

Breakfast:

Apple and Oat Porridge (Monday and Saturday)

Ingredients:

4 cups water
1 ½ cups oat bran (not oatmeal)
1 large apple - peeled/cored and
chopped into very small pieces
1/3 cup raisins
½ teaspoon ground caraway
seeds
½ teaspoon cinnamon
½ teaspoon salt
Soy milk for serving (optional)

Preparation:

1. In a 2 quarts sauce pan over high heat, bring the water to a boil. Stir in the oat bran and allow water to return to a boil.
2. Reduce heat to low and cook for two minutes - stirring often.
3. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand until apple pieces soften - about 5 minutes - stirring occasionally.
4. Divide hot cereal evenly among 4 bowls. Serve with the soy milk if desired.

Yield: 4 servings

Potato and Green Onion Frittata (Tuesday)

This recipe takes some time, but it's a great breakfast meal for weekends on the Daniel Fast. You will need a blender or food processor; plus a baking dish.

Preheat the oven to 350°F.

1/4 cup olive oil
1 onion, finely chopped
4-5 green onions, chopped with the
green and white parts separated
4 cloves garlic, minced
2 medium potatoes, shredded (or 2
cups of frozen shredded potatoes)
2 tsp. salt, divided
1/2 tsp. pepper, divided
2 lb. firm tofu
2-3 Tbsp. soy sauce, to taste

Preparation:

1. In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes.
2. Add the garlic and heat for another 30 seconds.
3. Increase the heat to medium-high and add the potatoes, 1 tsp. of the salt, and 1/4 tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned.
4. Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy.
5. Pour creamy mixture and the green part of the green onions over the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan.
6. Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert onto a serving plate.

Yield: 4 Servings

Tofu Breakfast Scramble (Wednesday)

Tofu is a great source of protein. In this recipe, the tofu will pick up the fresh flavors from the vegetables. This recipe is perfect for a little ketchup, but most brands have sugar in them. So using a little tomato paste is a great addition.

Ingredients:

1 box firm tofu
1 zucchini, diced small
1 tomato, diced

½ onion, diced
1 red bell pepper, diced
2 green onions, finely sliced
1 tablespoon fresh cilantro, minced
1 clove garlic, minced
Salt and pepper to taste
Tomato paste if desired

Preparation:

1. Spray pan with 100% olive oil spray
2. Add all ingredients and fry until vegetables are soft and ready to eat.
3. Salt and pepper to taste
4. Serve with tomato paste

Tip: You can add lots of different vegetables to this recipe including broccoli, carrots, and mushrooms.

The Breaker's Granola (Thursday)

5 cups raw oatmeal
1 cup finely chopped walnuts
1 cup slivered raw almonds
1 cup finely chopped cashews
1 cup unsalted sunflower seeds
1/2 cup flax seed
1 cup finely chopped dry figs
1 cup finely chopped apricots (unsweetened if possible)
1/4 cup chopped coconut
2 cups unsweetened raisins
2 Tablespoons cinnamon

Mix together in a large bowl. Keep in tightly sealed container such as tupperware in the pantry. To serve cold, soak 1/2 cup granola in unsweetened plain soy milk for a few minutes. To serve warm, you can prepare with water or unsweetened soy milk in the microwave. Use 1 cup liquid to 1/2 cup granola. Warm for a minute on high or more if desired.

Note: Chop the nuts and fruits in a food processor individually and then add them to the oats.

Apricot-Nut Breakfast Bar (Friday)

1 ½ cups old-fashioned rolled oats
2 tablespoons flaxseed meal
½ cup unsweetened apple juice
1 tablespoon extra-virgin olive oil
¼ cup almond butter
¼ cup Date Honey
½ cup diced dried apricots (unsulfured)
¼ cup chopped macadamia nuts
2 tablespoons raw sunflower seeds

Instructions

Preheat oven to 350 degrees. Toast oats in a large skillet over medium heat 5-7 minutes or until oats are golden, stirring frequently. Transfer to a large bowl, and add flaxseed meal, apple juice, olive oil, almond butter, and Date Honey. Mix until well combined. Stir in apricots, macadamia nuts, and sunflower seeds.

