

WHAT TO EAT

ALL FRUIT – fresh, frozen, dried, juiced, or canned.

ALL VEGETABLES – fresh, frozen, dried, juiced, or canned.

ALL WHOLE GRAINS – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.

ALL NUTS & SEEDS – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.

*Note: Be sure to check the label on nut butters that the only ingredient is nuts. Many butters marketed as “natural” include additives and/or sweeteners.

ALL LEGUMES – canned or dried; black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.

ALL QUALITY OILS – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.

BEVERAGES – distilled water, filtered water, spring water, fresh fruit or vegetable juices.

OTHER – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products, and tofu.

FOODS TO AVOID

ALL MEAT & ANIMAL PRODUCTS – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.

ALL DAIRY PRODUCTS – butter, cheese, cream, milk, and yogurt.

ALL SWEETENERS – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, and sugar.

ALL LEAVENED BREAD & YEAST – baked goods and Ezekiel bread (if it contains yeast and honey).

ALL REFINED & PROCESSED FOOD PRODUCTS – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.

ALL DEEP-FRIED FOODS – corn chips, French fries, and potato chips.

ALL SOLID FATS – lard, margarine, and shortening.

BEVERAGES – alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.

Please note, if you have dietary restrictions that prevent you from completing the full fast, please feel free to modify the plan and complete the fast to the best of your ability. The most important thing is not that you legalistically adhere to Daniel's diet but that you deny yourself foods you commonly eat and enjoy. Try not to get so hung up on what you shouldn't eat that you're robbed of the peace God wants you to experience as you seek Him.

SEVEN DAY

	SUNDAY	MONDAY	TUESDAY
BREAKFAST	Banana & Blueberry Smoothie	Overnight Oats	Tropical Fruit Smoothie
LUNCH	Black Bean Quinoa Taco Lettuce Wrap with Guacamole	Tossed Salad with Lemon-Tahini Salad Dressing	Fruit & Nut Salad
DINNER	Red Lentil Chili with Baked Potato	Loaded Spaghetti	Black Bean Burgers with Cabbage Steaks

SNACKS

Use snacks as supplements to meals or between meals as needed.

- Fresh fruit & veggies (raw, steamed, etc)
- Original Triscuits
- Hummus dip*
- Guacamole
- Fresh salsa*
- Sweet Potato Chips*
- Trail Mix (Mixed nuts with dried fruit)
- Date honey* (as a fruit dip, honey replacement, etc)

SAMPLE MEAL PLAN

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Apple Cinnamon Oatmeal	Peanut Butter Banana Smoothie	Banana Bread	Banana Apple Smoothie
Roasted Veggies with Quinoa	Spinach Salad with Creamy Avocado Basil Dressing	Veggie & Noodle Pasta	Apple Pomegranate & Kale Salad
Sweet Potato & Quinoa Chili with Corn Muffins	Roasted Portobello Fajitas with Mexican Quinoa	Lentil Bolognese	Minestrone Soup

- Banana Coconut Ice Cream*
 - Celery sticks with nut butter
 - Peanut Butter Oatmeal Raisin Cookies*
 - Rice cakes with nut butter spread
 - Baked Cinnamon Apples*
 - Strawberry Ice Cream*
 - Air or Oil Popped Popcorn*
 - Avocado Salsa*
- *recipe included

BANANA BLUEBERRY SMOOTHIE

1 banana
1 cup frozen blueberries
1.5 cups unsweetened plain almond milk
1 T ground flax seed
1 T chia seeds

Blend together until smooth. Add additional almond milk until desired consistency is reached.

OVERNIGHT OATS

½ cup unsweetened plain almond milk
¾ T chia seeds
2 T natural peanut or almond butter
½ cup rolled oats

Additional toppings (optional): Sliced bananas, strawberries, or raspberries; Peanuts or chopped walnuts

1. To a mason jar or small bowl with a lid, add almond milk, chia seeds, peanut butter, and stir with a spoon to combine. The peanut butter doesn't need to be completely mixed with the almond milk.
2. Add oats and stir a few more times. Then press down with a spoon to ensure all oats have been moistened and are immersed in almond milk.
3. Cover securely with a lid or seal and set in the refrigerator overnight (or for at least 6 hours) to set/soak.
4. The next day, open and enjoy as is or garnish with desired toppings (see options above).

