



# Daniel Fast Recipes

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## **What is The Daniel Fast?**

The Daniel Fast is a method of spiritual fasting based on the prophet Daniel's experience fasting according to the book of Daniel in the Bible.

From this experience, Daniel was said to gain knowledge, wisdom, spiritual understanding, favor, and even better, appearance (Daniel 1:15-20) in addition to answered prayer and spiritual insight (Daniel 10: 11-12).

So the idea behind the Daniel Fast is to set aside all other foods and focus on only eating plant-based meals as an act of worship and sacrifice.

## **FAQ**

Q: Can I have pasta on Daniel Fast?

A: Whole grains such as barley, brown rice, buckwheat, farro, grits, millet, oats, popcorn, quinoa, rice cakes, rye, sorghum, spelt, whole wheat, whole-wheat pasta, and wild rice can be eaten during the Daniel Fast.

Q: Are eggs part of the Daniel Fast?

A: Since eggs are an animal product, they are not a part of the Daniel Fast and should not be consumed.

Q: Can I drink coffee?

A: Only water & 100% juice should be consumed. Also be mindful to refrain from sweeteners, chemicals, leavening agents, or solid fats. Always keep in mind that the fast isn't intended to be about food, but instead denying yourself of something for a spiritual purpose.

***\*Disclaimer: Everything in this booklet is provided for informational purposes only. If you have health conditions or specific concerns, please consult your primary care physician\****

## Breakfast

### Berry Oatmeal Bake (from Food Network, modified to omit dairy)

#### Oatmeal Ingredients

- 2 teaspoons plant butter
- 1 1/4 c old-fashioned rolled oats
- 3 tablespoons brown (or cane) sugar
- 1 2/3c almond milk
- 1 tablespoon flaxseed + 1 teaspoon water mixed
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon pure almond extract

#### Topping

- 1/3 cup sliced almonds (or nut of choice)
- 1/3 cup old-fashioned rolled oats
- 1/3 cup brown (or cane) sugar
- 2 tablespoons plant butter, melted
- 1 tablespoon whole-wheat flour
- 1 teaspoon cinnamon (or spice of your choice)
- 12oz mixed frozen berries (or fruit of your choice)

#### Directions

Preheat oven to 350. Grease a 2-qt baking dish or 8in square baking pan with butter. Stir together all oatmeal ingredients together & pour into baking dish. In a separate bowl mix all topping ingredients until evenly combined. Arrange fruit over the oatmeal, then cover with topping mixture. Bake in preheated oven until desired firmness is reached.

### **Overnight Chia Oatmeal (from Allrecipes)**

- 1 cup oats
- 1 cup almond-coconut milk
- 2 tablespoons chia seeds
- 2 tablespoons shredded coconut
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground cinnamon
- ¼ teaspoon vanilla extract
- ¼ teaspoon ground ginger
- ¼ teaspoon nutmeg

#### Directions

Combine oats, almond-coconut milk, chia seeds, coconut, cardamom, cinnamon, vanilla extract, ginger, and nutmeg in a bowl. Cover bowl with plastic wrap and refrigerate, 8 hours to overnight.

### **Coconut Date Bars (from Allrecipes)**

- ⅓ cup slivered almonds
- ½ cup flaked coconut
- 10 pitted dates, or to taste
- ¼ cup cashews, or to taste
- 1 teaspoon coconut oil

#### Directions

Blend almonds and coconut in a food processor; add dates and pulse until combined. Add cashews and coconut oil; pulse until mixture is thick and sticks together. Transfer to a sheet of waxed paper; form into a square, folding sides of waxed paper over the top. Refrigerate until solid, at least 30 minutes.

### **Instant Pot Apple-Rosemary Steel-Cut Oats (from Allrecipes)**

- 1 cup steel-cut oats
- 2 cups water
- 1 cup unsweetened almond milk
- 1 large apple - peeled, cored, and diced
- ⅓ cup dried pitted dates, diced
- 2 teaspoons finely chopped fresh rosemary
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- 1 pinch salt
- 1 teaspoon chopped pecans, or to taste (Optional)

#### Directions

Place oats into a multi-functional pressure cooker (such as Instant Pot®). Add water, almond milk, apple, dates, rosemary, vanilla extract, cinnamon, and salt. Stir until ingredients are just combined. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 4 minutes. Allow 10 to 15 minutes for pressure to build. Let sit for 5 minutes before releasing pressure using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Stir cooked oatmeal and top with chopped pecans.

