



2025 Lenten Season

CORPORATE DANIEL FAST

(March 5, 2025 – April 20, 2025)

Mt. Pleasant recognize Sunday as a day of Celebration

Adopted from: Alfred Street Baptist Church 2025 Lent Meditations, & Daniel Fast Booklet

**Fasting (no eating , only permitted beverages: 12 Hour Span; but you pick the desired times
(ex: 6PM – 6AM or 8PM – 8 AM)**

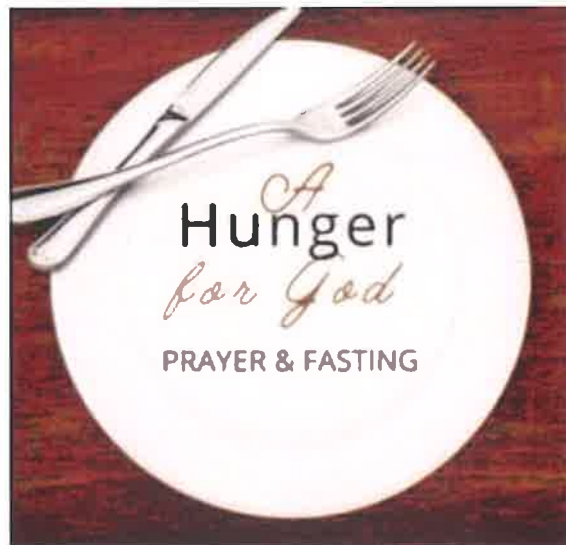
When you are eating you follow the guideline of the Daniel Fast

Disclaimer: Mt. Pleasant Baptist Church strongly encourages individuals with health concerns to consult their physician prior to beginning a fast. This is especially important if you take prescription medications or have a chronic condition. Some people should never fast without professional supervision.

What is **fasting**?

In the Old Testament, the word “fast” was derived from the Hebrew term *tsom*, which refers to the practice of self-denial. It was Hannah, who later became the mother of Samuel, who was so troubled about her inability to have children that “she wept and did not eat.” (1Samuel 1: 7, NIV) In the New Testament, the word “fast” is derived from the Greek word *nesteia*, which also refers to self-denial. When Jesus began his public ministry, He did so with an extended fast of 40 days (Matthew 4:1-2).

Fasting is abstaining from food for a spiritual purpose. Fasting is not a tool to twist the arm of God so that He will give you exactly what you want. The purpose of fasting is to get your flesh out of the way so that the Spirit of God can move in your life. Fasting removes the barriers to communication with God and allows your spiritual nature to commune directly with the heavenly Father-without distractions or disturbances



Important: If you have a special dietary need, please consult your physician before starting the Daniel Fast. You can modify the fast to meet your health needs.

The Daniel Fast

I want to introduce you to a secret healing therapy that can take your spiritual, physical and emotional health to a whole new level...it's called the **Daniel Fast** and it includes many **Bible foods** that support healing.

Fasting is a *natural discipline* that can bring **supernatural results**.
And, Fasting works when *nothing* else will.

Moses, Elijah, Esther, Ezra, Job, David, Daniel, Peter, Paul even *Jesus*...fasted.

The Bible is filled with more than 70 references to fasting, but over the last several decades fasting has disappeared from the church and is only beginning to make a resurgence today.

What is a fast?

Fasting is abstaining from something like food, drink or entertainment for a period of time to create some type of benefit in body, mind or spirit.

There are many types of fasts which include:

- Standard Fast (water only)**

- Absolute Fast (No water or food)**

- Partial Fast (restrict certain food and drink categories)**

- Intermittent Fast (Only eat during small daily window, for example: 1pm-6pm)**

There are many variations of these fasts, and there are spiritual benefits of all of these, when we are able to devote the time spent eating to focus on God and serving others.

If you are looking for a **healing breakthrough** in **body, mind and/or spirit**, then you may consider doing a Daniel Fast.

A message to Families about praying and fasting together

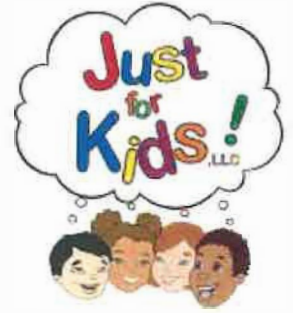


YOUR CHILDREN CAN FAST WITH YOU!!!!