APPLE CINNAMON OATMEAL

1 cup prepared steel cut oats
½ cup unsweetened applesauce
¼ t cinnamon

Additional toppings (optional): chopped walnuts, raisins

Mix together prepared steel cut oats, applesauce, and cinnamon. Add additional cinnamon to taste and top with optional toppings.

PEANUT BUTTER BANANA SMOOTHIE

1 banana
2 table spoons natural peanut butter
1 cup unsweetened plain almond milk
1 T ground flaxseed
1 T chia seeds

Blend together until smooth. Add additional almond milk until desired consistency is reached.

TROPICAL FRUIT SMOOTHIE

1 banana
1 orange (peeled & sliced)
¼ cup pineapple
¼ cup mango
¼ cup strawberries
1.5 cups unsweetened plain almond milk
1 T ground flax seed
1 T chia seeds

Blend together until smooth. Add additional almond milk until desired consistency is reached.

BANANA BREAD

2 ½ cups almond flour
½ teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon salt
3 large overripe bananas, mashed
1/3 cup coconut oil, melted
2 flaxseed "eggs" (see instructions below)
½ cup chopped pecans

Toppings (optional): Spread baked bread with Date Honey

1. Preheat oven to 350 degrees. Use about 1/2 teaspoon coconut oil to grease a 9" x 5" x 2 ½" loaf pan.
2. Make flaxseed "eggs" by putting 2 tablespoons of flaxseed meal and ¼ cup + 2 tablespoons of water in a small bowl. Stir, and let sit for about 10 minutes.
3. In a large bowl, mix dry ingredients (except pecans). Add mashed banana, coconut oil, and flaxseed "eggs." Stir well. Pour in pecans and stir again until thoroughly combined.
4. Pour mixture into prepared loaf pan. Bake for 40 minutes or until toothpick in center comes clean.
5. Let bread cool in pan 10 minutes. Remove bread from pan and let cool completely on a wire rack. Store tightly wrapped in aluminum foil or plastic for up to 3 days, or freeze up to 3 months.

BANANA APPLE SMOOTHIE

1 banana
1/2 fuji apple (or other sweet apple to taste)
1/2 cup grapes
1.5 cups unsweetened plain almond milk
1 T ground flaxseed
1 T chia seeds

Blend together until smooth. Add additional almond milk until desired consistency is reached.

BLACK BEAN QUINOA TACO LETTUCE WRAP

1 cup quinoa, cooked
2 tablespoons coconut oil
3 cloves garlic, minced
1/2 red onion, thinly sliced
Pinch of sea salt and black pepper
1, 15 ounce can black beans
1 cup sweet corn
1 cup thinly sliced bell peppers
1/3 cup fresh chopped cilantro
2 tablespoons taco seasoning*
Juice of 1 lime
Juice of 1 lemon
1 head of Butter Leaf lettuce

TACO SEASONING

4 T chili powder
2 T cumin
1 T paprika
1 T salt
1 teaspoon garlic powder
1 teaspoon dried onion
1 teaspoon oregano
1 teaspoon black pepper

Add all the spices to a mason jar.
Cover tightly and shake!

1. Cook quinoa to package directions.
2. Meanwhile, in a skillet, add coconut oil, sea salt, black pepper, onions, and garlic and cook for 8 minutes or until fragrant. Add in cooked quinoa, rinsed beans, corn, and peppers until warm. Stir in taco seasoning, juice of lime, and lemon. Adjust seasonings to taste.
3. Next, take one washed and dry butter leaf and dollop the quinoa mixture in the center, fill with optional garnishes and wrap edges of the butter leaf onto itself as a handheld wrap. Enjoy immediately.
4. Store leftover filling in an airtight glass container and assemble upon serving.

LEMON-TAHINI SALAD DRESSING

1/4 cup extra-virgin olive oil
2 tablespoon fresh lemon juice
2 tablespoon tahini
2 tablespoon water
1 clove garlic, minced
1 tablespoon chopped fresh basil or 1/2 teaspoon dried basil
1 tablespoon chopped fresh parsley or 1/2 teaspoon dried parsley

Combine all ingredients in a blender. Refrigerate until chilled. Serve over tossed salad with toppings of your choice.