### **Tofu Scramble (from Allrecipes)**

- 2 tablespoons vegetable oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 (18 ounce) package firm tofu, crumbled
- 1 cup sliced fresh mushrooms
- 1 tablespoon soy sauce
- 1 tablespoon chopped fresh parsley

#### Directions

Heat oil in a skillet over medium heat and cook onion until soft and translucent, about 3 minutes. Add garlic and cook until fragrant, about 30 seconds. Add tofu and mushrooms and cook until tofu starts to brown, 8 to 10 minutes. Stir in soy sauce and parsley.

### **Blueberry Smoothie Bowl (from Allrecipes)**

- 1 cup frozen blueberries
- ½ banana
- 2 tablespoons water
- 1 tablespoon cashew butter
- 1 teaspoon vanilla extract

#### **Toppings:**

- ½ banana, sliced
- 1 tablespoon sliced almonds
- 1 tablespoon unsweetened shredded coconut

#### **Directions**

Blend blueberries, 1/2 banana, water, cashew butter, and vanilla extract together in a blender until smooth; pour into a bowl. Top smoothie with sliced banana, almonds, and coconut.

### **Green Smoothie Bowl (from Allrecipes)**

- 3 cups fresh spinach
- 1 banana
- ½ (14 ounce) can coconut milk
- ½ cup frozen mango chunks
- ½ cup coconut water

#### **Toppings:**

- ⅓ cup fresh raspberries
- ¼ cup fresh blueberries
- 2 tablespoons granola
- 1 tablespoon coconut flakes
- ¼ teaspoon sliced almonds
- ¼ teaspoon chia seeds (Optional)

#### **Directions**

Blend spinach, banana, coconut milk, mango, and coconut water in a blender until smooth. Pour smoothie into a bowl and top with raspberries, blueberries, granola, coconut flakes, almonds, and chia seeds.

### **Daniel Fast Granola (from Allrecipes)**

- ¼ cup pineapple juice
- ¼ cup coconut oil
- 1 ½ teaspoons vanilla extract
- ½ teaspoon ground cinnamon
- ½ teaspoon sea salt
- 3 cups rolled oats
- ¼ cup sunflower seeds
- ½ cup pitted dates
- ¼ cup roasted almonds
- 1 ¼ cups quick-cooking oats
- ½ cup raisins
- ½ cup dried cranberries

#### Directions

1. Preheat the oven to 200 degrees F (95 degrees C). Lightly grease a baking sheet.
2. Mix pineapple juice and coconut oil together in a microwave-safe bowl or jar and melt in a microwave, about 1 minute. Add vanilla extract, cinnamon, and salt; stir.
3. Pour rolled oats and sunflower seeds into a large bowl.
4. Place dates and almonds into an electric blender with pineapple juice mixture. Pulse for about 15 seconds to combine. Pour into oat mixture and stir using a large spoon. Stir in quick-cooking oats. Pour onto the prepared baking sheet evenly.
5. Bake in the preheated oven for 2 ½ hours. Remove from the oven and add raisins and cranberries. Continue to bake until golden, about 30 minutes more. Let cool for 30 minutes before serving.

\*Can be eaten for breakfast with almond or oat milk; or eaten as a snack.

## Soups

### Lentil (from Allrecipes)

#### Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 medium carrots, peeled and chopped
- 2 celery ribs, chopped
- 14- ounce can crushed or diced tomatoes
- 2 cups dry green or brown lentils
- 7 cups vegetable broth
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 teaspoon smoked paprika
- 1 teaspoon salt, or to taste
- 3 cups baby spinach, sliced into ribbons or kale
- 1 lemon, juiced (about 2 tablespoons)

#### Directions

1. Heat the olive oil in a large pot over medium heat. Add the onions, garlic, carrots and celery. Cook, stirring frequently for about 4-5 minutes.
2. Now add the can of tomatoes (with juices), lentils, vegetable broth, cumin, coriander and smoked paprika. Stir to incorporate everything.
3. Bring to a boil, then lower heat to a simmer and cook for about 30 minutes, until the lentils are tender and the soup has thickened. For a creamier texture, use an immersion blender to blend a few times in the pot. Alternatively, add 1-2 cups of the soup to a regular blender, blend until smooth and then return to the pot.
4. Stir in the spinach and lemon juice. It will only take a minute for the spinach to wilt. Season with salt to taste.

