



DANIEL
FAST
GUIDE

WHAT IS A DANIEL FAST?

Twice in the book of Daniel a fast is mentioned, once for 21 days and the second for 10 days.

Daniel 1:12

Test your servants for ten days; let us be given vegetables to eat and water to drink.

Daniel 10:3

...ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks.

The results of fasting were ongoing in the lives of Daniel and his three friends. To these four young men God gave knowledge and understanding (Dan.1:17, NIV). The wisdom and knowledge that God gave them was the result of their fast, and we believe that God brings the same clarity and understanding to us when we participate in a fast.

For us, we must remember the purpose of a fast: it is not what we are moving from but what we are moving towards. The purpose is to pursue God. To replace other activities and noises with a determined, deliberate pursuit of God in the Word, prayer, and increased intimacy with Him.

Inside this guide you will find practical information that explains what a Daniel Fast is and how to practically do it. Many of the questions often asked center around what foods are to be included and avoided during the fast. The Daniel Fast is a partial fast. Although other fasts involve no food or drink for one to several days, the Daniel Fast does not eliminate all food and water.

Since fasting eliminates distractions for greater spiritual focus, we've created this guide to remove as many obstacles as possible on the front end of your fast. The foods listed in this booklet are mainly a guideline to assist you in choosing what foods you will include and avoid on your fast. There are no hard and fast rules, however, your fast should present a level of challenge that will reveal things that may be controlling your life.

There are multiple online resources available on the Daniel Fast and you'll notice that there are many ways to do the fast. Here are some of our favorite resources:

- + ultimatedanielfast.com
- + danielplan.com
- + danielfast.wordpress.com

FOODS TO INCLUDE IN THE DANIEL FAST

ALL FRUIT // These can be fresh, frozen, dried, juiced, or canned (watch for added sugar).

| | | | |
|---------------|-----------------|------------|--------------|
| Apples | Coconuts | Limes | Plums |
| Apricots | Cranberries | Mangoes | Prunes |
| Avocados | Dates | Melons | Raisins |
| Bananas | Figs | Mulberries | Raspberries |
| Berries | Grapefruit | Nectarines | Strawberries |
| Blackberries | Grapes | Olives | Tangelos |
| Blueberries | Grenadine | Oranges | Tangerines |
| Boysenberries | Guava | Papayas | Watermelon |
| Breadfruit | Honeydew melons | Peaches | |
| Cantaloupe | Kiwi | Pears | |
| Cherries | Lemons | Pineapples | |

VEGETABLES // These can be fresh, frozen, dried, juiced, or canned (watch for salt content).

| | | | |
|-----------------|----------------|----------------|------------|
| Artichokes | Corn | Onions | Tomatoes |
| Asparagus | Cucumbers | Parsley | Turnips |
| Beets | Eggplant | Peppers | Watercress |
| Broccoli | Garlic | Potatoes | Yams |
| Brussel sprouts | Ginger root | Radishes | Zucchini |
| Cabbage | Kale | Rutabagas | |
| Carrots | Leeks | Scallions | |
| Cauliflower | Lettuce | Spinach | Sprouts |
| Celery | Mushrooms | Squashes | |
| Chili peppers | Mustard greens | Sweet potatoes | |
| Collard greens | Okra | | |

LEGUMES

| | | |
|-----------------|------------------------|----------------|
| Dried beans | Green beans | Lupines |
| Black beans | Green peas | White |
| Cannellini | Kidney beans | Peas |
| Pinto beans | Peanuts (includes | Garbanzos |
| Split peas | natural peanut butter) | Chickpea pasta |
| Lentils | Beans | |
| Black-eyed peas | Lentils | |

SEEDS

| | | |
|--------------------------|-----------|-----------------------|
| All nuts (raw, unsalted) | Cashews | Sesame |
| Sprouts | Walnuts | Almonds |
| Ground flax | Sunflower | Natural almond butter |

WHOLE GRAINS

| | | |
|-------------|-----------------------------|-------------------------------|
| Whole wheat | Rolled oats | Plain rice cakes |
| Brown rice | Plain oatmeal (not instant) | Popcorn (see recipe in FAQ's) |
| Millet | Barley | |
| Quinoa | Grits (not instant) | |
| Oats | Whole grain wheat pasta | |
| | Whole wheat tortillas | |

LIQUIDS

| | |
|-------------------------------------|----------------------------|
| Water (spring, distilled, filtered) | Unsweetened coconut milk |
| Unsweetened soy milk | Herbal (caffeine free) tea |
| Unsweetened almond milk | 100% Fruit/Vegetable juice |
| Unsweetened oat milk | (no added; sugar) |
| Unsweetened cashew milk | |

OTHER

| | |
|---------------------------|---|
| Tofu | Small amounts of Ezekiel bread |
| Soy products | Small amounts of olive oil |
| Herbs | Spices (read the label to be sure there are no preservatives) |
| Small amounts of honey | |
| Small amounts of sea salt | |

SUGGESTED FOODS TO AVOID

| | |
|---|----------------------------|
| All animal products (including all meat, poultry, fish) | Syrups |
| White rice | Molasses |
| White bread | Cane juice |
| All deep-fried foods | White flour |
| Coffee (including decaf b/c it contains small amount of caffeine) | Margarine |
| Carbonated beverages | Shortening |
| Energy drinks | High fat products |
| Foods containing preservatives, additives | Butter All leavened breads |
| Refined foods | Baked goods |
| Processed foods | All dairy |
| Food additives | Milk |
| Refined sugar | Cheese |
| Sugar substitutes | Flavored yogurt |
| Raw sugar | Cream |
| | Eggs |
| | Alcohol |
| | Mayonnaise |

COMMON FAQ'S

What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware of what is in them.

What about pasta?

Make sure the label says whole grain pasta with no additives - watch for sugar. Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta). Chickpea pasta is also an option.

I know it says raw, unsalted nuts, but what about roasted nuts?

The goal would be to stick to raw, unsalted nuts. But since these are harder to find, if needed, just get plain roasted, unsalted nuts with no preservatives.

How do I get enough protein in my diet while on the fast?