FRUIT & NUT SALAD

4 cups torn romaine lettuce, packed
3 kiwifruit, peeled and cut into half moons
1 cup blackberries
1 cup raspberries
1/2 cup roughly chopped pecan halves
1 recipe Orange-Poppy Seed Salad Dressing

Place lettuce in a large bowl, and top with kiwifruit, blackberries, raspberries, and pecans. Toss lightly, and serve with Orange-Poppy Seed Salad Dressing. (Yields 4 servings)

ORANGE-POPPY SEED SALAD DRESSING

1/4 cup extra-virgin olive oil
1/4 cup orange juice
2 tablespoons fresh lemon juice
1 tablespoon diced red onion
1/2 teaspoon poppy seeds
1/4 teaspoon orange zest
1/8 teaspoon dry mustard
1/8 teaspoon salt

Combine all ingredients in a covered glass jar, and shake well. Refrigerate until ready to use.

ROASTED VEGGIES

1 bundle of asparagus
1 small bag of snow peas
1 medium to small yellow squash
1 zucchini
1 small bag of baby carrots
1 package of grape tomatoes (or cherry tomatoes)
1 small bag of baby red potatoes
1/4 cup extra virgin olive oil
1 tablespoon Rosemary (If you are using fresh, 3 tablespoons)
1/2 tablespoon Basil (If you are using fresh, 1/3 cup basil)
1/2 tablespoon Garlic Powder

Note: Feel free to substitute veggies according to your preferred taste.

1. Pre-heat the oven to 425 degrees
2. Cut squash and potatoes into chunks. For the asparagus, snap at about 1 to 1 1/2 inches from the bottom, then cut in half. Leave the spears intact.
3. Mix the vegetables in one bowl.
4. Once the vegetables are in the bowl, sprinkle your EVOO all around the top of them. This will probably wind up being about 1/4 cup.
5. Add all of the seasonings on top. With a wooden spatula, fold all of the vegetables and seasoning together. Keep mixing until you are sure that the ingredients are nice and spread out.
6. Place your vegetables into a deep baking dish. Cover the dishes with foil, and bake for 30 minutes. Then, take off the foil and bake for another 10 to 15 minutes. If you like your vegetables more al dente, then lessen the covered cooking time.
7. Serve over prepared quinoa or brown rice.

VEGGIE & NOODLE PASTA

16 oz whole wheat noodles
2 TB Olive Oil
½ sweet onion, chopped
1 carrot, shredded or finely chopped
1 zucchini, chopped
2 cups broccoli florets
1 cup mushrooms, chopped
½ t garlic
1/2 t basil
½ t parsley
Salt & pepper to taste

Note: Substitute vegetables to your taste.

1. Cook noodles to package directions. Drain and set aside.
2. Meanwhile, heat olive oil on medium high heat. Add veggies and seasonings and cook until translucent and soft, stirring regularly, around 5 minutes.
3. Mix veggies with noodles and serve.

SPINACH SALAD WITH CREAMY AVOCADO BASIL DRESSING

1/2 cup dry quinoa, rinsed well
1 cup water
1 (15 ounce) can chickpeas, drained and rinsed
1 tablespoon avocado or olive oil
1/2 teaspoon coarse salt
5 ounces baby spinach leaves
1 large tomato, cored, seeded, and cut into chunks

FOR THE DRESSING

1 avocado
3–5 basil leaves (depending on their size)
1 small garlic clove, minced
2 tablespoons lemon juice
a pinch or two of salt
water (1/4-1 cup)

1. Put the quinoa and water in a small saucepan and bring to a boil. Reduce the heat, cover, and cook until the water is absorbed, about 15 minutes.
2. Meanwhile, heat the oil in a small pan over medium heat. Add the chickpeas and salt and sauté until the chickpeas are browned and crispy, about 15 minutes.
3. Meanwhile, make the dressing. Put the avocado, basil leaves, garlic, lemon juice, and salt in the blender. Blend and add 1/4 cup water. Add more water as needed to make the dressing to your desired consistency. It should be thick and creamy.
4. To assemble the salad, add the baby spinach to a large bowl. Top with the quinoa, chickpeas, tomato chunks, and drizzle with part of the dressing. Toss and add more dressing so everything in the salad is coated. Season generously with salt and pepper.