Explain to them that fasting will help them grow stronger as Christians and get closer to Jesus. When they take special time out to pray to Jesus and at the same time, take special effort to not enjoy a favorite food/snack item or activity during a certain period of time, they are fasting.

As a Family, sit down together and talk about for whom or what your children are seeking God and in which way they are going to fast. Then, have your children write down their decisions on a card and you do the same and refer to it during the fast to remind yourselves of the commitment you have made during the fast. Explain to your children that there will be times when they will find it hard to fast and may even want to change their minds in the middle of the fast. However, as Parents, gently encourage them and help them keep the commitment they made to the Lord and see how God answers their prayers. Following the 40 Days of Fasting and Praying, sit down with your children and talk with them about the objectives they set prior to the fast and what the Lord did during this special time.

Remember that a child's body needs the proper nutrition and activity as well as rest to keep them healthy and whole. They don't need to fast complete meals or healthy food choices for days at a time or give up on exercise that playtime affords. Children respond best with a set schedule, so be sure to create one where they will know which days they will be fasting and what exactly they are fasting (from).



FASTING SUGGESTIONS! FOR CHILDREN:

No TV, texting or electronics on a specific day/night. (Use this time to play games or spend quality family time together)

No "Fast Foods" for all of the 40 days

Abstaining from special snacks (candy, cookies, sweets, etc)



A final word about FASTING

Be Specific and make a verbal commitment to the Lord. Be clear, before beginning your fast, write down a plan and a verbal commitment to the Lord.

When you approach your fast with determination and a clear goal you will be less likely to waiver in weak moments.

FASTING IS BIBLICAL (Daniel 2:2-3) and FASTING IS A SPIRITUAL COMMITMENT (Daniel 1:8)





Daniel Fast Food List

On the Daniel Fast, you eat plant-based meals that are nutritious and delicious, while setting aside other foods as an act of worship and sacrifice to the Lord. The following list explains the categories of foods to eat and foods to avoid on the Daniel Fast. However, keep in mind that not every item may be listed here.

FOODS TO EAT

Whole grains

Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

Beans and legumes

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

Nuts and seeds

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

Vegetables

All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

Fruit

All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

Oils

Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them.

Other

Unleavened bread (whole grain bread made without yeast, sugars, or preservatives. All herbs, spices, and seasonings are allowed, including salt and pepper.

Beverages

Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well. However, you may have 100% fruit juice on occasion (just don't overdo it).

FOODS TO AVOID

Animal products

Meat (bacon, beef, bison, chicken, lamb, pork, and turkey), dairy, (butter, cheese, cream, milk, and yogurt), fish/seafood, eggs.

Added sugar

Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar.

Yeast

Yeast (and, therefore, leavened bread) isn't part of the Daniel Fast. (For an explanation on why it's excluded, see #1 under "Food" on my [FAQs page](#).)

Refined grains

White flour and white rice. Only whole grains are allowed on the Daniel Fast. A whole grain product contains the entire grain kernel — the bran, germ, and endosperm.

Processed food

Foods that contain artificial flavorings, chemicals, food additives, and preservatives.

Deep-fried food

Examples are corn chips, French fries, and potato chips. (Baked chips are acceptable if they don't contain restricted ingredients. Check the label for "baked" to be sure.)

Solid fats

Butter, lard, margarine, and shortening.

Chocolate

Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.

Caffeinated and alcoholic beverages

Alcohol, coffee, caffeinated tea, and energy drinks.

Fasting Benefits

There are numerous benefits to Daniel-type fasting, but it all starts with an inward, spiritual motivation.

“This is the fast that I have chosen...to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke. Then your light shall break forth like the morning, Your healing shall spring forth.”

– Isaiah 58:6

Look at these incredible benefits of Fasting!

