As soon as rice is cooked, pour lemon juice and olive oil mixture on top, toss to mix
Add the rice to the broccoli and carrots and toss. Place rice mixture over lettuce.
Serve with nuts on the side.

BLACK BEAN & AVACADO SALAD

2 tbsp. lime juice

2 tbsp. olive oil

¼ cup cilantro leaves

1 jalapeno

1 clove of garlic, finely minced

½ tsp salt

Stevia (the equivalent of ¼ tsp of sugar) (omit for the Daniel Fast)

1 can black beans, drained and rinsed

1 ½ cups thinly sliced cucumber (English is best)

½ cup diced red onion

2 avocados, pitted, peeled and diced

Shredded lettuce

Directions

Process lime juice, olive oil, ¼ cup of cilantro, jalapeno, garlic, salt and sugar until smooth. Mix beans, cucumber, onion and cilantro leaves. Toss with dressing and avocado just before serving and service on a bed of shredded lettuce. Typically I find there is not enough cucumber and dressing, so I double the dressing recipe and add more cucumber (closer to 2 cups), and it works out better for two large bowls and can be a meal by itself. I have never really done the shredded lettuce but have just served it in a bowl once mixed.

DINNER

Wild Rice Pilaff

1 - 250g package Wild Rice
2 Tbsp. olive oil
2 celery stalks
1 medium onion
1 clove garlic
½ cup vegetable stock

Directions

Cook the wild rice as per the package instructions.

Sauté the celery, onion and garlic in the olive oil until cooked.
Add the cooked wild rice, vegetable stock and season with poultry seasoning.

Cook until it is all heated through and serve.

BLACK BEAN STUFFED PEPPERS

4 green peppers, halved and seeded
1 cup brown rice, cooked
1 – 14 oz. can of black beans
1 – 14 oz. can of tomatoes with juice
Salt
Pepper

Directions

Cook rice and let cool. Mix rice, beans and 1 tbsp of tomatoes together.
Stuff peppers with the mixture. Pour remaining tomatoes and juice over peppers.
Cook for 35-40 min in oven at 350 degrees.

Vegetarian stuffed peppers

2 large bell peppers
1 teaspoon extra virgin olive oil
2/3 cup vegetarian burger crumbles
1/2 cup brown rice cooked
1/2 cup canned tomatoes, diced, no added salt
1/3 cup yellow corn, frozen
1/2 cup spaghetti or marinara sauce
1/4 teaspoon black pepper
1/4 teaspoon garlic powder

Directions

Preheat oven to 375

Slice top off peppers, clean out seeds and inner membrane. Place on a baking sheet. Heat olive oil in a pan, add the vegetarian meat crumbles and sauté until heated through, add the rice, tomatoes, corn and 3 tablespoons of the marinara or spaghetti sauce.

Stuff the crumble mixture equally into the peppers and top with remaining spaghetti sauce. Cook in oven until pepper is tender about 30 minutes.

Jen's Oven Roasted Veggies

2 onions (Chopped large)
1 Green pepper (chopped large)
1 Orange/Red pepper (chopped large)
1lb baby potatoes, whole
½ Head of cauliflower (large chunks)
2 Parsnips (chopped in 1" chunks)
2 Carrots (chopped in 1" chunks)
1tbsp vegetable oil
Seasoning salt

Toss all veggies in a small roasting pan with oil and salt. Roast on 375 for 45 minutes. Enjoy.

QUINOA AND BLACK BEAN SALAD

1 tsp vegetable oil
1 onion, chopped
3 cloves garlic, chopped
¾ cup quinoa
1 ½ cups vegetable broth
1 tsp ground cumin
¼ tsp cayenne pepper
Salt and ground black pepper to taste
1 cup frozen corn kernels
2 (15 oz.) cans black beans, drained and rinsed
½ cup chopped fresh cilantro

Directions

Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 min.

Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 min.

Stir frozen corn into the saucepan, and continue to simmer until heated through, about 45 minutes, mix in the black beans and cilantro.

ETHIOPIAN CABBAGE DISH

½ cup olive oil
4 carrots
1 onion, thinly sliced
½ tsp ground black pepper
½ tsp ground cumin
¼ tsp ground turmeric
½ head cabbage, shredded
5 potatoes, peeled and cut into 1" cubes

Heat the oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 min. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15-20 min. Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft. 20 to 30 min.