Happy New Year - It's a new season and we will be bombarded by people who are "fasting" merely because they ate too much over the holidays :) Not us! I know we are huge proponents of BIBLICAL fasting - Let's be set apart and different! It is not merely eating fruits and veggies and cutting out lots of other things - the scripture says "I didn't eat any good-tasting food. No meat or wine entered my mouth....." Daniel 10:3. Biblical fasting is a practice that involves not only the abstinence of food, but it must be coupled with extended times of prayer and communion with God - it is an opportunity to deny your flesh, to be more sensitive to the Holy Spirit.

Daniel Fast Recipes

- Snacks
- Smoothies & Juices
- Breakfast
- Lunch
- Dinner
- Desserts

Notes

- **Resources or Favorite Sites**
  - https://ultimatedanielfast.com
- **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, stevia, 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, and tea.

SNACKS

- **Sweet Potato Oven Baked Chips - recipe 1**
  - 2 large sweet potatoes
  - 2 tbsp melted coconut oil (Get a free jar of my favorite virgin coconut oil here - while supplies last)
  - 2 tsp dried rosemary
  - 1 tsp pure sea salt
  - Instructions
    - Preheat oven to 375 degrees F. Peel sweet potatoes and slice thinly, using either a mandolin or sharp knife. In a large bowl, toss sweet potatoes with coconut oil, rosemary, and salt.
    - Place sweet potato chips in a single layer on a rimmed baking sheet covered with parchment paper. Bake in the oven for 10 minutes, then flip the chips over and bake for another 10 minutes. For the last ten

minutes, watch the chips closely and pull off any chips that start to brown, until all of the chips are cooked

- **Sweet Potato Oven Baked Chips - recipe 2**
    - 2 organic sweet potatoes (~150 g each)
    - 2 Tbsp (30 ml) olive oil
    - *optional:* 1/4 tsp sea salt
    - Instructions
        - Preheat oven to 250 degrees F (121 C) and position oven rack in the center of the oven.
        - Rinse and dry your sweet potatoes thoroughly and slice them as uniformly thin as possible. If you have a mandolin, use it. Otherwise, use a very sharp knife to get these uniformly thin. Know that chips that are too thick in parts won't crisp up all the way. Still delicious, just not "chip" crispiness.
        - Toss slices in a touch of olive oil to lightly coat, then sprinkle with salt. Lay out in a single layer on a baking sheet and bake for about 2 hours, flipping chips once at halfway point to ensure even cooking. I also rotated mine for more even cooking (optional but recommended).
        - Remove once crisp and golden brown. Some may feel a little tender in the middle but take them out and **let them rest for 10 minutes** or so to crisp up before sampling. Serve immediately.
- **Tortilla Chips**
    - *1 cup cornmeal*
    - *1/2 cup warm water*
    - *1/2 tablespoon lime juice*
    - *1/2 teaspoon salt*
    - *1/8 teaspoon pepper*
    - Combine corn meal, water, lime juice, salt, and pepper in a medium bowl. Stir mixture until dough forms a ball and stays together. Add a little water if necessary, a tablespoon or two at a time. Let dough rest for at least 20 minutes (the longer, the better).
    - Preheat oven to 400 degrees. Using your hands, press dough out onto an ungreased baking sheet, making it as thin as possible. Use a knife to score chips into desired shape. Bake 20 minutes, or until slightly browned and crispy.

- **Date Honey**
    - *1 cup pitted dates (about 6-8 Medjool or 18-20 Deglet Noor)*
    - *1 cup water*
    - *½ teaspoon cinnamon*
    - 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. Remove from heat, and allow to cool slightly for about 15 minutes. Pour mixture (including liquid) into a blender or food processor and puree until completely smooth. Sprinkle in cinnamon and stir well. Store in a sealed container in refrigerator.

SMOOTHIES / JUICE

Green Power Smoothie

- 3 cups ice cubes, or as desired
- 2 cups baby spinach leaves, or to taste
- 1 (7 ounce) can crushed pineapple
- 1/2 cup water, or to taste
- 1 banana, broken into chunks
- 1 orange, peeled and segmented
- 10 fresh mint leaves, or more to taste
- 1 lemon, juiced

Berry Blast Smoothie

- 1 cup water or any unsweetened non-dairy milk (such as almond, coconut, rice or soy)
- 1 cup frozen blackberries, blueberries, and raspberries
- 1 cup of fresh or frozen spinach or kale leaves
- 1 banana, peeled
- If you want, Add 1 tablespoon flaxseed meal for a fiber boost or add protein powder
- Recipe Notes
    - Your smoothie will taste best if either the berries or the banana is frozen. To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.

