

# *Renewed, Refreshed & Revived*

## Fairview's Daniel Fast January 20 - 30, 2022

### **MUESLI**

Muesli is a nutritious breakfast cereal made up of whole grains, dried fruit, nuts, and seeds.

### **INGREDIENTS**

- 1 cup barley flakes
- 1 cup old-fashioned rolled oats or oat flakes
- 1 cup rye flakes
- ½ cup chopped raisins
- ½ cup chopped pecans
- ½ cup slivered almonds
- ¼ cup flaxseed meal
- ¼ cup raw sunflower seeds
- 2 teaspoons cinnamon
- Almond milk, rice milk, or soy milk
- Fresh fruit - blueberries, chopped apples, sliced bananas, sliced strawberries

### **INSTRUCTIONS**

1. Mix ingredients together, and store in an airtight container. Store in a cool, dry place, and it should stay fresh for about a month.
2. Cold Muesli: For each serving, use ½ cup Muesli and ½ cup almond milk. Place in a bowl appropriate for the number of servings. Cover with plastic wrap and refrigerate 2 hours or overnight. When ready to eat, add fresh fruit and more almond milk, if desired.
3. Hot Muesli: For each serving, use ½ cup Muesli and ½ cup almond milk. Place in a bowl appropriate for the number of servings. Cover with plastic wrap and refrigerate 2 hours or overnight.
4. To serve, place Muesli and ¼ cup almond milk per serving in a medium saucepan and bring to a boil. Lower heat, and simmer about 5 minutes. Add fresh fruit, if desired.
5. Yield: 10 servings (serving size: ½ cup)

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### ANTIPASTO PIZZA PIE

#### INGREDIENTS

##### **Crust:**

- 3 cups cooked brown rice
- 2 tablespoons extra-virgin olive oil
- 1/4 cup oat flour see Recipe Notes
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder

##### **Sauce:**

- 1 8-ounce can tomato sauce
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- 1/4 teaspoon garlic powder

##### **Toppings:**

- 1/4 cup chopped canned artichoke hearts, drained
- 1/4 cup chopped black olives
- 1/4 cup chopped jarred roasted red bell peppers, drained
- 2 ounces extra-firm tofu, grated (about 1/2 cup)
- 1 tablespoon chopped fresh parsley

#### INSTRUCTIONS

1. Preheat oven to 400 degrees. Mix rice, olive oil, oat flour, garlic powder, and onion powder in a large bowl. Stir well.
2. Rub bottom and sides of a 9 by 2-inch pie plate with olive oil. Press rice evenly over bottom and up about 1 inch along sides to make the crust.
3. Bake 8-10 minutes or until rice is lightly browned. Combine tomato sauce, basil, oregano, parsley, and garlic powder in a small bowl. Spread over crust, and top with artichokes, olives, and peppers. Sprinkle grated tofu and parsley overall.

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4. Bake 10 more minutes. Let pie rest for about 5 minutes so slices stay intact when you serve them.
5. Yield: 4-6 servings (serving size: 1-2 slices pie)

### NOTES

- Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (1 cup oats will yield about 3/4 cup ground oats).
- If you don't have a grater, use your hands to crumble tofu into small pieces.
- Other topping ideas: diced green peppers, mushrooms, onions, spinach or zucchini.

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### TWO-BEAN BURGER

If you've been craving a burger, take a look this recipe. It's a burger, all right, but one that's completely Daniel Fast friendly.

#### INGREDIENTS

- 1 teaspoon extra-virgin olive oil
- 2 tablespoons chopped onion
- 1 cup canned black beans, rinsed and drained
- 1 cup canned great northern beans, rinsed and drained
- 2 tablespoons flaxseed meal
- 1 teaspoon garlic powder
- 1/4 teaspoon cumin
- 1/4 teaspoon salt

#### INSTRUCTIONS

1. Mash beans in a large bowl, leaving about 1/4 of the beans whole. and set aside. Heat olive oil in large skillet over medium heat. Add onions, and cook until soft and translucent. Place in a bowl with beans, and add flaxseed meal, garlic powder, cumin, and salt.
2. Return skillet to medium heat, and add a teaspoon of olive oil, if needed, to prevent burgers from sticking. Scoop about 1/3 cup of bean mixture for each burger. Flatten with a spatula. Cook 5 minutes, or until bottoms are browned and slightly crispy. Flip, and cook another 5 minutes.
3. Yield: 4 servings (serving size: 1 burger)

#### NOTES

- For more texture, stir in 1/4 cup brown rice.
- Spread burger with Guacamole with a Little Kick or Super Easy Guacamole. Top with tomato slices, lettuce, and/or onions. Try with Taco Seasoning instead of using cumin, garlic powder, and salt.

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### **WILD RICE AND ALMOND CASSEROLE**

A simple casserole dish that pairs well with soup or salad. You can also add vegetables to make it even more flavorful and nutritious.

#### **INGREDIENTS**

- 1 tablespoon extra-virgin olive oil
- 1 cup wild rice
- 1/2 cup chopped green onions
- 1/4 cup slivered almonds
- 2 cloves garlic, minced
- 1 /2 teaspoon salt
- 3 cups Vegetable Broth or water see Recipe Notes

#### **INSTRUCTIONS**

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

#### **NOTES**

- Serve with Two-Bean Burger and a salad.
  - Add chickpeas.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.

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### "REFRIED" BEANS

Following is a recipe for "Refried" Beans that even the most inexperienced cook can prepare. Now, before you throw your hands up in the air, and say, "I thought fried foods weren't allowed on the Daniel Fast," let me assure you that this recipe is completely legal. There isn't any frying involved.

### INGREDIENTS

2 (15-ounce) cans pinto beans, undrained  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
Chopped green onions (green parts *only*)

### INSTRUCTIONS

Place beans in a medium saucepan, and heat over medium heat for 5 minutes. Mash until nearly smooth. Cook uncovered another 10 minutes over low heat, stirring occasionally.

Add desired amount of green onions. Stir, and serve.

Yield: 6 servings (serving size: 1/2 cup)

### NOTES

Substitute 1-2 garlic cloves (minced) for the garlic powder.