### **Corn Chowder (from Ambitious Kitchen)**

- 1 tablespoon olive oil
- 1 medium white onion, chopped
- 3 garlic cloves, minced
- 1 poblano pepper, seeded and diced (can also use 1 seeded jalapeno)
- 4 cups diced yukon gold potatoes
- 4-5 cups fresh sweet corn (can also use frozen)
- 1 (15 ounce) can light coconut milk
- 2 1/2 cups vegetarian broth

#### Directions

1. In a large soup pot over medium heat add the olive oil, onion, garlic, poblano, diced potatoes, corn and saute for 6-8 minutes or until potatoes start to soften.
2. Slowly stir in the milk, vegetarian broth and sour cream, scraping up any bits from the bottom of the pan as you stir. Next stir in salt and pepper. Reduce the heat to low and simmer for 10 to 15 minutes uncovered or until the potatoes are tender and can easily be pierced with a fork.
3. To give a creamy texture, blend half of the soup (BE CAREFUL WHILE DOING THIS!) then return to the pot. Stir to incorporate and then taste and adjust seasonings as necessary -- adding in more salt and pepper if necessary.

### **Vegetarian Taco Soup (from Pastor Tanisha)**

- Onion, celery, bell pepper (your desired amount)
- 1 can whole kernel corn
- 1 can black beans, drained & rinsed
- 1 can kidney or chili beans
- 1 can diced or fire roasted tomatoes (with juice)
- 1 packet taco seasoning

Optional toppings: Avocado, banana or jalapeno peppers, black olives, guacamole, hummus, salsa

#### Directions

Sauté vegetables until tender. Add vegetables and taco seasoning. Bring to a boil then reduce heat to simmer about 15 minutes.

## 20-Minute Vegetarian White Bean Chili (*from Kitchen Treaty*)

- **2 teaspoons** olive oil
- **1/2** medium yellow onion (diced) (about 1 cup)
- **1 teaspoon** dried oregano
- **1/4 teaspoon** kosher salt + more to taste
- **1/8 teaspoon** freshly ground black pepper + more to taste
- **3** medium cloves garlic (peeled and minced)
- **2 teaspoons** ground cumin
- **2 cups** low-sodium vegetable broth\*
- **1** (15-ounce) can cannellini beans, rinsed
- **1** (15-ounce) can navy beans, rinsed
- **1** 15-ounce can chickpeas, rinsed
- **1** 4-ounce can diced green chiles
- **1/4 teaspoon** ground cloves
- **1/8-1/4 teaspoon** ground (cayenne red pepper) (use less for less heat)

### Directions

1. Set a medium-to-large pot over low heat. Add the olive oil, onion, oregano, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Cook the onion, stirring occasionally, until soft and translucent, about 8 minutes.
2. Add the garlic and cumin. Cook, stirring frequently, for another minute.
3. Add the broth, beans, chiles, cloves, and cayenne. Stir to combine. Increase heat to medium-high and bring to a boil. Reduce to a simmer and cook for 3-5 more minutes until thickened a tiny bit.
4. Remove from heat. Run a potato masher or fork through 5-6 times just to smash a few of the beans and help thicken it all up. Squeeze the lime over the top and stir. Taste and add additional salt and pepper if desired.