1. Spiritual Benefits of Fasting

- Fasting brings you closer to God
 - Fasting makes you more sensitive to God’s voice
 - Fasting helps break addictions
 - Fasting shows us our weakness and allows us to rely on God’s strength
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2. Mental & Emotional Benefits of Fasting

- Fasting relieves anxiety and nervousness
 - Fasting can increase peace and shalom
 - Fasting clears your mind of negative thoughts & feelings
 - Fasting decreases brain fog
 - Fasting helps increase your ability to trust God
 - Fasting clears out toxins that can make you feel sluggish or depressed
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3. Physical Benefits of Fasting

- Fasting helps break addictions to sugar
- Fasting supports the body’s detoxification
- Fasting promotes healthy weight Loss
- Fasting promoted healthy energy Levels
- Fasting improves skin health
- Fasting promotes healthy digestion and elimination

- Fasting supports healthy inflammation response and promotes joint comfort
 - Fasting promotes healthy hormonal balance
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Fasting Benefits: Spiritual, Physical & Mental/Emotional

When you fast and pray—two words that go hand-in-hand in scripture—you *pursue God in your life* and open yourself up to experiencing a renewed dependence on God, but it isn't easy.

It is a spiritual discipline that requires denying your physical and mental self because your stomach and your brain will most likely work overtime to remind you when and what they want to eat!

As I mentioned earlier, Daniel wasn't the only one in the Bible who fasted. There were others, but you don't have to be a "spiritual giant" like Daniel or put yourself through torturous fasts to draw closer to God.

However, fasts can help focus your spirit, heart and mind on God and not your own eating and drinking desires. In fact, before you begin your fast, you can make a list of prayer requests you are asking God to answer. Then, every time you experience hunger pangs or food or drink cravings, ask God to work in those prayer request areas.

Also, spend quiet time with God each day and read passages of scripture from the Bible. You don't have to be legalistic about this. There are many quality devotionals out there, so just choose one or ask a friend you trust to recommend one.

After all, it's about your relationship with God, not your performance for God.

I also suggest journaling during your fast so that you can write down what you believe God is directing you in. For whatever reasons, many people say that they "hear" God more clearly during a fast than other times.

Isaiah 58:6, 8 says “Is not this the kind of fasting I have chosen: to set the oppressed free and break every yoke? Then your light will break forth like the dawn, and your healing will quickly appear.”

The truth is that “healing” can take place spiritually, physically and mentally when you fast.

We’ve discussed some of the spiritual aspects, but there are also specific physical and mental benefits to fasting, which happens to be one of the oldest therapies in medicine.

In fact, Hippocrates, the Father of Medicine, believed that fasting enabled the body to heal itself. How?

During a fast, many systems of the body are given a break from the hard work of digesting foods that it normally has to manage. The extra energy the body gains gives the body a chance to restore itself, while the burning of stored calories gets rid of toxic substances stored in the body.

Here’s another example. The digestive tract is the body area most exposed to environmental threats, including bacteria, viruses, parasites and toxins. Plus, most of your immune system is in your digestive tract, so it needs to be in top shape. When food is broken down in the intestines, it travels through the blood to the liver, the largest organ of the body’s natural detoxification system. The liver breaks down and removes the toxic by-products produced by digestion, including natural ones and the chemicals which are typically present in our food supply and often on our daily menus.

During a fast, the liver and immune system are essentially freed up to detoxify and heal other parts of the body.

Now let’s talk specifically about the elements of the Daniel Fast, including vegetables, fruits and water. The antioxidants and nutrients in vegetables and

fruits help to add vibrancy to your health, including your immune system, fertility, skin and more.

A diet high in vegetables and fruits is known for halting bodily inflammation and oxidation—two primary processes that can lead to ill health.

No wonder Daniel and his friends looked better than the others!

The Importance of WATER

Then there's the **water factor**. The body is made up of approximately 60-70% water, and **the body needs water to make new cells** of all types, including blood cells, bone cells and skin cells. (1) Additionally, every organ and bodily system requires water to function correctly and healthily. Likewise, drinking enough water keeps your lymphatic system in tip-top shape so that wastes and toxins are removed from your body.