Press into an 8 by 8-inch square pan that has been lightly rubbed with olive oil. Bake 15-20 minutes. Let cool in pan on a wire rack for about 5 minutes. Cut into 2 x 2 ½-inch bars and serve.

Yield: 12 servings (serving size: 1 bar)

Recipe Notes

- Store in an airtight container 3-4 days.
- Substitute your favorite dried fruit for the apricots: blueberries, cherries, dates, figs, or raisins. Make sure, though, that the fruit doesn't contain any added sugar or preservatives.

Easy Whole Wheat Pancakes (Sunday)

Ingredients

1/2 cup whole wheat flour
1/2 cup rye flour
1 tablespoon soy flour
1 tablespoon white sugar
1 1/2 teaspoons baking powder
1/8 teaspoon salt
1/8 teaspoon ground cinnamon (optional)
1/2 teaspoon vanilla extract (optional)
1/2 cup water
1/2 cup soy milk
1/4 cup chopped pecans

Directions

1. In a medium bowl, stir together the whole wheat flour, rye flour, soy flour, sugar, baking powder, salt and cinnamon. Make a well in the center, and pour in the vanilla, water and soy milk. Mix until all of the dry ingredients have been absorbed, then stir in the pecans.
2. Heat a large skillet or griddle iron over medium heat, and coat with cooking spray. Pour about 1/3 cup of batter onto the hot surface, and spread out to 1/4 inch thickness. Cook until bubbles appear on the surface, then flip and brown on the other side. Serve warm.

Lunches:

Southwest Corn and Black Bean Salad (Monday)

This bean, corn and nuts in this salad combine to create 19 grams of protein per serving. This is a very flavorful salad and easy to make ahead.

Ingredients:

1 1/2 cups corn kernels (fresh or frozen)
1/3 cup pine nuts
1/4 cup lime juice
2 tablespoons extra-virgin olive oil
1/4 cup chopped fresh cilantro
2 (14.5 ounce) cans black beans, rinsed
2 cups shredded red cabbage
1 large tomato, diced
1/2 cup minced red onion

Preparation:

1. Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
2. Whisk lime juice, oil, cilantro, 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.
3. Freshly ground pepper and salt to taste just before serving.

Yield: four servings

Garden Vegetable Soup (Tuesday)

This recipe calls for fresh vegetables, but substitute with frozen varieties if they are not available. By the way, tests show that frozen vegetables actually retain more of their vitamins and minerals because they are frozen so soon after harvesting.

Ingredients:

4 tablespoons olive oil
2 cups chopped leeks, white part only (from approximately 3 medium leeks)
2 tablespoons finely minced garlic
Salt
2 cups carrots, peeled and chopped into rounds (approximately 2 medium)

2 cups peeled and diced potatoes
2 cups fresh green beans, broken or
cut into 3/4-inch pieces
2 quarts vegetable broth
4 cups peeled, seeded, and chopped
tomatoes
2 ears corn, kernels removed
1/2 teaspoon freshly ground black
pepper
1/4 cup packed, chopped fresh parsley
leaves
1 - 2 teaspoons freshly squeezed lemon
juice

Preparation:

1. Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes.
2. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
3. Add the stock, increase the heat to high, and bring to a simmer.
4. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.
5. Remove from heat and add the parsley and lemon juice. Season, to taste, with kosher salt. Serve immediately.

Yield: 6 servings

Beautiful Green Salad (Wednesday)

This is a basic green salad with a little "zip" to it.

Ingredients:

8 cups baby spinach leaves
1/2 medium red onion, sliced and separated into rings
1 cucumber, seeds removed and cut into 1/2" chunks
1 sweet orange, sliced into sections or triangles
1 1/2 cups naturally sweetened dried cranberries
1 cup roasted sliced almonds
1 cup balsamic vinaigrette salad dressing, or to taste

Preparation:

1. Place servings of spinach onto salad plates. Top with red onion, cucumber chunks, orange slices, cranberries, and sliced almonds in that order.
2. Drizzle dressing over each salad.