The following are protein-rich foods that are allowed on the Daniel Fast: almonds, sunflower seeds, peanut butter, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

What kind of peanut butter is allowed?

A natural peanut butter with no additives - watch for sugars including molasses. Smucker's Creamy Natural Peanut Butter has nothing but peanuts in it. You can also eat other nut butters like almond butter and cashew butter.

Should I still take my supplements or vitamins while on the fast?

We encourage you to follow your doctor's recommendations. Do not change a planned medical regiment for the fast without first talking to your physician.

What about popcorn?

Corn is listed in the vegetables to eat list. This recipe is for popping corn on the stove:

- 1) Put two tablespoons of olive oil in a large pot.
- 2) Add enough popcorn to cover the bottom of the pan.
- 3) Turn heat to medium high; when first kernel pops, put on lid.
- 4) Using potholders, shake the pot over the burner until you no longer hear kernels popping.
- 5) Remove from heat.

How can I identify whole grain foods?

Typically, if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first

ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to read the nutritional facts information and check to see if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a whole grain product.

What about salad dressing?

Olive oil and lemon or lime is an option.

Do I need to eat organic foods while on the fast?

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

Where can I go out to eat?

You can go anywhere and order cautiously knowing ahead of time that you may be ordering a salad with olive oil and a baked potato with no extras. Use your best judgement.

What about bread?

We are recommending the Ezekiel bread found in the freezer section of your grocery store.

How much can I eat?

If they are the appropriate foods, we are recommending eating until satisfied.

What are some suggested fast foods I may eat if I am on the road?

We suggest getting some type of veggie/fruit salad with an olive oil dressing.

What if I am pregnant, diabetic, or have other medical issues that restrict my diet?

While it is understandable that you require certain foods for health reasons, we encourage you to participate in a modified version of the fast. Perhaps you give up sweets, caffeine, fast food, or something other than food (ie. Social Media, TV, movies, etc.) for the time of the fast.

DANIEL FAST TIPS

Use this opportunity to share recipes, plan meals together, and exchange prayer requests. Enjoy sharing meals with friends that are also participating in the fast, as well as spend time in prayer together.

Parents, use your best judgment on how much your children should participate during the fast. Participating in the Daniel Fast is a great opportunity to teach your kids about prayer and fasting.

Weekly meal planning also helps a lot. Meal planning takes away the distraction of not knowing what to eat during the fast. With fewer distractions along the way, more focus can be put on seeking the Lord. Also, a trip to the grocery store should go by quicker if you prepare before going.

MEAL PLANNING EXAMPLES

BREAKFAST SUGGESTIONS

Toasted Ezekiel Bread
Fruit Smoothies
Soy Milk or Natural Orange/
Apple Juice
Banana Muffins

LUNCH SUGGESTIONS

Peanut Butter and Banana
Tortilla Wrap
Hummus with Raw Veggies
Salad with Annie's Dressing
Fruit

DINNER SUGGESTIONS

Grilled Veggie Kabobs and
Mashed Potato Casserole
Greek Style Stuffed Peppers
Vegetable Fajitas
Minestrone Soup
White Bean Chili

SNACKS

Sunflower seeds
Nut trail mixes
Fruit Salad

SOME OTHER QUICK MEAL IDEAS

Tossed Salad with Lettuce,
Tomatoes, Cucumbers, Carrots;
Sliced Avocado as a dressing;
Sprinkle Toasted Almonds on
top

Spinach Salad with Baby
Spinach Leaves, Fresh

Strawberries, Toasted Almonds;
a little Raw Honey for dressing;
Frozen Mango Slices

Baked Red Potato; Fresh Orange
Sections and Banana; Green
Salad with Cucumbers, Carrots,
Radishes; Sprinkle Salad with
Oregano Leaves

Fresh Fruit Salad topped with
Almonds or Pecans

Leafy Green Lettuce topped
with Pink Grapefruit Slices,
Avocado Slices and Toasted
Almonds; Baked Potato; Cooked
Carrots tossed with a little Raw
Honey and Mint

Half Avocado-sliced, Pineapple
and Banana sliced, served on
top of Lettuce Wedge; topped
with Fruit and Nuts

Baked Potato; Fruit; Green Salad

Tomato Basil Soup; Green Salad;
Seedless Grapes

Cabbage Salad; Carrots;
Asparagus

Corn on the Cob grilled; Brown
Rice; Pinto Beans topped with
Salsa; Fruit

Peanut Butter and Banana Wrap

DANIEL FAST RECIPES

BREAKFAST

Apple Berry Oatmeal Cereal

$\frac{3}{4}$ cup rolled oats
 $\frac{1}{2}$ cup almonds
2 sweet apples, chopped
1 cup blueberries
1 cup natural apple juice
Dash of nutmeg
Dash of cinnamon

Cook the oats as directed on
box. Chop the almonds and
apples then combine. Add the
blueberries. Top with nutmeg,
cinnamon, and apple juice.

Baked Oatmeal

1 $\frac{1}{2}$ cups rolled oats
1 $\frac{1}{2}$ cups unsweetened almond
milk
 $\frac{1}{2}$ cup unsweetened applesauce
 $\frac{1}{4}$ cup chopped dried apricots
 $\frac{1}{4}$ cup chopped dates or raisins
 $\frac{1}{4}$ cup chopped pecans or
walnuts
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon salt
Optional: Almond butter or date
honey on top

Preheat oven to 350 degrees. Put
all ingredients in a large bowl
and stir well. Transfer to an 8x8
baking dish that has been lightly
rubbed with olive oil - if not it
will stick! Pour oatmeal mixture
into dish and bake 45-50 minutes
or until slightly browned and

crispy on top. Spread almond
butter or date honey on each
serving.

Serve with baked apples on
top to make it even better
(see baked apple recipe listed
below.) If it is a little dry, pour
some of the juice from the
baked apple recipe on top along
with the apples. This recipe can
be doubled and baked in a 9x13
casserole dish.