Water also keeps your joints lubricated, delivers nutrients to your nervous system, helps the blood transport oxygen and other essential nutrients to your cells, and even makes it so your heart doesn't have to work as hard pumping blood through your body. Water regulates your metabolism, too, and aids in digestion and body temperature control. An added bonus is that adequate water intake hydrates your skin cells and plumps them up.

The brain, which is around 75% water, must be kept hydrated, too, and will redirect water from other areas of the body if it doesn't get what it needs.

(1) Getting enough water also keeps your metabolism motoring, can help you feel fuller and can keep your weight in check.

After a fast, including the Daniel Fast, people report a combination of spiritual, physical and mental benefits, including a closer relationship with God, answered prayers, a better state of health, freedom from food or beverage addictions, more energy, clearer thinking, a more positive attitude, feeling lighter and much more.

The Daniel Fast Story

Daniel was among the best and the brightest of the Israelites of his time. In the book of Daniel in the Bible, the backdrop is set: King Nebuchadnezzar of Babylon

had seized Jerusalem, the capital city of Judah, and had taken King Jehoiakam captive and overrun God's temple.

As the victor, King Nebuchadnezzar had the power to select and "enlist" young Israelite men to serve in his Babylonian palace, and he wanted only the best. So, he chose young men from wealthy, influential families who are strong, handsome and intelligent, and who exhibited strong leadership qualities.

So, Daniel and some of his friends were "enlisted" in a three-year training time prior to entering the king's service, and King Nebuchadnezzar appointed his chief official to be in charge of them and the other leaders-in-training.

Here's the scenario: Daniel and his buddies—devout Israelites—are placed in a pagan palace to be trained up to serve a pagan king, a process complete with a prescribed diet of food and wine from the king's own table. Most historians agree that the king's menu most likely included food that had been sacrificed to idols and/or meat from unclean animals, both of which are strictly forbidden by Jewish dietary customs.

Daniel, being a winsome man of conviction, asks to eat only vegetables and to drink only water instead of what's on the king's menu. That request was acknowledged by (not approved by) the king's chief official, but he didn't want to risk Daniel and his friends looking unhealthy or frail by not eating what the other recruits ate. Since Daniel couldn't get the king's chief official to agree to the veggie and water diet, he asked the guard appointed to care for Daniel and his three friends instead.

It took some convincing, but Daniel's request was granted. Here was the deal. Daniel said, "Please test your servants for ten days. Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food and treat your servants in accordance with what you see." (Daniel 1: 12-13)

The guard agreed.

After ten days of only "pulse"—which consists of vegetables, fruits, seeds and grains—and water, Daniel and his comrades were brought before the King.

The results? Their health and appearance "appeared better than all the young men who consumed the 'best' food of the land from the very table of the king."

Fast forward three years and beyond—while still eating only the pulse and water diet—and Daniel still outperformed those who ate the king's delicacies. In fact, the king found Daniel and his buddies were "ten times better than all the magicians and astrologers that were in all his realm."

Ten times better!

What's more is that Daniel outlived the king and advised the king's grandson, Belshazzar, roughly 70 years after the reign of Nebuchadnezzar began!

That's the story of Daniel's 10-day fast that turned into three years as well as how it benefited him into his later years—which brings me to the 21-day Daniel Fast that is also mentioned in the Bible

The tenth chapter of Daniel describes how he ate "no choice food; no meat or wine touched [his] lips" (Dan. 10:3) for three weeks.

At this point in time, Daniel is approximately 85 years old, well beyond the years when he was a young man in King Nebuchadnezzar's palace. However, Daniel was still attentive to what God had for him to do, which was also reflected in his diet.

For example, in Daniel 10, Daniel gets a vision from God about the future plight of the Jewish people for rejecting the Messiah and the gospel, leading Daniel into a state of sorrowful mourning that leads to his 21-day fast.

In Hebrew, the words “choice food” suggest that Daniel refused desirable foods, most likely breads and sweets or at least foods which were considered tasty. Once again, Daniel trimmed his diet down to the basics—only for sustenance, not indulgence or personal satisfaction—so that he could focus on the spiritual, not his personal needs or wants.

And while there certainly are spiritual benefits to fasting, physical and mental benefits can occur as well.

Are you ready to experience the incredible benefits of doing a Daniel Fast? If so then plan out your fast and try some of these healthy Daniel Fast recipes.