## **Tomato Lentil Soup (from Ambitious Kitchen)**

- ½ tablespoon olive oil
- 1 white onion, diced
- 1/2 cup very finely diced green pepper
- 1/3 cup very finely diced cilantro
- 3 cloves garlic, minced
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1/2 teaspoon garlic powder
- 1/2 teaspoon oregano
- Optional: ¼ teaspoon cayenne (only if you like a little heat)
- 1 (28 ounce) can fire roasted or crushed tomatoes
- 1 cup green or brown lentils, sorted and rinsed
- 1 (15 ounce) can light coconut milk
- ¼ teaspoon salt, plus more to taste
- Freshly ground black pepper

### Directions

1. Add olive oil in a large pot and place over medium high heat. Once oil is hot, add in onion, green pepper, cilantro and garlic. Sauté until onions are translucent and green peppers soften, about 3-5 minutes.
2. Bring heat to medium low and add in spices and crushed tomatoes, simmer for a few minutes until it comes together.
3. Next stir in lentils and coconut milk, reserving 2 tablespoons of coconut milk for drizzling on top once the soup is done. Season with salt and freshly ground black pepper.
4. Bring soup to boil, then reduce heat and simmer over medium low for 20-30 minutes or until lentils are soft and tender. The soup should thicken up similar to how tomato soup is. (If it gets too thick for your liking, then feel free to add ½ cup-1 cup water or broth.) Taste and adjust seasonings as necessary, adding additional salt and pepper if needed. Serve soup immediately and drizzle in a circle with leftover coconut milk and cilantro. I love to serve mine with naan or pita bread for dipping. Serves 4.

## Entrees & Side Dishes

### Cabbage Rolls (from Allrecipes)

#### Ingredients

- 12 large cabbage leaves regular or Napa

#### Filling

- 2 tablespoons olive oil
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 2 cloves garlic
- 1/2 pound mushrooms sliced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup cooked brown rice

#### Directions

1. Preheat oven to 350 °.
2. Bring a large pot of water to boil; cook cabbage leaves, a few at a time for about 2 minutes or until softened. Drain and cool.
3. Heat oil over medium heat in a large skillet; sauté mushrooms, onion, bell pepper, and garlic until tender.
4. Add rice, salt, and pepper; stir gently until well blended.
5. Prepare a shallow 2-quart baking dish by brushing with vegetable oil.
6. Spoon mixture onto individual cabbage leaves; roll up and place seam-side down on baking dish.
7. Cover with foil and bake at 350 ° for 30 minutes.

### **Pineapple Fried Rice (from Pastor Tanisha)**

Ingredients (\*amounts will depend on how much you want to prepare)

- Red onion
- Bell peppers (red, orange, yellow, and/or green)
- Fresh garlic
- Brown rice
- Red curry paste
- Soy sauce
- Pineapple (canned or fresh)
- Peas (canned or frozen)

Directions

1. Cook brown rice according to package directions. Drain, rinse & set aside until ready to add to the remaining ingredients.
2. While the rice is cooking, add enough oil to cover the bottom of a skillet. When heated, add chopped onion, peppers and garlic. Sauté until softened (or sauté a minute or two if you want them to stay crunchy).
3. Add cooked rice, red curry paste, soy sauce & peas; stir to combine.
4. Add pineapple at the end & stir gently, or add on top to your liking.

### **Cowboy Caviar (recipe from Pastor Tanisha)**

Ingredients

- 1 pound Roma tomatoes seeded and diced
- 1 (15 ounce) can black-eyed peas drained and rinsed
- 1 (15 ounce) can black beans drained and rinsed
- 1 (11 ounce) can sweet corn drained (see note 3)
- 1 red onion diced
- 1 green bell pepper diced
- 1 red bell pepper diced
- Olive oil & vinegar dressing
- Seasoning of choice (suggested: garlic salt, pepper, Mrs. Dash)

Add all ingredients to a bowl. Mix & enjoy! Store leftovers in refrigerator.

### **Cajun Red Beans and Rice (from Pastor Tanisha)**

- 1-2 tablespoon extra-virgin olive oil
- ½ cup chopped green pepper
- ½ cup chopped red onion
- ½ cup sliced celery
- ¼ cup water or vegetable broth
- Creole Seasoning
- Smoked paprika
- Garlic Powder
- Liquid smoke
- 1-2 bay leaves
- 1(15.5-ounce) can red kidney beans, rinsed and drained
- 2 cups cooked brown rice

*\*A bag of frozen pepper, onion & celery mix may also be used for quicker prep time\**

#### Directions

Heat enough olive oil to cover the bottom of a large, deep skillet over medium heat. Add green peppers, onions, and celery. Cook until vegetables are softened, about 3-5 minutes. Add water or vegetable broth and all seasonings (to your liking). Stir well. Mix in kidney beans and rice. Lower heat and cook another 5 minutes or until heated through.