Yield: 6 servings

Brown Rice w/ Vegg (Thursday)

2 cups brown rice
4 cups water or vegetable broth
1 cup fresh squeezed orange juice
1 package frozen, shelled edamame
1 cup shredded carrots
1 cup sliced white mushrooms
1/2 teaspoon cumin
1 clove garlic minced
1/2 cup chopped green onion

Combine orange juice and water/broth in a saucepan and bring to a boil. Add brown rice and bring back to a boil. Cover and reduce heat to low. Simmer for 45 minutes to 1 hour. Remove lid to let steam escape and set aside.

While rice is cooking, prepare edamame according to package directions but without salt. Drain in a sieve. Saute garlic, cumin, mushroom and carrot just until tender (do not overcook). Put rice in a large bowl and add the edamame and other vegetables. Top with chopped green onion.

Servings: 4-6 entrée size

Serve with orange slices and celery sticks.

Herb Roasted Potato Fries and Veggie Burger (Friday)

Prepare veggie burger according to package.

Herb Roasted Potato Fries and Veggie Burger:

Slice potatoes

Pour 2 Tbs olive oil on cookie sheet

Sprinkle potatoes with various herbs, garlic, rosemary, salt, pepper, etc.

Bake in 375 degree oven until crisp

Vegetarian Chili (Saturday)

2 green peppers chopped

1 zucchini sliced

1 yellow squash sliced

2 Tbs olive oil

2 Tbs chili powder

2 c corn (frozen)

1 16 oz diced tomatoes

2 cans pinto beans

2 cans black beans

1 can green chilies

1 4oz can tomato paste

Saute peppers, zucchini, squash, corn, and chili powder. Add tomatoes, beans, chilies.

Bring to a boil. Simmer 20 minutes.

Brown Rice Stir-fry with Orange Sauce (Sunday)

1 tablespoon extra-virgin olive oil

2 cups chopped broccoli (stems and florets) or ½ 16-ounce bag cut broccoli, cooked

1 cup chopped carrots

½ cup chopped onion

¼ cup Bragg's Liquid Aminos or soy sauce

¼ cup unsweetened orange juice

1 clove garlic, minced

1 teaspoon fresh grated ginger root or ¼ teaspoon ground ginger

3 cups cooked brown rice

¼ cup toasted chopped walnuts

2 tablespoons chopped green onion

Instructions

Heat olive oil in a large skillet over medium heat, and add broccoli, carrots, and onions. Cook until vegetables are softened, about 5-7 minutes, stirring occasionally. Increase heat to medium high. Add Bragg's Liquid Aminos, orange juice, garlic, ginger root, brown rice, walnuts, and green onions. Cook another 5 minutes or until heated through, and serve.

Dinner:

Stir Fry Vegetables with Brown Rice (Monday)

You will end up having a couple meals that you really enjoy and you will make over and over again during your fast. This recipe will likely be one of them! Not only is it very appetizing in its colorful presentation, but it is filling and tasty. Change the recipe to your own liking and with what you have available, but don't skimp on the vegetables as that's what makes this recipe unique and satisfying.

Ingredients:

1 tablespoon sesame oil

3 green onions, finely chopped

3 tablespoons fresh ginger,
minced

4 cups fresh broccoli, chopped

½ pound fresh green beans,
chopped

2 carrots, peeled and sliced on
diagonal

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 ½ cups peas (if frozen run under
water to thaw)
½ cup toasted sliced almonds

Preparation:

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.
2. Add green onions and ginger. Sauté for 5 minutes.
3. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.
6. Serve as complete meal.

Yield: four servings

Tip: Serve this dish as a complete main dish along with a side of sliced fruit such as oranges, pineapple or mango. This is also a great recipe to double and then use the leftovers for lunch. Merely heat in the microwave or eat at room temperature.

Bean and Rice Casserole (Tuesday)

Beans and rice combine to make a complete protein. So this casserole serves as an excellent source of protein during the Daniel Fast.