Daniel Fast Recipes

While most fruits and vegetables are edible as is, sometimes it's nice to have recipes, so here are a few to get you started. Enjoy!

Granola

Ingredients:

- **1 cup crushed almonds**
- **1 cup oats**
- **1 cup sunflower seeds**
- **1 cup pumpkin seeds**
- **1/2 cup coconut flakes**
- **1 cup honey**
- **1 teaspoon cinnamon**

Directions:

1. Mix all together and spread out on a non-stick cookie sheet.
2. Bake 20 minutes in a 250-degree preheated oven.

3. Stir and continue to bake another 20 minutes, stirring periodically to prevent burning. The granola should be lightly browned.
4. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags.
5. Option: After the granola is cooled, add raisins or other organic, unsulphured dehydrated fruit.

Minestrone Soup

Ingredients:

- **8 cups vegetable stock**
- **1½ cups of dried garbanzo beans**
- **2 cups dried red kidney beans**
- **½ cup carrots**
- **3 medium tomatoes (or one 14-ounce can of unsweetened, unsalted Italian tomatoes)**
- **½ cup fresh parsley**
- **sea salt, to taste**
- **1 cup cabbage**
- **¼ teaspoon oregano**
- **¾ teaspoon basil**
- **¼ teaspoon thyme**
- **½ cup celery**
- **½ cup onion**
- **1 clove garlic**
- **1 package spinach noodles, cooked**

Directions:

1. Soak garbanzo and kidney beans overnight, drain and rinse.
2. Peel and dice tomatoes.
3. Cook and drain garbanzo and kidney beans as per directions on package.
4. Mince garlic and parsley.
5. Chop carrots, onion, celery, cabbage and garlic and sauté in water or soup stock over medium heat for 5 to 7 minutes.

6. Stir in cooked and drained garbanzo beans, kidney beans, diced tomatoes and minced herbs.
7. Bring to a simmer, then turn heat down and simmer 10 minutes.
8. Stir in cabbage and parsley with lid partially on for about 15 minutes or until cabbage is tender.
9. Add more soup stock or tomatoes as needed. Serve over cooked spinach noodles.

Black Bean Soup

Ingredients:

- **8 cups vegetable stock**
- **1 cup celery**
- **1 potato**
- **2 garlic cloves**
- **1 teaspoon honey**
- **2 bay leaves**
- **sea salt, to taste**
- **1 pound of black beans, soaked overnight, rinsed and drained**
- **1 yellow or red pepper**
- **1 cup carrots, diced**
- **2 Tablespoons cilantro**
- **1 Tablespoon parsley**
- **2 Tablespoons marjoram**
- **1 whole onion**

Directions:

1. Place beans in pot with vegetable stock, whole onion and bay leaves.
2. Bring to a boil and cook 2½ hours or until beans are tender.
3. Remove onion and bay leaves.
4. Chop onion, pepper and celery.
5. Grate carrots and potato on cheese grater.
6. Mince garlic and sauté in a Tablespoon of olive oil until tender.
7. During last hour of cooking, combine vegetables and seasonings with beans.

8. Bring to a boil, lower heat to simmer and cook until veggies and beans are tender.

Stir Fry Vegetables

Ingredients:

- 1 red onion, sliced
- 3 stalks celery, thinly sliced
- ½ cup broccoli, chopped
- 1 bell pepper, sliced
- 1 teaspoon sea salt
- 3 carrots, peeled and sliced
- ½ cup cauliflower, chopped
- 1 cup zucchini, thinly sliced
- 1 cup yellow squash, thinly sliced
- 1 Tablespoon Oriental seasoning

Directions:

1. Stir-fry all vegetables in 1 to 2 Tablespoons of olive oil until tender.
2. Add salt and seasoning.
3. Serve alone or over brown rice.

Harira

[Serves 4] (Note: Harira is a great recipe for the Daniel Fast as it has nearly 15 grams of protein per serving.)

