

## OPTIONAL RECIPES FOR DANIEL FAST

### BAKED OATMEAL

1 1/2 cups old-fashioned rolled oats 1 1/2 cups unsweetened almond milk 1/2 cup unsweetened applesauce

1/4 cup chopped dried apricots

1/4 cup chopped dates or raisins

1/4 cup chopped pecans or walnuts 1/2 teaspoon cinnamon

1/4 teaspoon salt

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

Yield: 6 servings (serving size: 2 squares)

by Kristen Feola, "Ultimate Guide to the Daniel Fast"

### BLUEBERRY MANGO SMOOTHIE

1 cup water or unsweetened almond milk, coconut milk, rice milk, or soy milk

1 cup fresh or frozen mango chunks

1 fresh or frozen banana, peeled, sliced

1/2 cup fresh or frozen blueberries

1 tablespoon flaxseed meal, optional

1 tablespoon unsweetened coconut flakes

Mix all ingredients in a blender until smooth.

by Kristen Feola, "Ultimate Guide to the Daniel Fast"

### APPLE-CINNAMON HOT CEREAL

1 (14.5-ounce) can coconut milk

2 cups cooked brown rice

1 apple, chopped, unpeeled (about 1 1/2 cups) 1 banana, mashed (about 1 cup)

1 cup roughly chopped dates 1 1/2 teaspoons cinnamon

Pinch nutmeg

1/2 cup toasted pecans or walnuts

Add coconut milk, brown rice, apple, banana, dates, cinnamon, and nutmeg to a medium saucepan. Cook over medium-low heat about 10 minutes or until heated through. Stir frequently to prevent burning on bottom of pan. Sprinkle 1-tablespoon pecans or walnuts over each serving.

Yield: 8 servings (serving size: about 1/2 cup)

by Kristen Feola, "Ultimate Guide to the Daniel Fast"

### **STIR-FRY VEGETABLES WITH BROWN RICE**

1 tablespoon sesame oil  
3 green onions (finely chopped)  
3 tablespoons fresh ginger (minced)  
4 cups fresh broccoli (chopped)  
1/2 pound fresh green beans (chopped)  
2 carrots (peeled and sliced on diagonal)  
1 bell pepper (red, yellow, or orange)  
2 cloves garlic (minced)  
4 cups greens (chopped kale, bok choy, spinach, collards, etc)  
1 can sliced water chestnuts (drained)  
3 cups cooked brown rice  
2 tablespoons soy sauce

1 1/2 cups peas (if frozen run under water to thaw) 1/2 cup toasted sliced almonds  
Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute. Add green onions and ginger. Sauté for 5 minutes. Add broccoli, green beans, carrots, bell pepper, and garlic. Stir fry for 8–10 minutes. Add greens and toss for about 2 minutes or until greens are wilted. Stir in water chestnuts, brown rice, soy sauce, peas, and almonds. Serve as a complete meal

by Susan Gregory “The Daniel Fast”

### **CHIPOTLE BLACK BEAN BURGERS**

1 (15-ounce) can black beans, rinsed and drained  
1 cup mashed cooked sweet potatoes (about 1 large sweet potato, peeled)  
1/4 cup oat flour (see Recipe Notes) or brown rice flour 1/2 tablespoon dried parsley  
1/4 teaspoon chipotle chile pepper seasoning  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
1/8 teaspoon pepper

Preheat oven to broil setting. With a potato masher or fork, mash black beans in a large bowl, leaving about 1/4 of the beans whole. Mix in sweet potatoes, oat flour, parsley, chipotle chile pepper seasoning, garlic powder, salt, and pepper. Scoop out 1/3 cup of bean mixture, and place on an 11 x 17-inch baking sheet that has been rubbed with olive oil. Flatten and shape into a circle with spatula. Repeat with the remaining bean mixture to make 6 burgers.

Broil 4 inches from heat about 7–8 minutes or until golden brown. Flip burgers carefully with spatula. Broil 2-3 more minutes, and serve.