Preheat oven to 375

Ingredients:

1 medium onion, chopped
2 cup uncooked brown rice
1 can red kidney beans (15 1/4 - 19 oz), drained and rinsed
1 can black beans (15 1/4 - 19 oz), drained and rinsed
1 can garbanzo beans (15 1/4 - 19 oz), drained and rinsed
1 can stewed tomatoes (14 1/2 - 16 oz), drained
1 can chopped mild chilies (4 oz), drained
10 ounces frozen green peas, thawed by placing under running water
1 cup frozen corn, thawed by placing under running water

Preparation:

1. In a 5-qt Dutch oven over medium high heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.
2. Add rice; cook while stirring until parched and slightly opaque.
3. Add beans, tomatoes, chilies and 3 1/2 cups of water to rice and onion in Dutch oven and bring mixture to boil.
4. Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).
5. Add peas and corn, adjust seasonings, and return to oven until heated through.

Yield: four servings

Greek Vegetable Stew (Wednesday)

The Orthodox Greeks enter partial fasts as part of their religious practices. This recipe is one that's handed down and common among Greek families.

Ingredients:

2 tablespoons oil
2 onions, chopped
1 pound green string beans,
broken in half
1 package frozen or fresh
spinach

4 cups water
6 zucchini, chunked
4 yellow squash, chunked
2 cups celery leaves
4 tomatoes, quartered
1 teaspoon salt
8 slices lemon
1 tablespoon dried oregano
3 tablespoons fresh basil
2 cloves chopped garlic
2 tablespoons lemon juice

Preparation:

1. Lightly brown onions in a hot dry skillet in 2 tablespoons oil.
2. Add oregano and garlic, cook 1 minute.
3. Add 4 cups water and tomatoes. Cook 10 minutes.
4. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally.
5. Serve with a lemon slice in each bowl.

Yield: eight servings

Red Bean Soup (Thursday)

Beans are so rich in vitamins and protein. Plus they are excellent for our digestive systems! Serve this soup with a fresh vegetable plate and bean dip or a nice green salad.

Ingredients:

1 tablespoon olive oil
1 ½ cups chopped yellow onions
¼ cup chopped green bell peppers
1 tablespoon minced garlic
4 bay leaves
2 cups dried red kidney beans, soaked overnight
1 tablespoon Special Seasoning, (recipe follows on next page)
2 quarts vegetable stock
1 teaspoon salt
3 tablespoons chopped parsley
1 cup diced carrots
1 ½ cups cooked long-grain brown rice, warm
6 tablespoons chopped green onions

Preparation:

1. Heat the oil in a large heavy pot over high heat. Add the onions, bell peppers, garlic, and bay leaves, and cook, stirring, for 2 minutes.
2. Add the beans and cook for 2 minutes.
3. Add the Special Seasoning and stock, stir well, and bring to a boil. Reduce the heat to medium and cook for 1 1/2 hours, until beans are tender, stirring occasionally.
4. Add the salt and parsley, cover the pot, and cook for 15 minutes. Discard the bay leaves. Remove 1 cup of beans from the pot and reserve.
5. With a hand-held immersion blender, or in batches in a food processor, puree the red beans. Add the reserved beans, and stir well.
6. To serve, ladle a generous cup of the soup into each of 6 bowls.

Black Bean, Corn, and Brown Rice Stuffed Peppers (Friday)

INGREDIENTS -

2 cans (15 ounces each) black beans, drained -
3 cups cooked brown rice, divided -
1 cup frozen corn kernels, thawed -
2 scallions, sliced -
1/4 cup chopped fresh cilantro -
2 tablespoons extra virgin olive oil -

2 tablespoons fresh lime juice -
1 clove garlic, minced - Salt and freshly ground pepper to taste -
2-3 large bell peppers, cut in half lengthwise and cored -
2 cups 100% vegetable or tomato juice

1. Preheat the oven to 350 degrees.
2. Using a large bowl, gently combine the beans, 1 cup of the brown rice, corn, scallions, cilantro, olive oil, lime juice, and garlic. Season with salt and pepper to taste.
3. Place the pepper halves in a large glass baking dish and stuff them with the bean and rice mixture.
4. Carefully spoon some of the juice over each stuffed pepper, trying not to disrupt the filling. Pour the remainder of the juice into the dish. Cover with foil and bake for 45-60 minutes.
5. To serve, place about 1/2 cup of brown rice on each plate, spoon some of the juice from the baking dish on the rice, and then place a stuffed pepper on top of the rice. Serve hot. *Makes 4 servings*