Baked Cinnamon Apples

2 cups apples, unpeeled and
thinly sliced (about 2 apples)
1 cup unsweetened apple juice
 $\frac{1}{8}$ teaspoon cinnamon
Optional: Bananas, raisins,
chopped nuts

Preheat oven to 350 degrees.
Place sliced apples in an
8x8 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 over Baked
Oatmeal (see previous recipe.)
Add sliced bananas, raisins, and
chopped nuts.

Banana Muffins

3 bananas
1 $\frac{1}{4}$ cup wheat flour
 $\frac{1}{2}$ cup honey
1 teaspoon sea salt
1 teaspoon baking soda
 $\frac{1}{4}$ cup oil
Optional: 1 cup chopped
walnuts

Preheat oven to 350 degrees.
Mash bananas. Add all the other ingredients and mix until blended. This will not be thin like cake batter. Use a mini-ice cream scoop to put in muffin papers. Bake for 18-20 minutes.

Banana and Orange Smoothie

½ cup orange juice
1 medium size banana, peeled and cut into thick slices
2 cups of ice cubes
Juice of 1 lime
Mix all in blender.

Not-so-Fancy Fruit Bowl

Add all your favorite fruits in a big bowl and top with toasted nuts. Easy and delicious!

Open Face Breakfast Sandwich

1 slice of Cinnamon Ezekiel Bread
Smucker's Natural Peanut Butter
1 banana, sliced
Toast the bread, spread peanut butter on, top with bananas.

Granola

10 cups rolled oats
1 cup extra virgin olive oil
1 cup raw honey
½ - 1 cup your choice: pecans, almonds, walnuts, and/or unsalted sunflower seeds

Preheat oven to 350 degrees. Mix ingredients together and spread on a cookie sheet. Bake 15-20 minutes, stirring at 5-minute intervals until toasted and

golden brown. After removing from oven, stir in ½ - 1 cup unsweetened raisins and/or dried cranberries, if desired. Let cool and store in refrigerator in airtight container.

Serve over fresh fruit, as a snack or as a cereal with soy milk.

Peach-Strawberry Smoothie

2 frozen bananas
5 oz of frozen strawberries
5 oz of frozen peaches
2 cups of natural apple juice

Blend all the ingredients together on high speed until smooth.

Banana Milk

2 very ripe bananas, peeled
1/2 cup water
1/2 cup ice
1/4 teaspoon cinnamon
Mix all ingredients in a blender until smooth. Use immediately.
Yield: 2 servings (serving size: about 8 ounces or 1 cup)

Pineapple Citrus Muffins

1 cup rolled oats
1 cup oat flour
1 cup unsweetened applesauce
½ cup diced pineapples
¼ cup chopped pecans or walnuts
¼ cup date honey
¼ cup flaxseed meal **
2 teaspoons unsweetened coconut flakes
2 teaspoons grated orange zest

½ teaspoon ground ginger
Optional: Almond butter or date honey

Preheat oven to 350 degrees. Lightly rub 8 cups of a 12-cup muffin tin with olive oil and set aside. Combine all ingredients in a large bowl and stir well to combine. Scoop out mixture into 8 muffin tin cups, allowing about ⅓ cup for each muffin. Bake 20 minutes, or until muffin tops are lightly browned. Spread almond butter or date honey on top and serve warm.

*Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (½ cup old-fashioned oats will yield about ½ cup ground oats).

**Flaxseed meal is a powder made from ground flaxseeds. It can be found in health food stores and some grocery stores. Instead of buying flaxseed meal, you can also grind whole flaxseeds at home by using a coffee or seed grinder.

***The zest is the outermost, colorful skin of citrus fruits. Zest is often used to enhance flavor in recipes. The pith, or white membrane underneath the outside peel, has a bitter, unpleasant taste and should be avoided while zesting.

SOUPS

Black Bean Soup

1 lb black beans, soaked overnight, rinsed & drained
8 cups of vegetable stock/broth
1 onion, diced
2 bay leaves
2 garlic cloves, minced
1 Tablespoon olive oil
1 cup celery, diced
1 potato, chopped
1 red pepper, chopped
1 cup carrots, diced
2 Tablespoons cilantro
1 Tablespoon parsley
1 teaspoon honey
Sea salt

Boil beans in vegetable stock with onion and bay leaves. Reduce heat and cook 2 ½ hours, until beans are tender. Remove bay leaves and combine vegetables, honey, and seasonings with beans. Bring to a boil, lower heat to simmer and cook until vegetables and beans are tender.

Corn Chowder

½ Tablespoon extra-virgin olive oil
½ cup onion, diced
4 cups water
1 lb potatoes, peeled and diced (about 3 cups)
1 clove garlic, minced
1 teaspoon dried parsley flakes
½ teaspoon sea salt
⅛ teaspoon pepper

3 ½ cups fresh corn kernels
or 2 (14.5 oz) cans of corn,
drained
½ cup unsweetened almond or
rice milk
Optional: Carrots, chopped (½2
cup) and/or celery, chopped (¼
cup)
Salsa - if you'd like a
southwestern flair.

Heat olive oil in a large
saucepan and add onions. Cook
until soft and translucent. Add
water, potatoes, garlic, parsley,
salt, and pepper. Bring to a
boil. Reduce heat and simmer,
covered, 15-20 minutes or until
potatoes are tender. Add
corn and almond milk. Cook,
uncovered, over medium-low
heat for another 10 minutes.
Place 3 cups of soup in a food
processor or blender, and
process about 15 seconds.
Return to saucepan. Stir well
and serve.

Minestrone Soup

1 Tablespoon olive oil
1 cup onion, finely chopped
½ cup zucchini, chopped
½ cup frozen green beans
¼ cup celery, minced
4 teaspoons garlic, minced
4 cups vegetable broth
1 (14 oz) can diced tomatoes
2 (15 oz) cans red kidney beans,
drained
2 (15 oz) cans white kidney
beans, drained

½ cup carrots, chopped
3 cups hot water
3 teaspoons sea salt
½ teaspoon basil
4 cups fresh baby spinach

In a large soup pot sauté onion,
zucchini, green beans, celery,
and garlic in olive oil for 5
minutes. Add broth, tomatoes,
beans, carrots, water, sea
salt, and basil. Simmer for 20
minutes. Add baby spinach and
cook an additional 20 minutes.

