

# **Daniel Fast Menu Ideas**

**Breakfast**

**Lunch**

**Main Course**

**Snacks**

**Compiled by Bethlehem's Intercessory Prayer Ministry**

## **Brown Rice and Apple Breakfast**

1 cup cooked brown rice

fresh apple (cut up into bite size pieces –to taste)

raisins (to taste)

1/4 teaspoon salt

1/2 teaspoon cinnamon

1 teaspoon 100% pure edible coconut oil

Mix all the ingredients together in a microwave-safe bowl (except the oil), heat for 2 minutes. Add oil, stir and Eat! It is delicious!

## **Breakfast Smoothie**

1 banana

1 apple

4 strawberries

1/4 cup of blueberries or blackberries

1/3 cup of grapes

1/3 of a cucumber

Handful of kale or spinach or broccoli

1/2 cup of Orange Juice

1 cup of water

Mix ingredients in your blender or NutriBullet and enjoy.



One of my favorite breakfast dishes used to be oatmeal. However, a few years ago, I had to give it up (among other foods) when I discovered my body is intolerant to gluten. However, this recipe is one I can enjoy without any negative side effects. **Apple-Cinnamon Hot Cereal** is a great oatmeal alternative for anyone with celiac disease or gluten intolerance. Plus, it's 100% Daniel Fast friendly.

## **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*

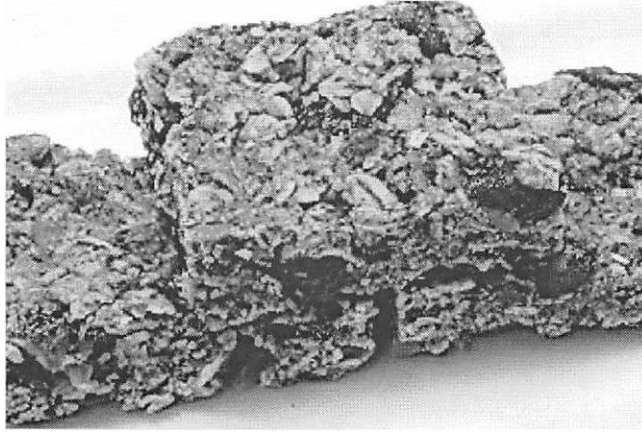
Add coconut milk, brown rice, apple, banana, dates, cinnamon, and nutmeg to a medium saucepan. Cook over medium-low heat about 10 minutes or until heated through. Stir frequently to prevent burning on bottom of pan. Sprinkle 1 tablespoon pecans or walnuts over each serving.

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

Recipe Notes:

- Store chopped dried figs or raisins for the dates.
- Add 1 tablespoon flaxseed meal.
- Makes a great snack or dessert!
- Store unused portion in refrigerator or freeze

Breakfast never tasted so good.



Jump start your morning with a healthy breakfast, one that will fuel your body and give you energy for the day. **Apricot-Nut Breakfast Bars** can be made the night before so all you have to do is grab one for a quick, convenient breakfast. Enjoy your breakfast bar at room temperature or warm it for a few minutes in a toaster oven. Delish!

## Apricot-Nut Breakfast Bars

*1 1/2 cups old-fashioned rolled oats*

*2 tablespoons flaxseed meal*

*1/2 cup unsweetened apple juice*

*1 tablespoon extra-virgin olive oil*

*1/4 cup almond butter*

*1/4 cup Date Honey*

*1/2 cup diced dried apricots (unsulfured)*

*1/4 cup chopped macadamia nuts*

*2 tablespoons raw sunflower seeds*

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 -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

## Banana Milk



I'm not a big fan of milk. Probably because years ago my babysitter MADE me drink milk with my after-school snack. My stomach still churns when I think about it. Yuck!

Another reason I stay away from cow's milk is because I'm not convinced that it's beneficial to the human body, despite the campaign from the National Dairy Council, "Milk: It does a body good." Many studies have shown that milk actually does a body *bad*. I'm not going to go into all the negative repercussions of dairy consumption, but the evidence as to why you shouldn't drink it is powerful.