"Meat and Potatoes" Tacos or Burritos (Saturday)

Ingredients:

1/2 onion, chopped
1 clove of garlic, minced or pressed
4-6 large red potatoes, unpeeled and diced
1 small green bell pepper, diced
1/2 lb soy meat substitute or crumbled veggie burgers (make sure it's vegan, some meat substitutes contain eggs)
1 tsp chili powder
1 bay leaf
1 tsp grapeseed oil
salt and pepper

Instructions:

1. Saute onions and garlic until the onion becomes translucent.
 2. Add the meat substitute and brown for 5 minutes or until desired.
 3. Add bell pepper and potatoes, plus all the spices.
 4. Don't forget to season with salt and pepper.
 5. Cook for about 30 minutes, stirring occasionally. You can add a little vegetable stock if it gets too dry.
- Serve this dish with a salad and a side of beans or use it as a filling for tacos or a burrito.

"Cheesy" Pasta Primavera (Sunday)

1 cup frozen edamame
20 baby carrots, cut into quarters lengthwise
10 ounces asparagus, trimmed, cut into 1-inch pieces
1 pound whole wheat pasta
1 tablespoon of olive oil
2 cloves garlic, minced
Salt and pepper to taste
3 tablespoons chopped flat-leaf parsley
Tofu ricotta

Bring a large pot of salted water to a boil. Add edamame and carrots and cook for 4 minutes. Add asparagus and cook 1 minute longer. Using a slotted spoon, remove vegetables and rinse under cold water to stop cooking. Add pasta to water and according to package directions). Drain, reserving 1/2 cup cooking water.

When pasta has cooked for about 5 minutes, add olive oil in a large frying pan over medium high heat. Add garlic and sauté until fragrant, 1 minute. Add vegetables, season with salt and pepper, and sauté until vegetables look glazed and are crisp-tender, 3 to 4 minutes. Add the drained pasta and 1/4 cup reserved cooking water and toss well. Transfer to a large, shallow serving bowl and toss with parsley.

Add "ricotta" to hot pasta by spoonfuls and toss gently to combine. Season with salt and pepper. If pasta appears dry, drizzle in a little more cooking water. Serve immediately.

EXTRAS:

Salad Dressings

Many salad dressings call for sugar or honey. I have chosen to exclude those in this Journal, however many people on the Daniel Fast include honey in their list of acceptable foods. It's up to you!

Lemon Olive Oil Dressing

1/3 cup fresh lemon juice (1 large or 1 1/2 small lemons)
3/4 cup olive oil (or sometimes I mix canola and olive)
1-2 tablespoons tamari soy sauce
2 large cloves garlic, crushed
Fresh ground black pepper to taste
Shake all ingredients in a bottle. Toss with fresh salad greens. Store leftover dressing in refrigerator.

Tofu Mayonnaise

4 ounces tofu
1/3 cup olive oil
2 tablespoons lemon juice
2 teaspoons Dijon mustard
1 teaspoon grated lemon rind
Salt and pepper -- to taste
Puree the tofu with 1/4 cup of water, oil, lemon juice and mustard until smooth. Add grated lemon rind and season with salt and pepper. You can add 4-6 garlic cloves, mashed with 1/2 teaspoon salt, to the mixture to make garlic mayonnaise. You can experiment with using less oil, or more tofu, according to your taste. You can also add finely chopped white onion or scallion to zip it up.
Serving Size: Just under 1 cup of finished mayo

Special Seasoning

This seasoning is great for soups and to sprinkle over salads. You can also whisk the seasoning with extra virgin olive oil to spice up a simple green salad.

Ingredients:

2 1/2 tablespoons paprika
2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried leaf oregano
1 tablespoon dried thyme

Preparation:

1. Place all ingredients into a small bowl.
2. Thoroughly mix with a whisk.
3. Store your Special Seasoning in an airtight jar or container.