Potato Soup

1/4 cup plus 2 Tablespoons o
1 medium onion, chopped
3 leeks, sliced
3 large baking potatoes, peeled
and cut in small pieces
1 box vegetable broth (canned or
see recipe page 21)
1 teaspoon sea salt
¼ teaspoon pepper

Sauté onion and leeks in olive
oil. Cover and cook for 20
minutes. Stir in potatoes and
cook 15 more minutes covered.
Add vegetable broth, salt
and pepper. Bring to boil.
Reduce heat and simmer for 1-2
hours. You can either cool and
blend in batches in the blender
OR use a potato masher
and mash in your pot.

Taco Soup

1 Tablespoon extra-virgin olive
oil

1 onion, chopped (small or
large, depends on how much
onion you like)
2 packages of taco seasoning (all
natural)
1 can black beans
1 can pinto beans
1 can kidney beans
2 cans white corn
1 can Rotel tomatoes
1 can (26 oz) diced tomatoes
2 cups water

Sauté onions in heated oil over
medium heat, cooking until soft.
Add the remaining ingredients
and let simmer.

Tomato Basil Soup

½ Tablespoon extra-virgin olive
oil
½ cup onions, chopped
3 (1; 5 oz) cans diced tomatoes
½ cup water
1 clove garlic, minced
1 ½ teaspoon dried basil
1 teaspoon sea salt
¼ teaspoon black pepper

Heat olive oil over medium
heat in a large skillet. Add
onions, and cook until soft and
translucent. Add tomatoes,
water, garlic, basil, salt, and
pepper. Cook 20 minutes. Place
mixture in a food processor or
blender, and purée until desired
consistency is reached. Return
to skillet, and cook 5-10 more
minutes. Makes about 4 (1 ¼
cup) servings

Tortilla Soup

1 carrot, chopped
1 celery stick, chopped
1 medium onion, chopped
3 gar cloves, pressed
2 Tablespoons olive oil
8 cups vegetable broth (canned
or see recipe page 21)
4 cups water
1 can organic black beans
16 oz frozen corn
1 red tomato, chopped
1 yellow tomato, chopped
¼ cup chopped cilantro
2-3 teaspoon sea salt
1 lime
6 organic corn tortillas
Optional: Green onions,
avocado

Heat oil in the bottom of the pot
and sauté the first 4 ingredients
until soft. Add everything else
except the tortillas. Low boil for
about 30 minutes. Add tortillas.
Cook for another 10 minutes.
Serve topped with fresh
chopped avocado and green
onion.

Vegetable Stock Broth

1 Tablespoon olive oil
1 large onion
2 stalks celery, including some
leaves
2 large carrots
1 bunch green onions, chopped
8 cloves garlic, minced
8 sprigs fresh parsley
6 sprigs fresh thyme
2 bay leaves

1 teaspoon sea salt
2 quarts water

Chop scrubbed vegetables into 1" chunks. (Remember, the greater the surface area, the more quickly vegetables will yield their flavor.) Heat oil in a soup pot. Add onion, celery, carrots, green onions, garlic, parsley, thyme, and bay leaves. Cook over high heat for 5 to 10 minutes, stirring frequently. Add sea salt and water and bring to a boil. Lower heat and simmer, uncovered, for 30 minutes. Strain. Discard vegetables.

Vegetable Soup

1 (28 oz) can diced or crushed tomatoes
1 (6 oz) can tomato paste
1 can of tomato sauce
1 can each of corn/green beans/potatoes/sweet peas/carrots, all drained
Sea salt to taste
2 medium onions, diced
1 teaspoon garlic powder
Water

Place all items in pot and add water to cover. Cook in slow cooker for 3-4 hours or on stovetop until tender.

White Bean Chili

4 cans organic northern beans, drained
3 cans vegetable broth (canned

or see recipe page 21)
1 cup water
1 ¼ cups onions, chopped
2 cloves garlic, minced
½ teaspoon sea salt
1 (4 oz) can green chiles, chopped
1 ½ teaspoons cumin
1 teaspoon dried oregano
¼ teaspoon ground red pepper

Place all ingredients in a large heavy pot. Bring to a boil, reduce heat, and simmer at least 30 minutes.

SNACKS

Almond Butter Bites

½ cup almond butter
¼ cup raw sunflower seeds
¼ cup raisins
¼ cup chopped almonds
2 Tablespoons unsweetened shredded coconut
¼ teaspoon cinnamon

Mix all ingredients in a bowl until well combined. Use a ½ Tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8x8 baking dish, and freeze until firm. Serve frozen or just slightly thawed. Makes about 18.

Apple Berry Salsa and Cinnamon Chips

Apple Berry Salsa
2 medium granny smith apples,

peeled, cored and chopped
1 cup strawberries, chopped
1 kiwi, peeled and chopped
1 small orange, whole
2 Tablespoons honey

Combine apples, strawberries, and kiwi. Zest and juice orange. Add zest, orange juice, and honey to fruit. Serve with cinnamon chips.

Cinnamon Chips

1 package whole wheat tortillas
1 Tablespoon Stevia
½ teaspoon ground cinnamon

Preheat oven to 400 degrees. Moisten tortillas with water. Sprinkle with cinnamon and Stevia. Bake for 8-10 minutes. Cut into wedges.

Baked Potato Chips

2 lbs russet baking potatoes, peeled
1 Tablespoon extra-virgin olive oil
½ teaspoon sea salt
⅛ teaspoon pepper

Preheat oven to 375 degrees. Cut potatoes into ½" thick slices by using either the slicing disc of a food processor, mandoline slicer, or by hand. Place potato slices in a large bowl. Add olive oil, sea salt, and pepper, and stir well to coat. Spread in a single layer on two large baking sheets. Bake 15 minutes. Flip potatoes,

and cook another 10-15 minutes, or until chips are crispy. Serves 4.