On the Daniel Fast, no animal products of any kind are allowed, including milk. For some of you, this is a true sacrifice indeed. You miss your daily glass of snowy white wonder! Well, don't despair.

Today's recipe will encourage you. **Banana Milk** is a healthy replacement for cow's milk, made with bananas, water, and cinnamon. Plus, it's completely Daniel Fast friendly. Once you taste this sweet alternative to regular milk, you might never go back to the other stuff!

## Banana Milk

*2 very ripe bananas, peeled*

*1/2 cup water*

*1/2 cup ice*

*1/4 teaspoon cinnamon*

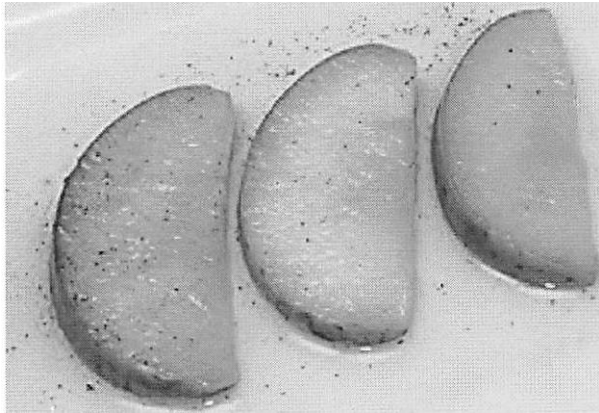
Mix all ingredients in a blender until smooth. Use immediately.

Yield: 2 servings (serving size: about 8 ounces or 1 cup) Recipe

### Notes

- Substitute water with unsweetened almond or rice milk.
- Serve with Nutty Fruit Cereal for breakfast.
- Pour over Gimme More Granola for a snack.
- Mix in a smoothie instead of using water.
- Dip Oatmeal Raisin Cookies in it!

**An apple a day . . .**



### **Cinnamon Baked Apples**

*2 cups thinly-sliced apples, unpeeled (about 2 apples)*

*1 cup unsweetened apple juice*

*1/8 teaspoon cinnamon*

Preheat oven to 350 degrees. Place sliced apples in an 8 x 8-inch baking dish. In a small bowl, whisk apple juice and cinnamon and pour over apples. Bake 15 minutes, stir, and bake another 15 minutes. Serve warm.

Yield: 4 servings (serving size: about 1/2 cup)

#### **Recipe Notes**

- Pour over Baked Oatmeal.
- Add sliced bananas, raisins, and chopped nuts.

## Summer Breeze Salad

*2 cups chopped romaine lettuce, packed*

*2 cups spinach leaves, stems removed, torn, packed*

*3 clementines, peeled, separated into segments, halved (about 2 1/2 cups)*

*1/2 cup sliced celery*

*1/4 cup chopped green onions*

*1/4 cup slivered almonds*

*2 tablespoons raw sunflower seed kernels*

*Lemon-Parsley Salad Dressing (recipe below)*

In a large bowl, combine lettuce, spinach, clementine segments, celery, green onions, almonds, and sunflower seed kernels. Toss, and serve with 1/4 cup Lemon-Parsley Salad Dressing.

Yield: 4 servings (serving size: about 1 1/2 cups)

### Recipe Notes

- Substitute clementines with fresh mandarin or navel oranges.
- Another option is to use Orange-Poppy Seed Salad Dressing.
- Use raw pumpkin seeds (pepitas) instead of sunflower seeds (or use both).

### Lemon-Parsley Salad Dressing

*1/4 cup extra-virgin olive oil*

*1 tablespoon fresh lemon juice*

*1 teaspoon dried parsley flakes (or 1 tablespoon chopped*

*fresh parsley) 1/8 teaspoon salt (suggest avoid salt on Daniel Fast)*

Place all ingredients in a glass bowl, and use a whisk to combine.