### **Ethiopian Cabbage Dish (from Allrecipes)**

- ½ cup olive oil
- 4 medium carrots, thinly sliced
- 1 medium onion, thinly sliced
- ½ head cabbage, shredded
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- ½ teaspoon ground cumin

- ¼ teaspoon ground turmeric
- 5 medium potatoes, peeled and cut into 1-inch cubes

#### Directions

Heat olive oil in a skillet over medium heat. Add carrots and onion; cook and stir until beginning to soften, about 5 minutes. Stir in cabbage, salt, pepper, cumin, and turmeric; cook for 15 to 20 minutes. Add potatoes; reduce heat to medium-low, cover, and cook until potatoes are soft, about 20 minutes.

#### **Air Fryer Potato Wedges (from Allrecipes)**

- 2 medium russet potatoes (or sweet potatoes)
- 1 ½ tablespoons olive oil
- ½ teaspoon ground paprika
- ½ teaspoon parsley flakes
- ½ teaspoon chili powder
- ½ teaspoon sea salt
- ⅛ teaspoon ground black pepper

#### Directions

1. Preheat an air fryer to 400 degrees F (200 degrees C).
2. Cut each potato in half lengthwise. Cut each half in half lengthwise, and then cut each quarter in half lengthwise. You will have 16 wedges.
3. Place potato wedges in a large bowl. Add olive oil, paprika, parsley, chili, salt, and pepper; mix until well combined.
4. Place 1/2 of the potato wedges in the basket of the air fryer and cook for 10 minutes.
5. Flip wedges with tongs and cook for an additional 5 minutes. Remove to a plate.

### **Jicama Salad (from *Simply Recipes*)**

- 1 large jicama (about 1 1/2 pounds), peeled, then julienned or cubed
- 1/2 red bell pepper, finely diced
- 1/2 yellow bell pepper, finely diced
- 1/2 green bell pepper, finely diced
- 1/2 cup chopped red onion
- 1/2 large cucumber, seeded, chopped
- 1 navel orange, peeled, sliced crosswise, then each round quartered
- 1/2 cup chopped fresh cilantro
- 1/3 cup lime juice
- Pinch cayenne
- Pinch paprika
- Salt

#### Optional

- 1/2 avocado, chopped
- 2 tablespoons extra virgin olive oil

#### Directions

1. Toss together the jicama, bell peppers, red onion, cucumber, orange, and cilantro in a large serving bowl.
2. Pour lime juice over all. Sprinkle with a pinch of cayenne and paprika. Season generously with salt.
3. Let sit a half an hour before serving.

### **Vegan Sweet Potato Chickpea Curry (from *Allrecipes*)**

- 3 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons minced fresh ginger root
- 1 (15 ounce) can chickpeas, drained
- 1 (14.5 ounce) can diced tomatoes
- 1 (14 ounce) can coconut milk

- 1 sweet potato, cubed
- 1 tablespoon garam masala
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ½ teaspoon salt
- ¼ teaspoon red chili flakes
- 1 cup baby spinach

#### Directions

1. Heat oil in a skillet over medium heat. Cook onion, garlic, and ginger in hot oil until softened, about 5 minutes. Add chickpeas, tomatoes, coconut milk, and sweet potato. Bring to a boil, reduce heat to low, and simmer until tender, about 15 minutes.
2. Season with garam masala, cumin, turmeric, salt, and chili flakes. Add spinach right before serving.