APPLE POMEGRANATE & KALE SALAD

4 cups torn kale leaves, ribs removed, lightly packed
1 cups chopped apples
3/4 cups mandarin orange segments (about 2 mandarins)
1/4 cup chopped toasted chopped walnuts
1/4 cup pomegranate arils

DRESSING

1/4 cup unsweetened applesauce
2 tablespoons extra-virgin coconut or olive oil
2 tablespoons fresh lemon juice
1/4 teaspoon salt

1. Place kale leaves in a large bowl and set aside. Whisk applesauce, olive oil, lemon juice, and salt in a smaller bowl (you can also mix in a blender).
2. Pour half of the dressing over kale, and use your hands to massage onto leaves. Add apples, oranges, walnuts and arils. Stir well to coat. Add additional dressing if desired, or save in an air tight container in the refrigerator.

Note: To toast walnuts, heat skillet over medium heat. Add walnuts to the hot, dry skillet. Cook about 5 minutes, stirring frequently so walnuts don't burn. When walnuts are slightly browned, transfer to a small bowl to cool.

LOADED SPAGHETTI

*Serve over prepared whole wheat noodles, spaghetti squash, or zucchini noodles

16 oz sliced or chopped mushrooms
1 tablespoon extra-virgin olive oil
1 medium yellow onion, chopped
2-4 cloves garlic, minced (to taste)
1 (29-ounce) can tomato purée
2 (14.5 ounce) cans diced tomatoes
1 (6-ounce) can tomato paste
1 bay leaf
1 T dried basil
1 T dried parsley
1/2 teaspoon salt
1/4 teaspoon pepper

1. Heat olive oil in a large skillet, and add mushrooms, onion, basil, salt, and pepper. Cook on medium heat for 7-10 minutes, or until mushrooms have released and cooked away their liquid. If the liquid does not all evaporate, drain excess liquid.
2. Add garlic, stirring constantly, for 30 seconds so garlic doesn't burn.
3. Add remaining ingredients, and cook, uncovered, over low heat for 30 minutes. Add water 1/4 c at a time if sauce seems too thick.
4. Discard bay leaf before serving.

RED LENTIL CHILI

2 Tbsp avocado or coconut oil
1 medium white or yellow onion, diced
1 medium red pepper, diced
1/2 tsp each sea salt and black pepper (divided // plus more to taste)
1 small jalapeño, diced with seeds (remove seeds or reduce or omit for less heat)
4 cloves garlic
3 Tbsp chili powder (divided)
2 Tbsp ground cumin (divided)
1 tsp smoked paprika
2 15-ounce cans diced tomatoes (if unsalted, add more sea salt)
3 Tbsp tomato paste
1 3/4 cup water (plus more as needed)
3/4 cup dry red lentils thoroughly rinsed in cold water + drained
1 15-ounce can kidney beans (slightly drained)
1 15-ounce can black beans (slightly drained)
1 15-ounce can corn, drained (optional)
Toppings (optional): Fresh chopped cilantro, avocado

1. Heat a large pot over medium heat. Once hot, add oil, onion, and red pepper. Season with a healthy pinch each salt and pepper and stir. Sauté for 3-4 minutes, stirring frequently.
2. Add jalapeño and garlic to a mortar and pestle and crush into a rough paste (alternatively, blend in a small food processor, or finely mince). Add to the pot with onion and red pepper, and season with another pinch salt and pepper.
3. Add 2T of the chili powder, 1 T cumin, paprika, diced tomatoes, tomato paste, and water, and stir to combine. Bring to a low boil over medium high heat.
4. Once boiling, add lentils and reduce heat to medium-low or low, so it's at a gentle simmer. You want to see bubbles, but you don't want it boiling. Cook for 15 minutes, or until lentils are mostly tender. As it's cooking you may need to add more water if the mixture is looking too dry and the lentils aren't submerged.
5. Next add kidney beans, black beans, 1/4 tsp each salt and pepper, remaining 1 T cumin and 1 T chili powder, stir to combine.
6. Bring to a simmer over medium heat, then reduce heat slightly to low (or medium-low), add corn (optional), cover, and gently simmer for 20 minutes to meld the flavors together. Stir occasionally.
7. Taste and adjust seasonings as needed, adding more chili powder or cumin for smokiness. Serve with toppings, if desired.