### **Italian Salad Dressing**

1/2 cup extra-virgin olive oil

2 tablespoons fresh lemon juice

1 clove garlic, minced

1 teaspoon dried basil

1/2 teaspoon dried oregano

1/4 teaspoon salt (suggest avoid salt on Daniel Fast)

### **Black Bean Chili**

Black beans - 2 cans { 19oz each drained and rinsed) Onion -

1(chopped) Carrot - 1(chopped)

Tomatoes - 3(chopped)

Green bell pepper - 1(chopped)

Jalapeno pepper - 1(minced) Chili

powder - 1tbsp

Ground cumin - 1tsp Crumbled

dry rosemary - 1tsp Salt - 1tsp

Garlic - 2 cloves (minced) Vegetable

oil - 1tbsp

Heat oil to medium-high. Add in garlic, onion, jalapeno, carrot, and green pepper. Cook until the veggies are soft.

Add in tomatoes, beans, chili powder, salt, rosemary, and cumin. Bring to a boil then reduce heat. Simmer for 20 minutes.



# Lentil Soup

2 tablespoons olive oil, plus extra for drizzling

1 medium onion, chopped

2 carrots, peeled and chopped

2 celery stalks, chopped

2 garlic cloves, chopped

Salt and freshly ground black pepper

1 (14 1/2-ounce) can diced tomatoes

1 pound lentils (approximately 1 1/4 cups)

2/3 cup pearl barley

11 cups vegetable broth (can substitute water)

4 to 6 fresh thyme sprigs

1. Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic, salt, and pepper and saute until all the vegetables are tender, about 5 to 8 minutes.
2. Add the tomatoes with their juices. Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally, about 8 minutes.
3. Add the lentils and pearl barley, mix to coat. Add the broth and stir. Add the thyme sprigs. Bring to a boil over high heat.
4. Cover and simmer over low heat until the lentils and barley are tender, about 40 minutes. Season with salt and pepper, to taste.

Ladle the soup into bowls, drizzle with olive oil and serve.

## Apple, Pomegranate, and Kale Salad

### Ingredients

1. 8 cups torn kale leaves, ribs removed, lightly packed
2. 2 cups chopped apples
3. 1 ½ cups mandarin orange segments (about 4 mandarins)
4. 1/2 cup chopped toasted chopped walnuts
5. 1/2 cup pomegranate arils

### Dressing

1. 1/4 cup unsweetened applesauce
2. 2 tablespoons extra-virgin coconut or olive oil
3. 2 tablespoon fresh lemon juice
4. 1/4 teaspoon salt

### Instructions

1. Place kale leaves in a large bowl, and set aside. Whisk applesauce, olive oil, lemon juice, and salt in a smaller bowl (you can also mix in a blender).
2. Pour dressing over kale, and use your hands to massage onto leaves. Add apples, oranges, walnuts and arils. Stir well to coat.

### Notes

1. To toast walnuts, heat skillet over medium heat. Add walnuts to the hot, dry skillet. Cook about 5 minutes, stirring frequently so walnuts don't burn. When walnuts are slightly browned, transfer to a small bowl to cool.
2. Substitute apples with pears.
3. Use pecans instead of walnuts.
4. If you have a nut allergy, you can use sunflower or pumpkin seeds instead of walnuts.
5. Calories per serving: 164



Serves 5

This brown rice and lentil burger is a hearty, filling choice on the Daniel Fast.

#### Ingredients

1. 1 tablespoon extra-virgin olive oil
2. 1/2 cup chopped red onion
3. 1 cup cooked brown rice
4. 1 cup cooked brown lentils
5. 1/4 cup flaxseed meal or whole grain flour
6. 1 1/2 tablespoons Taco Seasoning

#### Instructions

1. Preheat oven to 350 degrees.
2. Heat olive oil in a large skillet over medium heat. Add onions, and cook until soft and translucent.
3. Place cooked onions, brown rice, lentils, flaxseed meal, and Taco Seasoning in the bowl of a food processor. Pulse about 12-15 times or until mixture has a "meaty" texture. (If you don't have a food processor, place ingredients in a large bowl, and stir. Use a potato masher to bind ingredients together.)
4. Scoop out 1/3 cup of mixture, and place on an 11 x 17-inch baking sheet that has been rubbed with olive oil. Flatten and shape into a circle. Repeat with the remaining mixture to make 5 burgers.
5. Bake for 15 minutes. Flip burgers (a thin metal spatula works best), and cook another 15 minutes. Notes
1. Instead of baking the burgers, you can cook them in a skillet on the stovetop. Prepare skillet by adding about 1 teaspoon of olive oil and rubbing the oil on the surface to prevent sticking. Add burgers to skillet, and flatten with a spatula. Cook 5 minutes, or until bottoms are browned and slightly crispy. Flip, and cook another 5 minutes.
2. Top with Salsa and Super Easy Guacamole.
3. Other topping ideas: Sliced olives, chopped green onions, and chopped tomatoes.