Ingredients:

- 2 Tbl healthy oil, such as coconut oil or olive oil
- 1 cups chopped onion
- ½ cups chopped celery
- 2 cups warm water
- pinch of saffron threads
- ½ tsp salt, divided

- **¼ tsp peeled fresh ginger, minced**
- **¼ tsp ground red pepper**
- **¼ tsp ground cinnamon**
- **2 garlic cloves, minced**
- **2 cups organic mushroom broth**
- **1½ cups chopped and seeded plum tomatoes**
- **½ cup dried small red lentils**
- **2 15-ounce cans no-salt-added chickpeas, drained**
- **3 Tbl chopped fresh cilantro**
- **3 Tbl chopped fresh parsley**

Directions:

1. Heat oil in a large saucepan on medium heat.
 2. Add onion and celery and sauté 4 minutes or until tender.
 3. Combine 2 cups warm water and saffron; let stand 2 minutes.
 4. Add ¼ teaspoon salt, ginger, red pepper, cinnamon and garlic.
 5. Cook 1 minute. Add saffron water mixture, broth, tomato, lentils and chickpeas.
 6. Bring to boil; then reduce heat.
 7. Simmer 20 minutes or until lentils are tender.
 8. Stir in cilantro, parsley and remaining ¼ teaspoon salt.
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SWEET POTATO AND BLACK BEAN CHILI

Prep 20 m; Cook 1 h 10 m; Ready In 1 h 30 m

2 pounds orange-fleshed sweet potatoes, peeled and cut into cubes
1/2 teaspoon ground dried chipotle pepper
1/2 teaspoon salt
2 tablespoons olive oil, divided
1 onion, diced
4 cloves garlic, minced
1 red bell pepper, diced
1 jalapeno pepper, sliced
2 tablespoons ancho chile powder, or to taste
1/4 teaspoon dried oregano
1 (28 ounce) can diced tomatoes
1 cup water, or more as needed
1 teaspoon salt, or to taste
1 teaspoon unsweetened cocoa powder
2 (15 ounce) cans black beans, rinsed and drained
1 pinch cayenne pepper, or to taste
1/4 cup chopped fresh cilantro, for garnish (optional)



1. Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper or a silicone baking mat.
2. Combine sweet potatoes, chipotle pepper, 1/2 teaspoon salt, and 1 tablespoon olive oil in a large bowl and toss to coat. Spread sweet potatoes on the prepared baking sheet in a single layer.
3. Roast sweet potatoes in the preheated oven until the outside is crunchy and inside is tender, 20 to 25 minutes. Allow to cool to room temperature.
4. Cook and stir remaining 1 tablespoon olive oil, onion, garlic, red bell pepper, jalapeno pepper, ancho chile powder, cumin, and dried oregano together in a large pot or Dutch oven over medium heat. Cook and stir until onion is softened, about 5 minutes.
5. Pour tomatoes and water into the onion mixture and bring to a simmer. Add cornmeal, 1 teaspoon salt, and cocoa powder. Bring to a simmer, stirring constantly, reduce heat to low and simmer for 30 minutes.
6. Stir black beans and cooled sweet potatoes into the onion-tomato mixture. Add more water if mixture is too thick. Simmer until heated through, about 15 minutes. Season with salt and cayenne pepper to taste. Serve topped with and cilantro.

Green Beans With Roasted Nuts and Cranberries

Prep time: 10 mins, serves 8

Ingredients

- kosher salt and pepper
- 1 1/2 pounds green beans, trimmed
- 2 tablespoons extra-virgin olive oil
- 1/2 cup roasted, unsalted mixed nuts, roughly chopped
- 1/4 cup dried cranberries



How to Make It

• Step 1

Bring a large pot of water to a boil. Add 1 tablespoon salt and the green beans and cook until tender, 4 to 6 minutes.

• Step 2

Meanwhile, in a large bowl, combine the oil, nuts, and cranberries.

• Step 3

Drain the green beans and transfer them to the bowl. Add 1/2 teaspoon salt and 1/4 teaspoon pepper and toss to coat. Serve warm or at room temperature.

Vegan Tuna

Ingredients

1 can Garbanzo beans rinsed and drained

2 tablespoons of Vegan Mayonaise

1/2 red onions chopped

1 celery stalk chopped

Directions:

Fork smash garbanzo beans in a bowl. (You may also use a food processor to smash garbanzo beans)

Add the rest of ingredients mixing well.