Banana Muffins

3 bananas
1 ¼ cups wheat flour
½ cup honey
1 teaspoon sea salt
1 teaspoon baking soda
¼ cup oil
Optional: 1 cup chopped walnuts

Preheat oven to 350 degrees. Mash bananas. Add all the other ingredients and mix until blended. This will not be thin like cake batter. Use a mini ice cream scoop to put in muffin papers. Bake for 18-20 minutes.

Celery and Peanut Butter

Celery sticks
Natural peanut butter
Optional: Nuts and/or raisins

Stuff celery with natural peanut butter. Add nuts or raisins.

Dried Fruit

Apricots, blueberries, dates, figs, goji berries, mango, etc. Dried fruit is a great snack when you're on the go. Raisins are always a favorite, but try other varieties of dried fruit. Be sure to check the labels, though, and avoid fruit that has added sugar.

Frozen Grapes

Remove stems, and place grapes in a dish in the freezer. Freeze until firm.

Granola

10 cups rolled oats
1 cup extra virgin olive oil
1 cup raw honey
½ - 1 cup your choice: pecans, almonds, walnuts, and/or unsalted sunflower seeds

Preheat oven to 350 degrees. Mix ingredients together and spread on a cookie sheet. Bake 15-20 minutes, stirring at 5 minute intervals until toasted and golden brown. After removing from oven, stir in ½ 2 - 1 cup unsweetened raisins and/or dried cranberries, if desired. Let cool and store in refrigerator in airtight container. Serve over fresh fruit, as a snack or as a cereal with soy milk.

Guacamole

2 medium avocados
½ medium tomato, diced
¼ cup red onions, diced
½ medium jalapeno pepper, seeded & diced
2 cloves garlic, minced
2 Tablespoons chopped fresh parsley
1 Tablespoon lime juice
1 teaspoon sea salt

Cut avocados in half. Remove seed. Scoop out avocado from the peel, put in a small mixing bowl, and mash until

smooth. Stir in the rest of the ingredients. Chill in refrigerator for 1-2 hours.

Homemade Crackers

1 ¼ cups whole wheat flour, divided (ye, buckwheat or cornmeal can be substituted)
½ teaspoon sea salt
2 Tablespoons canola oil or olive oil; more as needed
4 Tablespoons water; add more as needed
Optional: 1 teaspoon seasoning such as dried herbs, chili powder, garlic powder, onion powder, etc.

Preheat oven to 400 degrees. Using a food processor to mix 1 cup of the flour, ½ teaspoon sea salt and oil. 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. 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 1/5" 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.

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) Bake for 10 - 15 minutes, until light brown. 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.

Hummus

1 (15 oz) can chickpeas, rinsed & drained
¼ cup tahini
¼ cup water
2 Tablespoons extra-virgin olive oil
2 Tablespoons fresh lemon juice
2 cloves garlic, minced
¼ cup fresh parsley, packed
½ teaspoon sea salt
¼ teaspoon ground cumin

Place ingredients in a food processor or blender. Process, scraping sides of bowl often, until mixture is a smooth paste. You can either refrigerate at this point or serve immediately. Use as a dip with fresh vegetables or tortillas.

Peanut Butter Treats

½ cup of natural crunchy peanut butter
½ cup of raisins
¼ cup of chopped almonds

1-2 Tablespoons unsweetened coconut
¼ teaspoon cinnamon

Mix all ingredients in a bowl until well combined. Use a ½ Tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8x8" baking dish and freeze until firm. Serve frozen or just slightly thawed. Makes about 18.

Salsa

3-4 large tomatoes, quartered or 1 (14.5 oz) can diced tomatoes
1 (10 oz) can diced tomatoes with green chiles
½ cup green bell peppers, chopped
½ cup red bell peppers, chopped
½ cup red onions, chopped
1 serrano pepper, seeded & chopped (may use half)
¼ cup packed fresh parsley (or cilantro)
2-3 cloves garlic, minced
1 Tablespoon lime juice
½ teaspoon sea salt
¼ teaspoon cumin

Add ingredients to a food processor or blender until desired consistency is reached. Chill at least 1 hour to let flavors blend. Makes 3 cups. Eat with sea salt or organic tortilla chips.

Spinach Artichoke Dip

8 ounces firm tofu, drained - (this is optional - I like it better

without the tofu)
1 cup chopped canned artichokes, drained.
(reserve 2 Tablespoons canned juices)
½ (10 oz) package frozen chopped spinach, thawed, squeezed dry
1 teaspoon dried basil
1 teaspoon sea salt
⅓ teaspoon pepper
2 teaspoons extra-virgin olive oil
¼ cup onion, diced
2 cloves garlic, minced

Preheat oven to 375 degrees. Place tofu, artichokes, artichoke juice, and spinach in a food processor, blender, or mix by hand with fork. Process until smooth. Transfer mixture to a medium-sized bowl. Stir in basil, sea salt, and pepper. Set aside. Heat oil in a small skillet, and cook onions and garlic until onions are translucent. Remove from heat, and stir into spinach artichoke mixture. Place in a 3-cup glass or ceramic baking dish that has been rubbed with olive oil. Bake 20 minutes, or until edges start to brown. Serve warm.

Texas Caviar

2 (15 oz) cans black beans, rinsed and drained
2 (15 oz) cans pinto beans, rinsed and drained
2 (15 oz) cans white corn, rinsed and drained

1 (4 oz) can chopped green chiles, undrained
1 jalapeno chile pepper, seeded and finely chopped (optional)
1 red bell pepper - cored, seeded and finely chopped
1 green bell pepper - cored, seeded and finely chopped
1 small red onion, finely chopped
1 bunch cilantro leaves, finely chopped
½ cup rice vinegar
½ cup olive oil
½ teaspoon garlic powder

Mix the black beans, pinto beans, white corn, green chiles, jalapeno pepper, red and green bell peppers, red onion, and cilantro together in a large bowl. To make the dressing, stir the rice vinegar, olive oil, and garlic powder together in a pan. Bring to a boil, then remove from heat and cool. Pour dressing over bean mixture and toss to mix evenly. Makes 10 servings. Enjoy with organic tortilla chips.

Trail Mix

1 cup whole raw almonds
1 cup cashew halves & pieces
1 cup walnut halves
½ cup golden raisins
½ cup raisins
¼ cup sunflower seeds
¼ cup pumpkin seeds

Mix ingredients together and

store in an airtight container.