*September '3, 2009 By Kristen Feola*



## **Black Bean Chili Bake**

*2 (15-ounce) cans black beans, rinsed & drained 2 cups cooked brown rice*

*2 (8-ounce) cans tomato sauce*

*1 (14.5-ounce) can corn kernels, drained*

*1 cup chopped jarred roasted red bell peppers 1/2 cup diced onion*

*1 tablespoon chili powder*

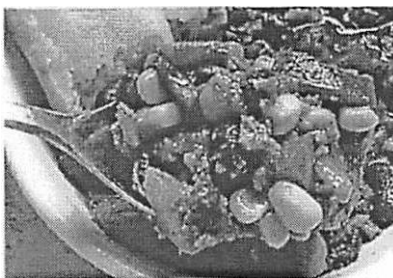
Preheat oven to 350 degrees. Put beans in a large bowl, and mash. Add tomato sauce, rice, peppers, corn, onions, and chili powder. Stir to combine. Rub a 9 by 13-inch casserole dish with olive oil, and place mixture in it. Bake 20 minutes, or until heated through.

Yield: 6 servings (serving size: about 1 cup) Recipe

### **Notes**

Spread on top of Broiled Polenta Squares.

- Additional topping ideas include avocado slices, cherry tomatoes, green onions, or black olives.
- To roast bell peppers, cut peppers in halves or quarters; remove seeds and membranes. Place peppers on a baking sheet, skin side up. Place the baking sheet on a rack in the oven about 4 inches from the broiling unit. Broil 20 minutes, or until skins are blackened. Immediately transfer the peppers to a paper or plastic bag; seal and let stand 20 minutes. The steam within the bag will help to loosen the skins. Remove from the bag. When cool enough to handle, remove peel with hands or a knife.



## Soulful Vegetarian Chili

Author: Divas Can Cook

Serves: 6-8

### Ingredients

- 1 zucchini, chopped
- 1 green bell pepper, chopped
- 1 sweet red pepper, chopped
- 1 small onion, chopped
- 2 cloves of garlic, minced
- 1 jalapeno, seeded and diced (optional but so yummy)
- 3 Tablespoons of oil (for sauteing)
- 1 cup frozen sweet corn
- 1 { 12 oz) bag Morning Star Meal Starters (grillers veggie crumbles)
- 1 ( 14.5 oz) can diced tomatoes
- 1 (14.5 oz) can whole Italian Stewed Tomatoes, chopped
- 1 (15 oz) can Tomato sauce
- 1 each (15 oz) can kidney beans, black beans, garbanzo beans, rinsed & drained
- 3 T. chili powder
- 3 T celery flakes (or fresh celery)
- 1 1/2 t. seasoning salt
- 1 1/2 t. ground cumin
- 1 t. paprika
- 1 T. oregano
- 1 T. cilantro
- 1 T. parsley
- 2 t. thyme
- 1 T. basil (optional)
- A few dashes of black pepper (optional)

### Instructions

1. ) Heat olive oil in a large pot.
2. ) Add in the vegetable crumbles. and chopped veggies.
3. ) Saute on medium heat until the bell peppers are nice and tender.
4. ) Add the corn and cook for another minute.
5. ) Add the diced tomatoes, chopped Italian Stewed Tomatoes and tomato sauce.
6. ) Stir in the drained beans.
7. ) Stir until everything is combined.
8. ) Add in the spices.
9. ) Stir to combine.
10. ) Cover and bring to a boil.
11. ) Reduce heat and simmer for about 30 minutes.
12. ) Serve and enjoy!