#### **Vegan African Peanut Stew in the Instant Pot® (from Allrecipes)**

- 1 ½ teaspoons ground cumin
- ½ teaspoon ground cinnamon
- ¼ teaspoon cayenne pepper
- ¼ teaspoon dried red chile flakes
- ⅛ teaspoon ground cloves
- 1 teaspoon salt
- 2 medium sweet potato, cut into 1/2-inch pieces
- 1 cup diced yellow onion
- ½ cup diced red bell pepper
- 4 garlic cloves, minced
- 1 (3 inch) piece ginger root, peeled and minced
- 1 (28 ounce) can crushed tomatoes
- ½ cup peanut butter
- 2 cups water

- 3 cups chopped collard greens
- chopped cilantro, or to taste
- chopped peanuts, or to taste

#### Directions

1. Mix cumin, cinnamon, cayenne, chile flakes, cloves, and salt together in a bowl. Set spice mixture aside.
2. Turn on a multi-functional pressure cooker (such as Instant Pot®) and select Saute function. Allow the pot to preheat for 2 minutes. Add sweet potato, onion, and bell pepper. Cook, stirring occasionally, for 3 minutes. Add a splash of water and stir if vegetables stick to the pot. Add garlic, ginger, and spice mixture; cook and stir continually for 1 minute. Turn pressure cooker off.
3. Add tomatoes and peanut butter. Stir until dissolved. Add water and stir. Close and lock the lid with vent set to sealing. Select manual mode and set timer for 10 minutes. Allow 10 to 15 minutes for pressure to build.
4. Release pressure using the natural-release method according to manufacturer's instructions, 10 to 40 minutes. Unlock and remove the lid. Stir in collard greens.
5. Place cilantro and chopped peanuts in separate bowls and serve alongside stew.

## **Spicy Roasted Edamame**

- 1 ¼ cups frozen shelled edamame (green soybeans), thawed
- 2 teaspoons olive oil
- ½ teaspoon chili powder
- ¼ teaspoon dried basil
- ¼ teaspoon onion powder
- ¼ teaspoon ground cumin
- ⅛ teaspoon paprika
- ⅛ teaspoon ground black pepper

### Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Place the thawed edamame into a mixing bowl, drizzle with the olive oil, then sprinkle with chili powder, basil, onion powder, cumin, paprika, and pepper. Toss until the edamame are evenly coated with the oil and spices. Spread into a 9x13 inch glass baking dish in a single layer.
3. Bake uncovered in the preheated oven until the beans begin to brown, 12 to 15 minutes. Stir once halfway through cooking.

## **Air Fryer Spicy Green Beans (from Allrecipes)**

- 12 ounces fresh green beans, trimmed
- 1 tablespoon sesame oil
- 1 teaspoon soy sauce
- 1 teaspoon rice wine vinegar
- 1 clove garlic, minced
- ½ teaspoon red pepper flakes

### Directions

1. Preheat an air fryer to 400 degrees F (200 degrees C).
2. Place green beans in a large bowl. Whisk together sesame oil, soy sauce, rice wine vinegar, garlic, and red pepper flakes in a separate bowl, then pour over green beans. Toss to coat and let marinate for 5 minutes.
3. Place 1/2 of the green beans in the air fryer basket.
4. Cook in the preheated air fryer, shaking basket halfway, until crispy, about 12 minutes. Repeat with remaining green beans.

## **Roasted Buffalo Brussels Sprouts (from Allrecipes)**

- 1 pound Brussels sprouts, trimmed and halved
- 1 tablespoon olive oil
- salt and ground black pepper to taste
- 3 tablespoons butter
- 3 tablespoons hot sauce (such as Frank's RedHot ®)

### Directions

1. Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.
2. Combine Brussels sprouts, olive oil, salt, and pepper in a bowl; mix until evenly coated. Spread sprouts onto the prepared baking sheet.
3. Bake in the preheated oven until edges are starting to wilt, about 20 minutes. Transfer sprouts to a bowl.
4. Heat butter and hot sauce in a saucepan over low heat until melted and smooth, 2 to 3 minutes. Pour mixture over sprouts and stir until coated.

## Snacks

### **Cinnamon Balls (from Plant Based Foody)**

Equipment

Food processor

Ingredients

- 2 cup oats
- 1 cup soft pitted dates (8-10 dates)
- 1 tbsp cinnamon
- 2 tbsp maple syrup
- 1 tsp Vanilla extract

Instructions

1. Add the pitted dates to a food processor. Pulse for a few seconds and the dates are broken up and will start to form a small ball.
2. Add in the oats, maple syrup, vanilla extract and salt to the food processor. Pulse the ingredients for about 60 seconds. The ingredients will form into a ball.
3. Take the batter and create 1 inch balls. Take about 1-2 tbsp of the batter, using your hands roll into balls.
4. Place the balls on baking sheet lined with parchment. Put in the freezer for 15 minutes. Ready to eat. Keep refrigerated.
5. The cinammon balls are good in the refrigerator for about 5-7 days. You can also freeze them to last longer.