BREAKFAST

G'oatmeal

- Ingredients
    - 3 cups rolled oats
    - 2 cups Irish steel-cut oats
    - 5 ripe bananas, mashed
    - 1/2 cup ground flax seeds
    - 1/2 cup water
    - 1/4 cup peanut butter
    - 1/4 cup pitted, chopped dates (optional)
    - 1/4 cup chopped pecans (optional)
    - 1/4 cup chia seeds
    - 2 tablespoons coconut oil
    - 1 1/2 teaspoons vanilla extract
    - 1/2 teaspoon salt
- Instructions
    - Preheat oven to 375 degrees F (190 degrees C). 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 the prepared casserole 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 minutes before eating or heat in microwave.

MAIN DISHES (BREAKFAST/LUNCH)

Vegan Black Bean Quesadillas

- Ingredients
    - 1 (15 ounce) can great Northern beans, drained and rinsed
    - 3/4 cup diced tomatoes
    - 1 clove garlic
    - 1/3 cup nutritional yeast
    - 1 teaspoon ground cumin
    - 1/4 teaspoon chili powder
    - salt to taste
    - 1 pinch cayenne pepper, or to taste
    - 1/2 cup black beans, drained and rinsed
    - 1/4 cup diced tomatoes
    - 1 tablespoon olive oil, or as needed
    - 8 whole grain tortillas
    - cooking spray
- Instructions
    - Blend great Northern beans, 3/4 cup tomatoes, and garlic in a food processor until smooth; add nutritional yeast, cumin, chili powder, salt, and red pepper flakes and blend again.
    - Transfer bean mixture to a bowl. Stir black beans and 1/4 cup tomatoes into bean mixture.
    - Heat olive oil in a skillet over medium-high heat.
    - Place a tortilla in the hot oil. Spread about 1/4 cup filling onto the tortilla.
    - Place another tortilla on top of filling; cook until filling is warmed, about 10 minutes.
    - Spray the top tortilla with cooking spray and flip quesadilla to cook the second side until lightly browned, 3 to 5 minutes. Repeat with remaining tortillas and filling.
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Black Bean Stir-fry

- *Ingredients*

    - *1 tablespoon extra-virgin olive oil*
    - *1/2 cup sliced onion*
    - *1 (15-ounce) can black beans, rinsed & drained*
    - *1 (14 1/2-ounce) can diced tomatoes, undrained*
    - *1 cup canned corn, drained*
    - *1/4 cup diced green pepper*
    - *1/4 cup diced red pepper*
    - *1 clove garlic*
    - *2 tablespoon lime juice*
    - *1/2 teaspoon cumin*
    - *1/4 teaspoon salt*
    - *1/8 teaspoon freshly ground black pepper*

    - *8 ounces cubed Marinated Tofu, if youre down for that*
    - *Garnishes: Diced avocado, diced green onions*
    - Heat olive oil in a large skillet over medium-low heat. Cook onions until slightly blackened and crispy. Add black beans, tomatoes, corn, peppers, garlic, lime juice, cumin, salt, and pepper. Simmer 15-20 minutes. Top with diced avocado and green onions. To add a little more protein to this dish, mix in cubed Marinated Tofu. Serve with Tortilla Chips **- see above**

Roasted Cauliflower Soup

- Ingredients
    - 2 heads cauliflower, broken into florets
    - olive oil cooking spray
    - 1/4 cup olive oil
    - 1 large onion, chopped
    - 4 cloves garlic, chopped
    - 6 cups water
    - salt and ground black pepper to taste
- Instructions
    - Place the cauliflower florets into a large bowl of lightly salted water; allow to stand for 20 minutes. Drain well, and arrange on a sheet of heavy aluminum foil on a baking sheet. Spray the olive oil cooking spray evenly on the cauliflower.
    - Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
    - Broil the cauliflower until browned, 20 to 30 minutes.
    - Meanwhile, heat olive oil in a large soup pot, and cook the onion until translucent, about 5 minutes; stir in the garlic and roasted cauliflower. Pour in the water, season with salt and black pepper, and simmer until all the vegetables are tender, about 30 minutes. Blend the soup in the pot with an immersion hand blender until creamy and smooth.