### Notes

(this stuff is AWESOME when eaten the same day, but it's AMAZING when eaten the second day when all of the spices have had a chance to soak up in the beans and vegetables.) Taste and add more seasonings if desired! Just don't go too crazy with the seasonings if you plan on having leftovers because the flavors will really intensify overnight.

# ROASTED VEGETABLES

Yield: 6 servings

Prep Time: 15 minutes

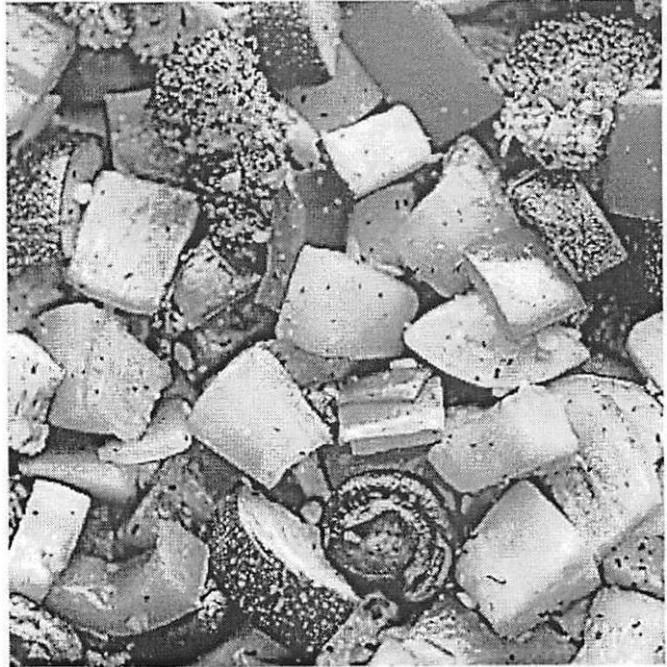
Cook Time: 15 minutes

Total Time: 30 minutes

The easiest, simplest, and BEST way to roast vegetables – perfectly tender and packed with so much flavor!

## INGREDIENTS:

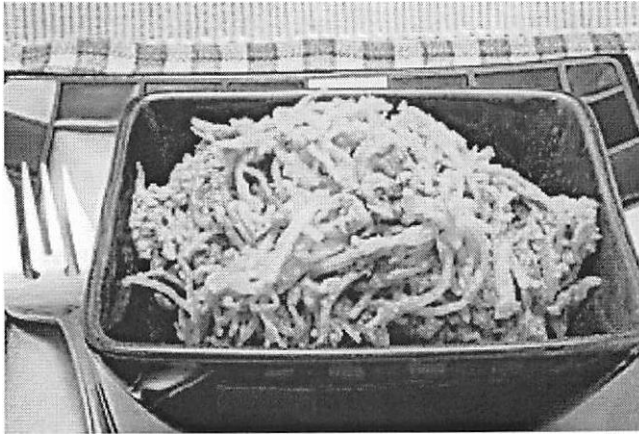
- 2 cup broccoli florets
- 2 cups cremini mushrooms
- 2 cups chopped butternut squash
- 1 zucchini, sliced and quartered
- 1 yellow squash, sliced and quartered
- 1 red bell pepper, chopped
- 1 red onion, chopped
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar, or more, to taste
- 4 cloves garlic, minced
- 1 1/2 teaspoons dried thyme
- Kosher salt and freshly ground black pepper, to taste



## DIRECTIONS:

1. Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Place broccoli florets, mushrooms, butternut squash, zucchini, squash, bell pepper and onion in a single layer onto the prepared baking sheet. Add olive oil, balsamic vinegar, garlic and thyme; season with salt and pepper, to taste. Gently toss to combine.
3. Place into oven and bake for 12-15 minutes, or until tender.\*
4. Serve immediately.

*\*Baking time may need to be adjusted depending on the thickness of the vegetables.*



Spaghetti squash – I love this vegetable. I'm fascinated by its unique pasta-like texture, and I like to cook with it often. Enjoy this simple recipe that can be served as the main dish or a side dish. Either way, it's certain to be a big hit, especially with kids!