BLACK BEAN BURGER

2 cups mashed sweet potato (approx. 2 large sweet potatoes)
1 cup cooked salted black beans (rinsed and well drained)
1-1/2 cups cooked brown rice
1/2 cup walnut or pecan meal
1/2 cup finely diced green onion
2 1/2 tsp ground cumin
1 tsp smoked paprika
1/4 tsp salt
1/4 tsp pepper
1/4 tsp cayenne pepper (optional)
Toppings (optional): avocado, sliced red onion, sliced tomato, lettuce

1. Preheat oven to 400 degrees and cut sweet potatoes in half. Rub with olive oil and place face down on a foil-lined baking sheet. Bake sweet potatoes until soft and tender to the touch – about 30 minutes – set aside. Reduce oven heat to 375 degrees.
2. While potatoes are baking, cook rice. Bring 2 cups water to boil, then add 1 cup very well-rinsed rice, reduce heat to simmer, cover and cook for about 30 minutes or until fluffy and tender. You will have left overs.
3. Add black beans to a mixing bowl and bash half of them for texture. Then add sweet potato and lightly mash, then 1 cup cooked rice, green onion, nut meal, and spices. Mix to combine. Taste and adjust seasoning as needed. Add more rice or nut meal if the mixture feels too wet. It should be moist but moldable.
4. Lightly grease a baking sheet and line a 1/4 cup measuring cup with plastic wrap.
5. Fill the lined measuring cup with sweet potato mixture. Scrape down to pack, then lift out and transfer to baking sheet and gently press down to mash. The thinner you press them, the faster they'll cook, but no need to go too far.
6. Bake burgers for a total of 30-45 minutes, carefully flipping 20 minutes in to ensure even cooking. The longer you bake them the firmer and drier they will get – up to preference.
7. Add toppings, if desired, and serve.

Note: These are freezer friendly for up to 1 month. Freeze leftovers to use again during the fast.

CABBAGE STEAKS

1/3cup olive oil
1 head of green cabbage
Spices to taste: garlic powder, onion powder, paprik, salt & pepper

1. Grease a large baking sheet with olive oil.
2. Slice cabbage, in a top to stem motion, in 1/2-1 inch slices (the thinner your slices, the more caramelization you will get).
3. Place cabbage steaks onto baking sheet in a single layer.
4. Brush each cabbage steak with olive oil, then sprinkle evenly with each spice.
5. Roast on center rack of oven at 375 degrees for 30 minutes, flipping half way through. You can cook longer for more tenderness.

SWEET POTATO & QUINOA CHILI

3 cups diced sweet potato
1 cup diced red onion
1 cup diced bell peppers
3 garlic cloves minced
1 15 oz can organic black beans
1 28 oz can of diced tomatoes
3 – 4 cups vegetable broth
2 tablespoons tomato paste
1/2 cup uncooked quinoa
1 – 1 1/2 tablespoons chili powder
2 teaspoons cumin
2 teaspoons paprika
1 teaspoon coriander
1/2 teaspoon cayenne more or less to taste
Salt & pepper to taste

Add all ingredients into a crock pot (starting with just 3 cups of broth). Turn on high and cook for 4 hours, turn down to low and continue to cook until ready to serve. If too thick, stir in another ½ – 1 cup of water.

CORN MUFFINS

1 1/2 cups yellow cornmeal
1/2 cup unsweetened almond or rice milk
1/4 cup water
1 tablespoon Date Honey (optional)
1 tablespoon extra-virgin olive oil
3/4 cup fresh or frozen corn kernels
1/4 cup chopped green onions (green parts only)
1/2 teaspoon salt

1. Preheat oven to 400 degrees.
2. Mix cornmeal, almond milk, water, Date Honey, and olive oil in a medium bowl. Stir until smooth. Add corn, green onions, and salt. Stir until well combined.
3. Lightly rub a mini-muffin tin with olive oil. Fill all 24 cups about 3/4 full. Bake 15 minutes. If using a regular muffin tin, fill all 12 cups about 3/4 full and bake 20 minutes.