Yield: about 2/3 cup

Tip: Play around with this recipe and make it your very own family spice!

Chapattis or Indian Flat Bread

Chapattis are similar to tortillas, but made with no baking powder. They are easy to make and keep well if stored in an air-tight container. Chapattis are common in Southeast Asia and throughout Africa.

Ingredients:

2 1/2 cups fine whole wheat flour (you can usually find this in the natural foods section of the supermarket or with the bulk foods)
2 cups water (or enough to make a soft dough)
1 pinch salt

Preparation:

1. Mix flour and salt in a large mixing bowl.
2. Make a hole in flour and using your hand, mix in water to make soft dough.
3. Knead for five minutes, return to the bowl, cover with wet cloth and refrigerate for an hour.
4. Heat a cast iron skillet over medium high heat until very hot.

5. Roll out 1/2 a handful of dough into a flat round shape and place in pan, cooking for 1 minute on each side.
 6. Once turned, press gently with a towel, until brown.
 7. Repeat until all dough is used.
- Yield: About 10 chapattis

Homemade Crackers

Making crackers is quick, easy and fun. They can be made with various seasonings and many different kinds of grain. Try cornmeal with chili powder, rye with caraway or dill seeds, or whole wheat with garlic powder.

Experiment! If made from cornmeal, buckwheat or other non-gluten grains, they can safely be eaten by glutenintolerant individuals. This recipe makes a semi-crisp, dense cracker.

Preheat oven to 400°

Ingredients

1 ¼ cups whole wheat flour, divided (rye, buckwheat or cornmeal can be substituted)

½ teaspoon salt

2 tablespoons canola oil or olive oil; more as needed

4 tablespoons water; add more as needed

1 teaspoon seasoning such as dried herbs, chili powder, garlic powder, onion powder, etc. (optional)

1. Using a food processor to mix 1 cup of the flour, ½ teaspoon salt and oil.

2. 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.

3. 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 1/8th inch 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.

4. 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)

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

6. 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

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

Instructions

Mix all ingredients in a bowl until well combined. Use a 1/2 tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8 by 8-inch baking dish, and freeze until firm. Serve frozen or just slightly thawed. Makes about 18.

Yield: 6-8 servings (serving size: 2-3 balls)

Fruit and Vegetable Smoothies

Smoothies are a popular quick meal and a useful way to consume valuable nutrients. Several recipes are provided here, but be creative as you plan your smoothie. Use local organic fruits and vegetables whenever possible. Also, when local produce is not available, consider frozen options, as they often retain more of the food value than fresh varieties that are picked before they ripen and then are stored for long periods of time before they reach the grocery stores. Here are some tips and tricks to a great smoothie.

1. The key to a perfect smoothie is the correct proportions of fresh fruit, frozen fruit, and juice. (See recipes for proportions.)
2. To balance flavors, use a mix of tart fruits and sweet fruits.
3. The more frozen fruits you use, the thicker the smoothie will be. You can thin the mixture with ice cubes, soy milk, or fruit juice.
4. If you don't want the smoothie watered down, choose juice or soy milk to thin the consistency.
5. Fresh fruit and juice mix easier, resulting in a smoother consistency.
6. Ground flaxseed is a great fiber source and does not alter the taste of the smoothie.
7. Invest in a good blender if you plan to make smoothies often.

8. If you plan to add protein powders to your smoothie, be sure to check the ingredients to make sure there are no dairy, sweeteners, or chemicals. Add the protein powder at the end of the blending process or the smoothie may become too frothy.
9. After blending, add coarsely chopped frozen grapes as "sweet ice cubes."
10. Serve your smoothie with a small handful of raw nuts for a quick and nutritious breakfast. A healthy breakfast is the most important meal of the day and is important to start the day off right. Get creative and become a smoothie expert!