## Spaghetti Squash with Basil-Walnut Cream Sauce

*2 pounds spaghetti squash*

*Sauce:*

*1 cup unsweetened almond milk*

*1 cup walnuts*

*1 cup fresh basil leaves, lightly packed (about 10-12 large leaves)*

*1/2 cup fresh parsley, lightly packed*

*2 cloves garlic, minced*

*1/4 teaspoon salt*

*1/8 teaspoon pepper*

Preheat oven to 375 degrees. With a fork, prick squash all over and place in baking dish. Cook 1 hour.

During last 10 minutes of baking time, put sauce ingredients in a food processor or blender. Process 15-20 seconds or until smooth (less time if you prefer a chunkier texture). Heat in a small saucepan over medium to low heat; do not boil. Cook 10-15 minutes, stirring occasionally.

While sauce is cooking, remove squash from oven, and let cool 10-15 minutes before cutting in half and removing the seeds. Discard seeds. Pull a fork lengthwise through the flesh to separate it into long strands. Place strands in a large bowl.

Pour sauce over spaghetti squash, and stir well to coat. Serve immediately. Yield: 8 servings (serving size: about 1/2 cup)

### Recipe Notes

- Substitute whole grain pasta for the spaghetti squash.
- Add cooked broccoli and/or sliced olives.

## Peas and Potato Soup



### Black-eyed Peas and Potato Soup

*1 tablespoon extra-virgin olive oil*  
*1 cup chopped onion*  
*1 cup sliced carrots*  
*1 cup sliced celery*  
*2 cloves garlic, minced*  
*4 cups Vegetable Broth or water*  
*1 (15-ounce) can black-eyed peas, rinsed & drained*  
*2 cups cubed potatoes*  
*2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley*  
*1/2 tablespoon dried chives*  
*1/2 teaspoon salt*  
*1/8 teaspoon cayenne pepper*  
*1/8 teaspoon pepper*

Heat olive oil in a large stock pot over medium heat. Add onions, carrots, and celery. Cook until vegetables are softened. Stir in garlic, and cook 1 minute. Add vegetable broth, black-eyed peas, potatoes, parsley, chives, cayenne pepper, salt, and pepper. Bring to a boil. Reduce heat, cover, and simmer 30 minutes.

Yield: 6 servings (serving size: about 1 cup) Recipe

#### Notes

- For a chunkier soup with a little more texture, place half in a food processor or blender.
- Substitute black-eyed peas with great northern beans, cannellini beans, or navy beans.





### **Rice, Bean, and Sweet Potato Soup**

*8 cups Vegetable Broth*

*1 pound sweet potatoes (about 3 cups), peeled and diced 1 (15-ounce) can black beans, rinsed and drained*

*2 cups cooked brown rice 1/2 cup chopped celery 1/2 cup chopped onion*

*2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley 1 bay leaf*

*1 teaspoon thyme*

*1 teaspoon salt*

*1/8 teaspoon pepper*

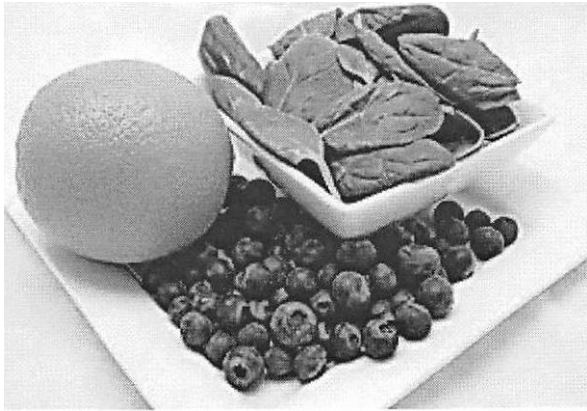
Place all ingredients in a large stock pot. Heat to boiling. Reduce heat, and simmer 20 minutes.

Discard bay leaf. Place half of soup in a food

processor or blender, and process until smooth. (You may need to do this in two batches, because filling your processor or blender more than half full could cause the hot soup to pop the lid.) Return to stock pot, and cook 10 more minutes.