BAKED CINNAMON APPLES

2 cups thinly-sliced apples, unpeeled (about 2 apples)
1 cup unsweetened 100% apple juice
1/8 teaspoon cinnamon

Preheat oven to 350 degrees. Place sliced apples in an 8 x 8-inch baking dish. In a small bowl, whisk apple juice and cinnamon, and pour over apples. Bake 15 minutes, stir, and bake another 15 minutes. Serve warm.

DATE HONEY

1 cup pitted dates (about 6-8 Medjool or 18-20 Deglet Noor)
1 cup water
½ teaspoon cinnamon

1. Pour dates and water into a small saucepan, making sure dates are completely covered (add additional water if necessary). Bring to a boil over high heat. Reduce heat to low and simmer 45-60 minutes or until dates are very soft and broken down.
2. Remove from heat, and allow to cool slightly for about 15 minutes.
3. Pour mixture (including liquid) into a blender or food processor and puree until completely smooth. Sprinkle in cinnamon and stir well.
4. Store in a sealed container in refrigerator.

ROASTED PORTOBELLO FAJITAS

FOR THE MARINADE

1/4 cup avocado or olive oil
1/4 cup lime juice (juice from about 2limes)
1 teaspoon dried oregano
1 teaspoon chili powder
1/2 teaspoon garlic powder
1/2 teaspoon sea salt
1/4 teaspoon pepper

FOR THE FAJITAS

5 portobello mushrooms
1 onion, sliced
1 green pepper, sliced
1 red pepper, sliced
Avocado or olive oil
salt and pepper
8 corn or whole grain tortillas, fajita sized (Must be Daniel Fast compliant)
Toppings (optional): guacamole, tomatoes/salsa, etc.

1. Wash and dry your mushrooms. Gently de-stem them: hold cap in one hand, and grab the stem with your dominate hand. Gently twist the stem and pull away from the cap.
2. Slice the mushrooms and put in a large baking dish.
3. In a small bowl, mix together all of the ingredients for the marinade. Pour the marinade over the sliced mushrooms. Use your hand to turn the mushrooms over so they are coated on all sides. Cover with foil and let marinate for at least 30 minutes.
4. Preheat the oven to 400 degrees. Roast the mushrooms, covered for 15 minutes. Uncover and roast an additional 10 minutes.
5. While the mushrooms are roasting, heat some oil in a medium pan over medium heat. Add the onions and peppers and season with salt and pepper. Sauté until they are soft and starting to brown, about 10 minutes or so.
6. Serve the mushrooms and onion and pepper mixture on warm tortillas with the optional toppings you prefer.

HOMEMADE CORN TORTILLAS

1-1/2 cups masa-harina corn flour

1¼ cups of warm water (plus extra if needed)

You will also need:

2 pieces of round plastic cut out from a bag. (freezer bags are ideal)

Tortilla press or a Glass pie dish

1. Use a large bowl to combine the masa-harina (corn flour) and water. Mix well until the water is absorbed evenly and the dough forms a ball.
2. Preheat a griddle or heavy skillet on medium flame. This has to be ready when you start pressing the tortillas.
3. After kneading the dough, form a small ball the size of a golf ball. Using a tortilla press or a heavy pie dish, place the ball of the dough about 1 ½ inch in diameter between the two plastic pieces and press to form a 6 inch round tortilla.
4. Open the tortilla press or remove the heavy dish if using to press the tortillas, peel the top plastic off. Lift the tortilla from the tortilla press holding it from the bottom part. If the dough is too dry, the edges of your tortilla will look cracked and you will need to add a little water.
5. Place the dough in your hand and carefully peel the plastic off the dough. If the dough doesn't come out so easily it could be a little too wet. Add some more masa-harina to the dough mix again until it becomes easy to handle.
6. Place the tortilla on the griddle and cook for about 30-40 seconds. The edge will begin to dry out. Turn over and continue to cook for about 40-45 seconds until brown patches form. This time will vary depending on how thick is your tortilla and the temperature of your griddle.
7. Turn over again and cook for another 15 seconds. The cooking time is about 1 min. 45 sec. total. Cook until the tortilla begins to puff. Tap lightly with your fingertips to allow even puffing. Keep warm until serving, or store in the refrigerator.