Great w/lettuce and tomatoes and rye bread



APPLE & PB 'WICHES

1 apple(s), any variety

2 tablespoon peanut butter, natural, (or any preferred nut or seed butter)

Core the apple and slice into thin wedges. Spread the peanut butter over half of the wedges. Then place the remaining apple wedges on top to make the Apple & PB sandwiches

Asian Tofu Stew

- 1/2 cup 100% peanut butter
- 2 cups vegetable broth
- 2 tablespoons canola oil
- 1 cup chopped onion
- 3-4 cloves garlic, minced
- 1 cup chopped green bell pepper
- 1 cup chopped carrots
- 2 pounds firm tofu, cut into 1 1/2-inch cubes
- 2 tablespoons soy sauce
- 1 teaspoon Five Spices
- 1 cup diced tomatoes
- 1 bay leaf
- 1/2 teaspoon thyme
- 1/2 teaspoon ground ginger
- 1 tablespoon lemon juice
- 2 6-8 cups cooked brown rice (on Sunday only)



WHISK together the peanut butter and vegetable broth in a medium bowl until well blended. SEASON the tofu with soy sauce and Five Spices. Heat the oil in a large stew pot over medium heat. Add the onion, garlic, bell pepper and carrots. Sauté until the onions are translucent. Add the tofu and continue to cook, stirring often, until browned on all sides. Add the peanut butter mixture, tomatoes with liquid, thyme, bay leaf, ginger and lemon juice. Stir well. Bring to a boil. Reduce heat to low and simmer, stirring occasionally for about 20 or until the vegetables are tender. SEASON to taste with salt and pepper. Serve hot over cooked rice on Sunday.

Baked Oatmeal (Dessert)

- 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). Recipe Notes: Spread almond butter or Date Honey on each serving. This recipe can be doubled and baked in a 9 by 13-inch casserole dish.

Baked Tilapia with Spicy Tomato-Pineapple Relish (Sunday Dish)

- 4 fish, tilapia, (6-ounce) fillets
- 1/4 teaspoon salt, Kosher
- 1/2 cup(s) pineapple, crushed, well-drained
- 1 tomato(es), plum, diced
- 1 teaspoon chili paste, Oriental, hot, such as siracha (or more to taste)

Preheat the oven to 375°F. Line a baking sheet with aluminum foil, and coat the foil with oil spray. Place the tilapia fillets on the prepared baking sheet and season them with the salt. In a small bowl, combine the pineapple, tomato, and chili paste. Divide the topping evenly among the tilapia fillets. Bake for 12 to 15 minutes, or until the tilapia flakes easily with a fork.

Balsamic Chicken (Sunday Dish)

- 1 large onion(s), yellow, thinly sliced
- 2 large pepper(s), red, bell, sliced
- 4 clove(s) garlic, minced (may substitute 1 teaspoon garlic powder)
- 1/4 teaspoon pepper, red flakes, (or to taste)
- 4 piece(s) chicken, breast, boneless, skinless, medium-thin (may substitute 8 chicken tenders)
- 1/4 teaspoon salt, Kosher
- 1/4 teaspoon pepper, black ground
- 1/3 cup(s) vinegar, balsamic, (use a good-quality, aged variety if possible)
- 1 can(s) tomatoes, diced, (15-ounce) well drained, preferably no salt added



Liberally coat a large sauté pan with oil spray, and preheat the pan over medium-high heat. Add the onion and bell pepper and sauté for 5 minutes, or until the vegetables begin to soften. Add additional oil spray or a tablespoon of water if the vegetables start to stick to the bottom of the skillet. Add the garlic (or garlic powder) and red pepper flakes and sauté for 1 minute, stirring constantly. Season the chicken breasts with the salt and pepper. Add the chicken breasts to the pan and cook for 4 minutes on each side. Add the balsamic vinegar and canned tomatoes, and bring the liquids to a boil. Reduce the heat to medium-low, and simmer uncovered for 25 minutes, stirring occasionally. Season with additional salt and pepper to taste.