Sweet Potato Burger

- **Ingredients**
    - **Produce**
    - 1 can Black beans
    - 1 tsp Chipotle
    - 1/2 cup Cilantro, lightly packed fresh leaves
    - 1/2 Red onion, small
    - 1 1/2 lbs Sweet potatoes
    - **Pasta & Grains**
    - 1/3 cup Millet or quinoa
    - 1 cup Oats, old fashioned
    - **Baking & Spices**
    - 1/2 tsp Cayenne
    - 1 tsp Chili powder
    - 1/2 tsp Salt
    - **Oils & Vinegars**
    - 1 Vegetable oil, High quality
- Instructions

- Roast the sweet potatoes: Preheat the oven to 400 degrees Fahrenheit. Slice the sweet potatoes down the center lengthwise. Place the sweet potatoes cut side down on a rimmed baking sheet. Roast until they yield to a gentle squeeze, 30 to 40 minutes or longer. Once the sweet potatoes are cool enough to handle, remove the skin (it should pull off easily) and roughly chop the insides. Set aside to cool completely.
- Cook the millet: In a small saucepan, bring 1 cup of water to boil. Stir in the millet, reduce heat to low and simmer, covered, until tender (about 25 minutes). Drain off any remaining liquid and set aside to cool. OR cook the quinoa: Rinse the quinoa in a fine mesh colander, then combine with ⅔ cup water in a small saucepan. Bring the mixture to boil, then cover and reduce heat to maintain a gentle simmer. Simmer for 15 minutes, then remove from heat and let the quinoa steam with the lid on for 5 minutes. Then drain off any excess water and set aside to cool.
- Grind the oats: Use a food processor or blender to grind the oats until the flakes are broken up, but not as fine as flour.
- Mix the burgers: In a large mixing bowl or the bowl of your electric mixer, combine the cooled sweet potatoes and millet, black beans, onion, cilantro, cumin, chili powder, chipotle or paprika, cayenne (optional, add to taste for spicier burgers) and salt. Use a potato masher, big mixing spoon or the paddle attachment of your mixer to mix really well. It's ok if the black beans get smashed in the process.
- Mix in the oats: Sprinkle the ground oats over the mixture and mix well with a big spoon until the mixture holds together when you shape a portion into a patty. If possible, cover and refrigerate the mixture for best results (the patties will hold together better during cooking if they are chilled first).
- Shape the burgers: Use a measuring cup to measure out ½ cup of the mixture. Gently shape it into a patty about 3 ½ inches in diameter. Use your hands to gently flatten the burgers and smooth out any jagged edges. Repeat the process for each patty; you should end up with 8. If you would like to toast your hamburger buns, preheat the oven to 350 degrees now.
- Pan fry the burgers: Heat 1 tablespoon oil in a large cast iron or non-stick skillet over medium heat. When it's hot, place several burgers in the pan, leaving enough room to flip them. Cook each patty until browned and heated through, about 3 to 4 minutes per side. Add 1 tablespoon oil to the skillet for each pan of burgers you fry.
- Toast the buns (optional): Place the buns on a baking sheet, cut sides up, and bake until lightly toasted, about 2 to 3 minutes.

DESSERTS

- **Date Honey Banana Pops**
  - *8 frozen Banana Pops (banana on a stick)*
  - *½ cup Date Honey (see above)*
  - *½ cup chopped nuts (almonds, pecans, walnuts, etc.)*
  - *2 ½ tablespoons unsweetened shredded coconut*
  - Once you've made the Banana Pops (follow recipe for directions) and allowed them to freeze about 2 hours, you're ready to add toppings. Remove pops from freezer. Using a butter knife, spread a thin layer of Date Honey on all sides of each banana piece.

- Place chopped nuts and unsweetened shredded coconut on a plate. Roll banana pops in the toppings. Use your fingers to push toppings into the bananas, if necessary. Place the coated bananas on the parchment paper and freeze for 1-2 hours.
- Yield: 8 servings (serving size: one banana pop)
- Recipe Notes
    - Other toppings ideas are chia seeds, dried fruit, hemp seeds, nut butter, and sunflower seeds.
    - To cut down on the natural sugar content of this recipe, use half the amount of Date Honey - see above