BANANA COCONUT ICECREAM

2 (14-ounce) cans coconut milk

2 bananas, peeled, sliced

¼ cup Date Honey

Place ingredients in a food processor or blender. Mix until smooth. Place in a covered glass bowl in freezer 5-6 hours or until firm (but not solid). If the mixture gets too hard, set it out on the kitchen counter to thaw until soft enough to serve.

MEXICAN QUINOA

1 tablespoon olive oil

2 cloves garlic, minced

1 cup quinoa

1 cup vegetable broth

1 (15-ounce) can black beans, drained and rinsed

1 (14.5 oz) can diced tomatoes

1 cup corn kernels, frozen, canned or roasted

1 teaspoon chili powder

1/2 teaspoon cumin

Kosher salt and freshly ground black pepper, to taste

1 avocado, halved, seeded, peeled and diced

Juice of 1 lime

2 tablespoons chopped fresh cilantro leaves

Heat olive oil in a large skillet over medium high heat. Add garlic and, and cook, stirring frequently, until fragrant, about 1 minute. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.

MINISTRONE SOUP

1 can (14.5 oz) diced tomatoes

2 cups carrots, chopped

2 cups potatoes, chopped

1.5 cups celery, chopped

1 white onion, diced

3-4 cloves garlic, minced

1 Tablespoon Italian seasoning

1 teaspoon salt

1/2 teaspoon pepper

2 bay leaves

4 cups vegetable stock (I prefer low sodium broth)

2 cups water

3 cups 100% tomato juice

1 can (15 oz) red kidney beans, drained and rinsed

1 can (15 oz) cannellini beans, drained and rinsed

1½ cups zucchini, diced

1 cup whole wheat macaroni pasta

1 can (15 oz) green beans, drained

1. Place your diced tomatoes, carrots, potatoes, celery, white onion, garlic, Italian seasoning, salt, pepper, bay leaves into your crockpot.
2. Add in vegetable stock, water, and tomato juice. Cover and cook on low heat 6-8 hours or high 3-4 hours.
3. After cooking time is up, add in red kidney beans, cannellini beans, zucchini, green beans and pasta , and cook on high heat for an additional 10-15 minutes until pasta is tender.

LENTIL BELOGNESE

1/4 cup extra-virgin olive oil
1 medium onion, chopped
Pinch of sea salt
1 celery stalk, chopped
1 large peeled carrot, chopped
2 peeled garlic cloves, pressed or minced
1 tablespoon tomato paste
1/2 cup vegetable broth or water
1 1/2 cups canned crushed tomatoes
1 cup full-fat canned coconut milk
2 cups cooked brown lentils
1 cup ground walnuts
1/3 cup parsley, chopped
8-10 fresh basil leaves, chopped
Sea salt, to taste
Ground black pepper, to taste
16 oz whole wheat pasta of your choice (rotini, spaghetti, macaroni, etc)

1. To your pot, on medium heat, add the olive oil, onions, and pinch of sea salt and cook the onions until soft, about 8 minutes. Next, add the chopped celery and carrots and cook for another 5 minutes, stirring occasionally to coat in the oil and until they begin to soften. Then add the pressed/minced garlic and cook until fragrant, about 2 minutes.
2. Next, add the tomato paste and stir everything together. Right after that's incorporated, pour the veggie broth or water into the pan and scrape up any good bits from the cooked vegetables, using a wooden spoon.
3. To the cooked vegetables, now add the canned crushed tomatoes, stir, then add the coconut milk, stir, then add the cooked lentils and walnuts and stir again. At this point, add sea salt and black pepper to taste and stir. Then add the parsley and basil.
4. Cook uncovered for 40 minutes on medium-low heat, the tomato sauce will just be simmering, not boiling and the goal is to get the tomato sauce nice and thick. At any point, if the sauce thickens to your desired texture before the 40 minutes, just call it done. There's no need to cook any meat in this dish, so the cook time is really dependent on achieving the tomato sauce texture you like. Also on that note, if the sauce gets too thick for your liking, you can add a 1/4 cup of water at a time to thin it out.
5. Cook your pasta upon package directions. Per serving, spoon however much sauce you like to the pasta directly, give it a good toss to coat and top it with optional garnishes.