MAIN DISHES AND SIDES

Black-Eyed Peas with Brown Rice
1 (16 oz) bag of black-eyed peas
Olive oil
1 onion, chopped
1 green bell pepper, chopped
1 stalk of celery, chopped
5 cloves of garlic, chopped
1 (14.5 oz) can crushed tomatoes
Sea salt and pepper to taste
Hot sauce or cayenne pepper to taste
Water (about 6 cups, or enough to cover the beans with 1" above the beans)
Brown rice

Soak the beans overnight and then rinse the next morning. (In case you forget to soak the beans, you can boil the beans for about 5 minutes, then let them sit for about 2 hours.) Sauté the chopped veggies (onion, green pepper, celery, garlic) in some olive oil with a little sea salt and pepper on medium high heat. Once the onions are lightly browned, add in the Leans, tomatoes and water and simmer for about 1 ½ - 2 hours. Add sea salt, pepper and hot sauce/cayenne to taste. Serve over prepared brown rice.

Chickpea Salad

1 (15.5 oz) can Goya Chickpeas, drained and rinsed
½ cup red or green bell pepper, chopped
1 small ed or sweet onion, chopped
1 medium cucumber, chopped
1 Tablespoon balsamic vinegar
3 Tablespoons Goya olive oil
¼ teaspoon garlic powder
¼ teaspoon oregano powder
Sea salt and black pepper to taste
Optional adds:
1 large tomato, chopped
1 cup homemade salsa (see recipe page 26)
Sprinkle of crushed red pepper
1 small raw squash, chopped or sliced thinly

Mix all together. Makes a large recipe, enough for 8-10 people.

Greek-Style Stuffed Peppers

1 Tablespoon extra-virgin olive oil
½ ep onion, chopped
1 cup zucchini, diced
1 clove garlic, minced
1 (3, on can tomato sauce
3 canned artichokes, drained and chopped
½ cup chopped black olives
1 teaspoon dried oregano flakes or 1 Tablespoon fresh oregano, chopped
1 teaspoon dried parsley or 1 Tablespoon fresh parsley, chopped

½ teaspoon sea salt
6 medium bell peppers (green, orange, red, and/or yellow)
2 quos cooked quinoa
1 ½ Tablespoons pine nuts
Water

Preheat oven to 350 degrees, Place artichokes in a food processor, and pulse until artichokes are chopped well, Set aside, Heat olive oil over medium heat and add onion and zucchini, Cook 3-5 minutes or until vegetables are softened, lower heat, and add garlic, Cook 1 minute, stirring constantly so garlic doesn't burn. Add tomato sauce, artichokes, olives, oregano, parsley, and salt. Cook 16 minutes, or until sauce is thickened. While sauce is cooking, cut peppers in half lengthwise, and remove stems and seeds, Place peppers in boiling water for 5 minutes. Drain in colander, and place in a large baking dish. When sauce is finished, mix in the quinoa and pine nuts. Stir well. Spoon mixture evenly into pepper halves. Add hot water to dish to a depth of ½ and bake uncovered for 20 minutes.

Grilled Portobello Steaks

4 Portobello mushroom caps
Marinade:
¼ cup extra virgin olive oil

¼ cup unsweetened orange juice
¼ cup Bragg's Liquid Aminos
2 Tablespoons green onions, chopped
1 clove garlic, minced
½ teaspoon dried rosemary, crushed

Place mushrooms in a glass dish with gills up. Whisk together marinade ingredients in a small bowl and pour over caps. Marinate at room temperature 30 minutes. Preheat grill. Place mushroom caps over heat for 5 minutes, flipping halfway through cooking time.

Grilled Veggie Kabobs

Marinade:
2 Tablespoons extra-virgin olive oil
2 Tablespoons lemon juice or pineapple juice
1 Tablespoon Bragg's Liquid Aminos or soy sauce
1 clove garlic, minced
¼ teaspoon ground ginger

Vegetables:

16 cherry tomatoes
16 white button mushrooms, stems removed
1 red or green bell pepper, cut into 2" pieces (about 1 cup)
1 yellow or orange bell pepper, cut into 2" pieces (about 1 cup)
1 cup onion, cut into 2" pieces
1 cup zucchini, cut into 2" pieces
8 (10") metal or wooden skewers (soak wooden ones in water for

15 minutes before using so that they don't burn.)

Prepare marinade in small bowl and set aside. Place vegetables on skewers, alternating as you go. Set skewers in a 9x13 casserole dish, and brush vegetables with marinade. Cover, and let sit at room temperature 30 minutes. If you have any remaining marinade, reserve it to coat vegetables while cooking. Preheat grill. Place skewers over medium heat and grill 10 minutes or until done, turning occasionally as needed.

Lettuce Wraps

1-2 teaspoon olive oil
Cajun spices, or any other spices you want to use
½ onion (optional), chopped into small skinny pieces
½ bell pepper, chopped into small matchstick pieces
½ cup prepared quinoa
½ cup veggie crumble (chopped broccoli, carrots, & cauliflower)
Lettuce

Homemade salsa

Wash and separate lettuce leaves. Sauté the onion and pepper in some olive oil and seasonings until they're soft. Pour the quinoa and veggie Crumble into the pan and sauté

until the crumble is cooked. Remove everything from the pan and put in a bowl. Spoon the mixture into the lettuce, add some salsa, roll up and eat.

Mango and Black Bean Salad

1 (15 oz.) can black beans, drained and rinse 2 cups fresh mango, diced
1 cup sweet red bell pepper, diced
6 green onions, thinly sliced
¼ cup cilantro leaves, chopped
¼ cup fresh lime juice
1 Tablespoon olive oil
1 seeded jalapeno pepper, minced (or hot sauce to taste)
Sea salt to taste

Combine ingredients in a bowl. Toss and serve.