Yield: 8 servings (serving size: about 1 1/4 cups) Recipe Notes

- Use cannellini beans, navy beans, or great northern beans instead of black beans.



## Orange, Blueberry, & Spinach Twist

*1 large oranges, peeled and divided into segments 1 cup fresh blueberries*

*1 cup fresh spinach leaves, packed*

### Oatmeal Raisin Cookies

— YIELD: 18–20 servings

SERVING SIZE: 1 cookie

1 cup old-fashioned rolled oats

1 cup almond flour or oat flour (see Recipe Notes)

1 cup creamy cashew butter, almond butter, or peanut butter

\*

1/3 cup unsweetened applesauce

1/3 cup Date Honey

½ cup raisins

2 tablespoons chopped walnuts 1 teaspoon cinnamon

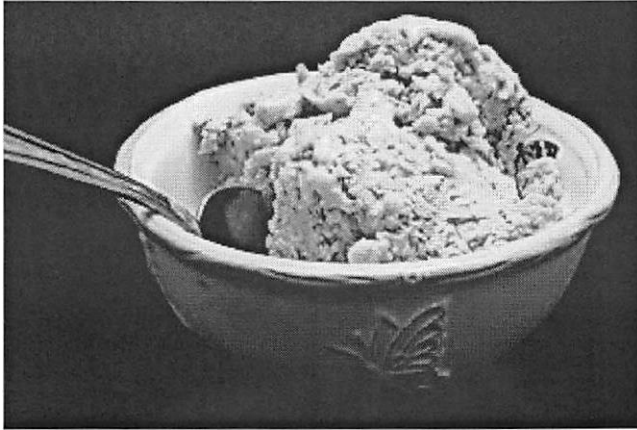
Preheat oven to 350 degrees. Mix oats, almond flour, cashew butter, applesauce, and Date Honey in a large bowl until well combined. Add raisins, walnuts, and cinnamon. Stir well.

Drop by spoonfuls, two inches apart, on an 11 by 17-inch baking sheet. Flatten and shape into circles. Bake 10-12 minutes.

#### *Recipe Notes*

- Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (1 cup old-fashioned oats will yield about 3/4 cup ground oats).
- Increase the applesauce to 1 cup *if* you don't use Date Honey.
- Instead of using 1 cup almond flour, use 1 cup old-fashioned rolled oats and 1/2 cup almond or oat flour.

Raisins are high in iron, the nutrient responsible for the formation of hemoglobin, which carries oxygen to all body cells. Iron also aids in immune function, cognitive development, temperature regulation, and energy metabolism.



## Banana-Coconut Ice Cream

*2 (14-ounce) cans coconut milk 2*

*bananas, peeled, sliced*

*1/4 cup Date Honey or 6-7 soaked dates, drained*

Place ingredients in a food processor or blender. Mix until smooth. Place in a covered glass bowl in freezer 5-6 hours or until firm (but not solid). If the mixture gets too hard, set it out on the kitchen counter to thaw until soft enough to serve.

Yield: 12 servings (serving size: 1/2 cup)

### Recipe Notes

If using whole dates instead of Date Honey, soak dates in 1/2 cup water. Let sit at room temperature 2 hours or until softened. Drain water and place dates in food processor with coconut milk and bananas. Process until smooth, and freeze.

To add a strawberry flavor, mix in 2 cups sliced strawberries.

## Delightful Dates



## Date Honey

*1 cup pitted dates (about 6-8 Medjool or 18-20 Deglet Noor) 1 cup water*

*1/2 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.

Yield: 12 servings (serving size: about 1 tablespoon)

## Try this filling Daniel Fast snack!



This recipe takes the wonderful flavor of nuts to a whole new level! You'll love the combination of a little sweetness and a tad bit of spice. A great snack for the Daniel Fast or any time you need a protein boost!