STRAWBERRY ICE CREAM

2 cups of sliced frozen bananas
2 cups of sliced strawberries
1/2 cup unsweetened coconut cream

1. Place bananas in a food processor or blender. Mix 30 seconds or until bananas are crumbly. Add strawberries and mix another 30 seconds. Scrape sides of processor or blender as needed.
2. Pour in coconut cream, and mix until creamy and smooth (about 1 minute).
3. Store in a covered glass bowl in freezer 3-4 hours or until firm (but not solid). If the ice cream gets too hard to scoop, set it out on the kitchen counter to thaw until soft enough to serve (about 15-20 minutes).

HUMMUS DIP

1 can (15.5 oz) chickpeas (garbanzo beans), drained and rinsed
1/4 cup tahini
2 tablespoons lemon juice
1 teaspoon garlic powder
1/2 teaspoon cumin
1/2 teaspoon salt
2-4 tablespoons water
2 tablespoons olive oil

1. Place first six ingredients and 2 tablespoons water into a blender or food processor and blend until well mixed.
2. Add olive oil and process at low speed until smooth.
3. If desired, add an extra 1-2 tablespoons water for a thinner consistency.

PEANUT BUTTER OATMEAL RAISIN COOKIES

2 cups quick oats
2 ripe bananas, mashed
1/2 cup natural peanut butter
¼ CUP RAISINS

1. Pre-heat oven to 350 F.
2. Mash the bananas in in a bowl with a fork until they form a paste.
3. Add the rest of the ingredients and mix well.
4. Drop 16 spoonfuls onto a cookie sheet, shaping each spoonful into a cookie shape.
5. Bake for 15 minutes. They should be firm and slightly browned when done.

OIL POPPED MICROWAVE POPCORN

1/2 cup unpopped popcorn

1 teaspoon vegetable oil

1/2 teaspoon salt, or to taste

You will also need: Brown paper bag

1. In a brown paper bag, mix together the unpopped popcorn and oil. Shake to coat the popcorn with oil, then sprinkle with salt. Fold the top of the bag over twice to seal in the ingredients.
2. Cook in the microwave at full power for 2 1/2 to 3 minutes, or until you hear pauses of about 2 seconds between pops. Carefully open the bag to avoid steam, and pour into a serving bowl.

AVOCADO SALSA

3 avocados, diced chunky

¼ cup chopped red onion

3 Roma Tomatoes, diced

⅓ cup fresh cilantro, finely chopped

1 Tbsp. lime juice

¼ tsp. garlic salt

⅓ tsp. pepper

After you have diced and chopped the avocados, red onion, roma tomatoes and cilantro, combine in a medium bowl. Add lime juice, pepper and garlic salt. Toss and lightly stir to combine flavors.

PEACH SALSA

1 cup chopped fresh or frozen peaches

1 (4-ounce) can chopped green chiles

2 tablespoons finely red onion

2 tablespoons fresh lime juice

1 tablespoon chopped fresh cilantro or parsley

1/8 teaspoon salt

Mix ingredients in a medium-sized bowl, and stir well. Refrigerate for about 2 hours or until chilled. Serve with homemade veggie chips.

SWEET POTATO CHIPS

2 sweet potatoes, washed and dried thoroughly

1 tsp olive oil, olive oil spray is best

salt and pepper, to taste

Preheat oven to 250 degrees. Slice sweet potatoes as thinly as possible, pat dry with paper towel, add to medium sized bowl. Spray slices with olive oil mist (or add 1 tsp olive oil) and generously sprinkle with salt, pepper, or any other herbs you'd like to add. Lay slices on baking sheet lined with parchment paper, do not overlap. Bake at 250 for 1 hour, until crispy. Turn oven up to 350 and let chips brown very slightly. Watch chips and make sure they do not burn.