Mashed Potato Casserole

2 bs potatoes, peeled & cubed
¼ cup unsweetened almond or soy milk
1 (15 oz) can corn kernels, drained
2 Tablespoons fresh parsley, chopped
1 teaspoon sea salt
⅛ teaspoon pepper
½ Tablespoon extra-virgin olive oil
½ cup onions, chopped
¼ cup green onion tops only, chopped
2 cloves garlic, minced
Topping:
¼ cup corn flour or corn meal

2 teaspoon extra virgin olive oil
½ teaspoon garlic powder

Boil or steam potatoes until tender (about 20 minutes). Pour in almond milk, and mash until smooth. Put corn in a food processor and process about 10 seconds to break corn into smaller pieces. Mix corn with potatoes, and add parsley, sea salt, and pepper.

Preheat oven to 350 degrees. Heat olive oil over medium heat, and cook onions until soft and translucent. Add green onions and garlic, and cook one minute, stirring constantly so garlic doesn't burn. Stir into potato/ corn mixture. Lightly spray or rub a 9x13 casserole dish with olive oil and spread mixture into dish. In a small bowl, use a fork to mix corn flour, olive oil, and garlic powder until well blended. Sprinkle over top of casserole and bake 30 minutes.

Slice & Bake Potatoes

Olive oil
Yukon Gold potatoes
Onions, chopped
Sea salt
Optional additional spices - you choose.

Preheat oven to 350 degrees and spray cookie sheet with olive oil. Slice potatoes medium

to thin (thin will be a bit crunchier.) Sprinkle as many chopped onions as you like and season with sea salt or other approved spices depending on how spicy you like things. Drizzle olive oil over sparingly and bake for 20-30 minutes depending on the thickness of the potatoes.

Quinoa & Black Bean Salad

1 cup quinoa
2 Tablespoons olive oil
½ cup olive oil
1 ½ cups black beans, cooked
1 ½ cups corn, thawed if frozen
¾ cup red bell pepper, finely chopped
1 jalapeno pepper (or more if you prefer), seeded and minced
¼ cup fresh cilantro, finely chopped
⅓ cup fresh lime juice
1 ½ teaspoons ground cumin
1 garlic clove, minced
1 teaspoon sea salt

Option for additional flavor:
To flavor the Quinoa before boiling marinate (after washing - see below) in a mix 3 Tablespoons sesame seed oil, a little sea salt, and cumin per taste for each cup of Quinoa (after washing.) Another marinade option is vegetable broth (2 cups broth per 1 dry cup of Quinoa.)

Wash the quinoa in several

changes of cold water, until the water runs clear, and then drain well. Heat 2 Tablespoons of olive oil over medium in a saucepan. Add the drained quinoa and cook, stirring frequently, for 4 to 5 minutes. Add 2 cups of water and bring to a boil. Reduce to a simmer, cover, and cook until all the water is absorbed and the quinoa is cooked (10 to 15 minutes). Transfer the quinoa to a large bowl and allow to cool. Add the beans, corn, bell pepper, jalapeno peppers, and cilantro and toss well. In a small bowl, whisk together the lime juice, cumin, garlic, and sea salt. Add the remaining ⅓ cup of olive oil in a stream while whisking. Drizzle the dressing over the salad and toss well. Add sea salt and pepper to taste. Serve immediately or keep covered in the refrigerator overnight (bring to room temperature before serving).

Quick Tomato Sauce/Marinara

2 Tablespoons olive oil
1 medium yellow onion, chopped
2 (14.5 oz) cans diced tomatoes
Sea salt to taste
¼ cup cilantro, finely chopped
*Add garlic & Italian seasoning to make marinara.

Sauté onions in heated oil over medium heat, cooking until soft. Add tomatoes and sea salt.

Simmer until thickened, about 10 minutes. Add cilantro and simmer 5 or 10 minutes. Send over wheat pasta, brown rice, or cooked vegetables.

Red Beans & Rice

1 yellow onion, chopped
1 green bell pepper, chopped
3 stalks of celery, chopped
3 cloves of garlic, minced
1 b red kidney beans
2 Tablespoons Cajun seasoning
7 cups of water
Brown Rice, cooked

Put all ingredients (except rice) in the crock pot on high for seven hours. Serve over rice.

Southwestern Corn & Black Bean Salad

⅓ cup pine nuts
¼ cup lime juice
2 Tablespoons extra virgin olive oil
¼ cup fresh cilantro, chopped
Sea salt
1 ½ cups corn kernels (fresh or frozen)
2 (14.5 oz) cans black beans, rinsed
2 cups red cabbage, shredded
1 large tomato, diced
½ cup red onion, minced

Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes. Whisk lime

juice, oil, cilantro, sea salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato, and onion; toss to coat. Refrigerate until ready to serve.

Spanish Rice

1 cup tomato juice
1 cup vegetable stock
1 cup brown rice
1 medium tomato, diced
⅓ cup celery, chopped
⅓ cup onion, chopped
½ cup green bell pepper, chopped
2 small garlic cloves, minced
2 teaspoon chives, chopped
⅓ cup carrot, grated
1 teaspoon basil
1 teaspoon oregano
1 teaspoon sea salt

Combine tomato juice and vegetable stock in large pot and bring to a boil. Add rice and reduce to simmer. Cover and cook for 25 minutes. Remove from heat and add tomato, celery, onion, bell pepper, garlic, chives, carrots, basil, oregano, and sea salt. Replace cover and simmer for 15 minutes for flavors to blend.

Spicy Black Bean Stuffed Peppers

2 small peppers (any variety you'd prefer)
1 Tablespoon olive oil
½ medium onion, diced

1 clove garlic, minced
1 (15 oz) can organic black beans, drained and rinsed
¼ cup water
2 teaspoons cumin
2 teaspoons chili powder
½ teaspoon smoked paprika
½ teaspoon sea salt
Pinch of cayenne pepper
½ cup organic sweet corn
Optional: fresh cilantro and homemade salsa

Preheat oven to 400 degrees. Cut a slit through the entire length of each of your peppers. Place them on a baking sheet and roast for 15 minutes, until the skins are softened and beginning to blister. Heat olive oil in a small saucepan set over medium heat. Add your onion and sauté for 3 minutes, until beginning to soften and turn translucent. Add garlic and stir constantly for 30 seconds, until fragrant. Stir in your black beans along with the water. Add your cumin, chili powder, paprika, sea salt, and pepper. Stir, cover the pot, reduce the heat to low and simmer the beans for at least 15 minutes, but up to 30 minutes. Stir in corn. Divide the mixture evenly among the two peppers and broil for 3 minutes. Garnish with fresh cilantro and salsa if desired.