### **Granola Bars (from Allrecipes)**

- 2 cups quick oats
- 1/4 cup walnuts, chopped
- 1/2 cup raisins
- 2 large bananas, mashed

### Directions

1. Preheat oven to 350. Lightly oil an 8x8 baking dish.
2. Mix all ingredients together in a medium bowl.
3. Press mixture evenly into the baking dish.
4. Bake for 25 minutes. Cool on wire rack.

### **Black Bean Hummus**

- 1 clove garlic
- 1 (15 ounce) can black beans; drain and reserve liquid
- 2 tablespoons lemon juice
- 1 ½ tablespoons tahini
- ¾ teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ teaspoon paprika
- 10 Greek olives

### Directions

Mince garlic in the bowl of a food processor. Add black beans, 2 tablespoons reserved liquid, 2 tablespoons lemon juice, tahini, 1/2 teaspoon cumin, 1/2 teaspoon salt, and 1/8 teaspoon cayenne pepper; process until smooth, scraping down the sides as needed. Add additional seasoning and liquid to taste. Garnish with paprika and Greek olives.

## Other Snack Ideas

- Hummus and Veggies
- Toasted Ezekiel Bread with Almond Butter and Sliced Banana
- Edamame
- Almonds
- Toasted Ezekiel Bread with Avocado
- Air Popped Popcorn: I love squeezing fresh lime and pink salt on mine
- Brown Rice Cakes with peanut butter and sliced green apple

## Smoothies – from Allrecipes

### **Green Power Smoothie**

- 3 cups ice cubes, or as desired
- 2 cups baby spinach leaves, or to taste
- 1 (7 ounce) can crushed pineapple
- ½ 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
- 1 lime, juiced

Blend ice, spinach, pineapple, water, banana, orange, mint, lemon juice, and lime juice in a blender until smooth.

### **Berry Blast Smoothie**

- 1 cup unsweetened almond milk (or any unsweetened non-dairy milk)
- 1 cup mixed berries (such as blackberries, blueberries, raspberries, and/or strawberries)
- 1 banana, peeled

#### Directions

1. Mix all ingredients in a blender until smooth. If smoothie is too thick, add a little more liquid until you reach the desired consistency.

#### Helpful Tips

- 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. See my instructional video for help.
- To make this a “green” smoothie, add 1 cup of fresh spinach or kale leaves (stems removed from the kale).
- Add 1 tablespoon flaxseed meal for a fiber boost.
- Increase protein content by adding plant-based protein powder.
- Not a fan of bananas or are allergic to them? Add 1/2 avocado instead.

## **All-Fruit Smoothie**

- 1 cup pineapple juice
- 1 large banana, cut into chunks
- 1 cup frozen strawberries
- 1 cup frozen blueberries

Pour pineapple juice into a blender and add banana, strawberries, and blueberries. Cover and blend until smooth, about 1 minute. Pour into 2 glasses.

### Helpful Tips

- Use frozen fruit/vegetables when possible to help avoid waste, control quantity, and allow for multiple uses
- If using fresh ingredients, only purchase what you know you're going to use to minimize cost and waste
- If you're not going to consume the entire dish, consider a dish exchange with someone else, or freeze half of the dish for a later time

## Additional Resources

<http://dariuscooks.tv/category/vegan/>

<https://gospelcenteredhealth.com/danielfastrecipes/>

<https://www.thegracemade.com/blogs/news/daniel-fast>

<https://www.pinterest.com/pin/672443788110295853/>

<https://thebiblicalnutritionist.com/recipes/daniel-fast/>

<https://danielfast.wordpress.com/daniel-fast-food-list/comment-page-130/>

[plantbasedonabudget.com](http://plantbasedonabudget.com)