Yield: 6 servings (serving size: 1 burger)

by Kristen Feola, “Ultimate Guide to the Daniel Fast”

### **GREEK-STYLE STUFFED PEPPERS**

1 tablespoon extra-virgin olive oil 1/2 cup chopped onion  
1/2 cup diced zucchini  
1 clove garlic, minced  
1 (8-ounce) can tomato sauce  
3 chopped canned artichokes, drained  
1/2 cup chopped black olives  
1 teaspoon dried oregano flakes or 1 tablespoon chopped fresh oregano  
1 teaspoon dried parsley or 1 tablespoon chopped fresh parsley  
1/2 teaspoon salt  
2 medium bell peppers (green, orange, red, and/or yellow)  
2 cups cooked quinoa  
1/2 tablespoons pine nuts

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. 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 15 minutes, or until sauce is thickened. While sauce is cooking, prepare peppers. Cut 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 1/2 inch. Bake uncovered for 20 minutes.

by Kristen Feola, "Ultimate Guide to the Daniel Fast"

### **CAJUN RED BEANS AND RICE**

1/2 tablespoon extra-virgin olive oil 1/2 cup chopped green pepper  
1/2 cup chopped red onion  
1/2 cup sliced celery  
1/4 cup water  
2 teaspoons Creole Seasoning  
1 (15.5-ounce) can red kidney beans, rinsed and drained  
2 cups cooked brown rice

Heat olive oil in a large, deep skillet over medium heat. Add green peppers, onions, and celery. Cook until vegetables are softened, about 3–5 minutes. Add water and Creole Seasoning. Stir well. Mix in kidney beans and rice. Lower heat and cook another 5 minutes or until heated through.

Yield: 8 servings (serving size: 1/2 cup)

by Kristen Feola, "Ultimate Guide to the Daniel Fast"

## BREAKFAST OPTIONS

- Oatmeal cooked with your choice of fruit (e.g., apples, bananas, raisins), choice of seeds (chia, hemp, or flax), nutmeg/cinnamon, coconut, and/or unsweetened nut butter
- Granola (without added sugar) with plant-based milks, unsweetened nut butter, cinnamon/nutmeg, nuts and/or fruit
- Homemade pancakes with oat or whole wheat flour (here is a sample recipe, you can use fruits or nut butter in place of sweetener (<https://www.loveandlemons.com/vegan-banana-pancakes/>))
- Tofu scramble with your choices of bell peppers, onions, spinach, etc. <https://www.loveandlemons.com/tofu-scramble>
- Fruit salad
- Protein shake (see note above regarding protein shakes); Some good plant-based protein brands: Vega, Ora, Ascent Plant Protein, KOS, Mary Ruth's, Garden of Life, Ritual, Natreve
- Smoothie made with silken tofu instead of yogurt. You may also just use fruit and a plant-based milk. Adding protein powder to your smoothies are another way to add protein. <https://hurrythefoodup.com/vegan-protein-smoothies/>

## LUNCH OPTIONS

- Salads - add nuts and/or fruits to add substance.
- Salad dressing alternatives (lemon and olive oil, homemade Greek goddess, <https://www.acouplecooks.com/vegan-salad-dressing/>), crispy tofu is another good addition or other plant-based meat alternative
- Three-bean salad
- Tempeh Salad
- Vegetable Soups (add rice, quinoa, barley, buckwheat, or plant-based meat alternative to make the soup heartier, <https://elavegan.com/vegan-soup-recipes/>)
- Sandwiches: Hummus, vegetables, tempeh, and/or tabouli in a whole-wheat pita or wrap - Falafel
- "Sloppy Joes" made with beans, tofu, or tempeh instead of meat
- Veggie, bean, tofu, or portobello burgers with baked potato wedges
- Other options <https://hurrythefoodup.com/vegan-lunch-ideas/>

Note: When using recipe links, be aware of the recipes that include ingredients that you cannot use such as vinegars; however, you can use substitutes and alternatives.

## DINNER OPTIONS

- Vegetable stir-fry
- Vegetable curry
- Indian lentils or chickpeas with brown rice
- Corn, beans, onions, peppers, and seasoned brown rice
- Vegetable fajitas in whole-wheat tortillas
- Tacos made with chickpeas or refried beans instead of meat
- Vegetable primavera or hearty vegetable marinara sauce on whole-wheat pasta.
- Vegetarian casserole
- Maki rolls made with vegetables &/or marinated tofu and brown rice
- Here are some additional meals: <https://www.feastingathome.com/vegan-dinner-recipes/>

## WEBSITE RESOURCES

- <http://vegweb.com/>
- <https://fatfreevegan.com>
- <https://www.acouplecooks.com/easy-vegan-recipes/>
- <https://www.delish.com/cooking/g4783/easy-vegan-recipes/>
- <https://www.forksoverknives.com/recipes/vegan-menus-collections/healthy-vegan-recipes-totally-crave-worthy/>
- <https://rainbowplantlife.com/10-healthy-vegan-dinner-recipes/>
- <https://veganuary.com/en-us/recipes/>
- <https://elavegan.com/vegan-meal-planning/>

These recipes may not conform to a strict Daniel fast, so feel free to make substitutions and omissions