Following are some tasty combinations to get you started:

Tropical: Fresh banana and frozen mango with pineapple juice

Very Berry: Fresh or frozen blueberries, raspberries, and strawberries with pomegranate juice *Peachy Dreams:* Fresh or frozen strawberries and peaches with orange juice. Then experiment with other combinations or ingredients: Try using frozen blueberries, mixed berries, peaches, or raspberries in place of the frozen strawberries. Pineapple, pomegranate, or grape juice are flavorful alternatives to orange juice. Consider ripe peaches, mangoes, or pineapple in place of the banana.

Why Are Smoothies Allowed?

The only acceptable beverage on the Daniel Fast is water (see Daniel 1). However, smoothies are allowed since they are considered a "liquid meal" rather than a beverage.

Single Serving Fruit Smoothie

This basic fruit smoothie recipe is a great option for breakfast with your favorite seasonal fruits.

INGREDIENTS -

- 1 cup unsweetened soy milk or silken tofu -
- 1 ripe banana, broken into chunks -
- 1/2 cup of your favorite fresh or frozen fruit (strawberries, peaches, pitted cherries) -
- Pinch of cinnamon - 2-3 ice cubes

1. Place all ingredients (except ice cubes) in a blender and puree until smooth.
2. Add ice cubes one at a time to reach desired consistency.
3. Serve cold. *Makes 1 serving*

Strawberry Oatmeal Smoothie

Adding soy milk and oatmeal to a breakfast smoothie is an inventive way to add even more protein and fiber to your meal, which is so important in a healthy diet.

INGREDIENTS -

- 1 cup unsweetened soy milk -
- 1/2 cup rolled oats -
- 1 banana, broken into chunks -
- 14 fresh or frozen strawberries -
- 1/2 teaspoon pure vanilla extract -
- 2 tablespoons apple or pineapple juice

1. In a blender, combine soy milk, oats, banana, and strawberries.
2. Add vanilla and enough juice for desired consistency; blend until smooth.
3. Pour into glasses and serve cold. *Makes 2 servings*

Berry Banana Smoothie

This smoothie is light, but still very filling. For additional nutrients, consider adding fresh or frozen spinach. The great news is that you won't taste the spinach, and the deep color of the blueberries masks the green color.

INGREDIENTS -

- 1 ripe banana, broken into chunks -
- 1 cup frozen blueberries -
- 1 cup unsweetened almond, rice, or soy milk -
- 1 tablespoon ground flaxseed -
- 1/2 teaspoon cinnamon (optional) -
- 1/2 cup fresh or frozen spinach (optional) -
- 2-3 ice cubes

1. Place the banana, blueberries, almond milk, flaxseed, cinnamon, and spinach (if desired) in a blender; blend until smooth.
2. Add ice to reach desired consistency and serve cold. *Makes 1 serving*

Tropical Fruit and Tofu Smoothie

This is another option for a fruit smoothie for a family breakfast. Feel free to change the ingred. to meet your tastes.

INGREDIENTS -

- 1 cup fresh or frozen fruit, such as mango, papaya, or pineapple -
- 3 cups apple juice, bottled or made from concentrate -

1 cup silken tofu -

1/4 cup lemon juice -

12 ice cubes (or the number needed to reach desired consistency)

1. Place the fruit, apple juice, tofu, lemon juice, and a few ice cubes in a blender. Blend until smooth.
2. Add ice cubes and blend to reach desired consistency. *Makes 4 servings*

East Indian Mango Lassi Smoothie

Mango lassi is a type of smoothie commonly made in India. However, the main ingredient is yogurt. This recipe is close to the classic lassi using tofu, mango, orange juice, and a little lemon juice to simulate the familiar tang of yogurt. You can substitute pineapple or other tropical fruits for this healthy liquid breakfast meal.

INGREDIENTS -

1 cup ripe or frozen mango chunks -

3 cups unsweetened orange juice -

1 cup silken tofu -

3 tablespoons lemon juice -

12 ice cubes (or the number needed to reach desired consistency)

1. Place the mango, orange juice, tofu, lemon juice, & 6 ice cubes in a blender; puree until smooth & frothy. Add more ice cubes to create the desired consistency. Serve immediately. *Makes 4 servings*

Foods to include in your diet during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.