### Sweet & Spicy Mixed Nuts

*1/2 cup raw almonds*

*1/2 cup raw pecans*

*1/2 cup raw walnut halves*

*1 tablespoon Date Honey*

*1 tablespoon water*

*2 teaspoon extra-virgin olive oil*

*1/2 teaspoon chipotle chile seasoning*

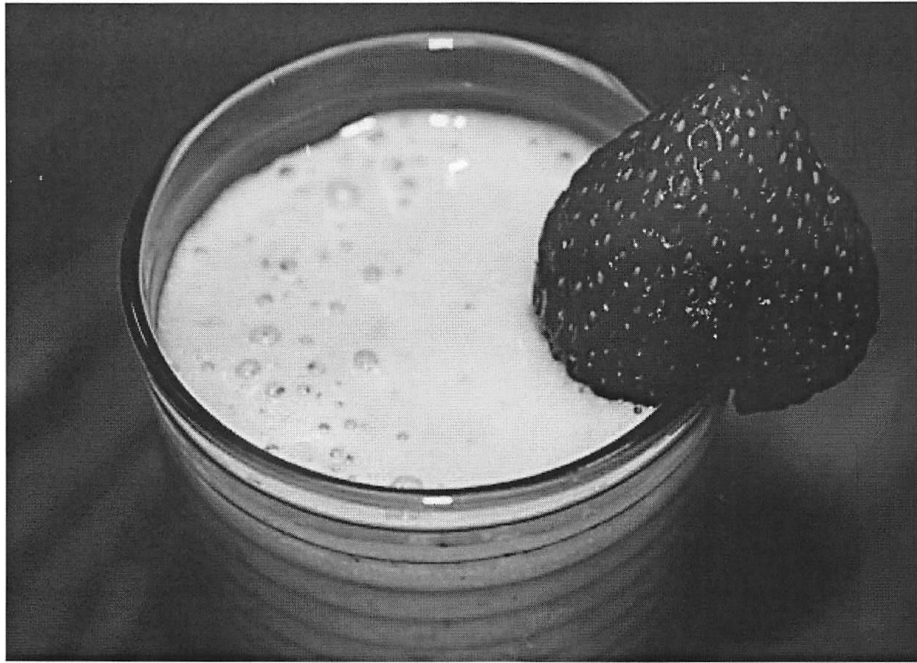
*1/4 teaspoon salt*

Preheat oven to 250 degrees. Line an 11 x 17-inch baking sheet with parchment paper or lightly rub with olive oil and set aside. Put nuts in a large bowl. In a separate smaller bowl, mix Date Honey, water, olive oil, chipotle chile seasoning, and salt. Use a fork or small whisk to combine. Pour over nuts, and stir until well coated. Spread nuts evenly on baking sheet. Bake 1 hour, stirring about halfway through cooking time. Cool and serve. Store in an airtight container.

Yield: 6 servings (serving size: about 1/4 cup)

#### Recipe Notes

- Substitute any of the listed nuts with Brazil nuts, cashews, hazelnuts, or peanuts (not actually nuts at all, but legumes).
- Use red cayenne pepper in place of the chipotle chile seasoning. You may want to decrease the amount a little unless you like super spicy food!
- This recipe can easily be doubled.



## Strawberry-Banana Smoothie #1

*4 ounces extra-firm tofu*

*1/4 cup unsweetened almond milk or soy milk 1/4 cup  
unsweetened apple juice*

*2 tablespoons Date Honey 1*

*cup sliced strawberries*

*1 frozen banana, peeled, sliced (about 1 cup)*

Place all ingredients in a blender, and process until smooth.

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

### Recipe Notes

To prepare banana ahead of time, remove peel and place in a plastic zip lock bag until frozen. Instead of using Date Honey, soak 3-4 Medjool dates in warm water at room temperature for an hour before adding to blender.

## Strawberry-Banana Smoothie #2

*1 cup unsweetened almond milk*

*1 frozen banana, peeled and sliced (about 1 cup)*

*1 cup whole frozen strawberries (about 6 strawberries) 1*

*Medjool date, pitted*

Place all ingredients in a blender, and process until smooth. Yield:

2 servings (serving size: about 1 cup or 8 ounces)

### Recipe Notes

To prepare banana ahead of time, remove peel and place in a plastic zip lock bag until frozen.