Spicy Green Beans

2 Tablespoons olive oil
1 b green beans, trimmed

Dash of sea salt
3 cloves of garlic, minced
½ teaspoon of red pepper flakes

Heat oil in pan over medium high heat. Add trimmed green beans and salt. Cook, stirring frequently for 3 minutes. Stir in garlic and red pepper flakes, cooking for 1 more minute.

Stir-Fry over Rice

Olive oil
Vegetable options: Onions/
Yellow squash/Zucchini/
Mushrooms, all
sliced or cut as you prefer
¼ cup Annie's Naturals
dressing – Oriental Seasoning
or Gingerly Vinaigrette
Sea salt
Brown rice, cooked
Optional for serving: Bragg's
Liquid Aminos a soy sauce
alternative

Sauté vegetables in olive oil until tender or texture desired. Add dressing and a small amount of sea salt. Serve over brown rice.

Sweet Potato Bake

Sweet Potato
Cinnamon
Honey
Serving suggestion: Steam a bag of vegetables as a side dish!

Preheat oven to 400 degrees.
Roll the sweet potato in olive

oil and bake for one hour. Add cinnamon and honey for flavor.

Taco Seasoning

2 Tablespoons chili powder
1 Tablespoon cumin
1 teaspoon garlic powder
1 teaspoon paprika
1 teaspoon onion powder
½ teaspoon oregano
⅛ teaspoon cayenne pepper

Taco Soup

1 can stewed tomatoes
1 can diced tomatoes
1 can black beans
1 can chili beans
1 can kidney beans
1 can pinto beans
1 can corn
Taco seasoning to taste
Optional: dill weed and/or lemon juice

Mix all cans of vegetables and stir in desired amount of taco seasoning, depending on your personal taste. For additional flavor, add dill weed and a splash of lemon. Cook on medium heat or put in a crock pot for all day cooking.

Taco Salad

Drain all the juice from leftover soup and spoon the beans and veggies over your favorite lettuce. You can also add salsa as a dressing if you like.

Vegetable Fajitas

1 red bell pepper, sliced

1 green bell pepper, sliced
1 fresh mushrooms, sliced
1 onion, sliced
1 zucchini, sliced
Taco seasoning
Whole wheat tortillas
Olive oil
Optional for serving: Salsa and/
or guacamole

Sprinkle taco seasoning over
raw vegetables. Grill or cook on
skillet in olive oil until tender.
Serve on wheat tortillas with
salsa and/or guacamole.

Vegetable Pasta

Whole wheat pasta
Vegetable options: Squash,
Zucchini, Peppers, Onions, all
sliced or cut as you prefer
2 Tablespoons olive oil
Natural spices such as chili
powder, red pepper flakes, etc.
- you decide!

Boil pasta according to package
directions. Grill vegetables until
tender. In a large bowl, mix the
grilled vegetables cooked pasta,
olive oil, and your choice
of natural spices.

White Beans and Sautéed Vegetables

2 cans of organic white beans,
drained
2 Tablespoons olive oil
½ cup yellow onion, chopped
Garlic, minced
½ cup celery, finely diced

½ cup carrot, finely diced
¼ cup olive oil (to drizzle after
beans are dished up)
Sea salt to taste

Drain the white beans and set
aside. Heat olive oil and add
prepared vegetables to the pan
and sauté until just done. Add
beans and heat thoroughly. Dish
up on serving plates, drizzle
with olive oil. Sea salt to taste.

Whole Grain Tortillas

2 ½ cups whole grain flour
(brown rice, ant, whole wheat,
etc.)
2 Tablespoons flaxseed meal,
optional
1 teaspoon sea salt
1 cup warm water

Mix flour, flaxseed meal,
sea salt, and water in a food
processor until dough forms a
ball. Turn dough onto a floured
work surface, and knead for
5 minutes. Transfer to a bowl
and cover tightly with plastic
wrap. Let dough rest at least 30
minutes.

Divide dough into 8 equal
pieces, and roll each piece into
an 8" circle to ¼" thickness.
Place in a skillet over low heat.
Cook tortilla for 1 minute. Flip,
and cook 2-3 minutes on second
side or until flatbread bubbles
up. Repeat for remaining
tortillas. Makes 8 tortillas.

Wild Rice & Almond Casserole

1 Tablespoon extra-virgin olive
oil
1 cup wild rice
½ cup green onions, chopped
¼ cup slivered almonds
2 cloves garlic, minced
½ teaspoon sea salt
3 cups vegetable broth or water

Preheat oven to 350 degrees.
Heat olive oil in large skillet
over medium heat. Add rice,
onions, almonds, garlic, and
sea salt. Cook 3-5 minutes or
until the rice begins to turn
slightly yellow, stirring
frequently. Transfer to a 1 ½ or
2 quart casserole dish. Pour in
broth, cover, and bake 1 hour or
until liquid is absorbed. Makes
about 6 servings (½ cup each)

Zucchini Lasagna

6 zucchini (or more), sliced ½"
thick
2 quarts thick marinara sauce
(see recipe page 33)
1 onion, sliced
¼ pound mushrooms, sliced
1 Tablespoon oregano dried,
crushed
1 Tablespoon basil dried,
crushed
Sea salt
Black pepper
Optional: Sunflower seeds,
toasted

Preheat oven to 350 degrees.
Spread thick layer in 9" by

13" baking dish using some of
marinara. Add layer of half of
zucchini and top with half
of onion, half of mushrooms,
then sprinkle with half of
oregano and basil. Season with
sea salt and pepper. Cover with
second layer of remaining sauce
and repeat layering process. Top
with remaining marinara sauce
and garnish with sunflower
seeds. Bake for 45 minutes or
until zucchini is cooked but not
mushy.