Bean Soup With Kale

- 1 tablespoon olive oil or canola oil
- 8 large garlic cloves, crushed or minced
- 1 medium yellow onion, chopped
- 4 cups chopped raw kale
- 4 cups vegetable broth
- 2 (15 ounce) cans white beans, such as cannellini or navy, undrained
- 4 plum tomatoes, chopped
- 2 teaspoons dried Italian herb seasoning
- Salt and pepper to taste
- 1 cup chopped parsley



In a large pot, heat olive oil. Add garlic and onion; sauté until soft. Add kale and sauté, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.

Broiled Pineapple Slices (Dessert)

- 6 fresh or canned pineapple slices
- 1 tablespoon Date Honey
- 1 tablespoon fresh lime juice
- 1 tablespoon unsweetened coconut flakes

Turn oven to broil setting. Place pineapple slices on a broiler pan lined with foil or an 11 x 17-inch baking sheet rubbed with olive oil. Mix Date Honey and lime juice in a small bowl. Spread on top side of pineapple. Place 3-4 inches below broiler for about 8 minutes. Remove from oven and sprinkle each slice with ½ teaspoon coconut flakes. Broil for 2 minutes and serve. Yield: 6 servings (serving size: 1 slice).

Recipe Notes: Cut slices into chunks and mix in with oatmeal.

(Alternative) Omit the coconut flakes and just spread Date Honey and lime juice on top.

Brown Rice with Edamame and Vegetables (Sunday Dish)

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. Sauté 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.

Chocolate Nut Ice Dream Bars (Dessert)

Prepare frozen bananas in advance by peeling and cutting bananas into thirds. Place in a Ziploc bag and freeze for several hours.

4 frozen bananas, 2 Tbsp raw almond butter
1-2 Tbsp raw cacao powder (depending on how chocolaty you like it)
1 Tbsp coconut butter
1/4 cup light coconut milk
1 scoop pea protein powder
10 drops liquid stevia, Chocolate flavored. I prefer Sweet Leaf brand.
2 Tbsp shaved coconut

Put frozen banana pieces in a blender with almond butter, cacao powder, coconut butter, coconut milk, protein and stevia. If necessary, add a little almond milk to help blend. Blend on highest level or "Ice Cream" setting until smooth and creamy. Put in dessert dishes. Sprinkle with coconut shavings. Put in freezer for 20- 30 minutes and serve cold or pour into popsicle trays, place sticks in the center and freeze for several hours for delicious tasting ICE DREAM BARS.

Easy High-protein Breakfast Stir-fry for the Daniel Fast

1 tablespoon olive oil
1 medium onion, sliced
1/2 green pepper, chopped
1 cup firm tofu, diced in bite-sized pieces
garlic salt to taste
Italian herbs to taste

Heat a skillet over medium heat. Add oil and heat for a couple minutes. Add the onions and green peppers and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft. Makes two servings.

Harira

2 Tbs canola oil
1 cup chopped onion
1/2 cup chopped celery
2 cups warm water
Pinch of saffron threads
1/2 tsp salt, divided
1/4 tsp peeled fresh ginger, minced
1/4 tsp ground red pepper
1/4 tsp ground cinnamon
2 garlic clove, minced
2 cups organic mushroom broth
1 1/2 cups chopped and seeded plum tomatoes
1/2 cup dried small red lentils
2 15 oz. cans no-salt-added chickpeas, drained

3 Tbs chopped fresh cilantro
3 Tbs chopped fresh parsley

Heat oil in a large saucepan on medium heat. Add onion and celery and sauté 4 minutes or until tender. Combine 2 cups warm water and saffron, let stand 2 minutes. Add 1/4 tsp salt, ginger, red pepper, cinnamon, and garlic. Cook 1 minute. Add saffron water mixture, broth, tomato, lentils, and chickpeas. Bring to boil then reduce heat. Simmer 20 minutes or until lentils are tender. Stir in cilantro, parsley, and remaining 1/4 tsp salt. Yield: 4 servings

Garlicky Lima Bean Spread

2 cups fresh lima beans
1/3 cup fresh parley leaves
1/2 cup water
1 tablespoon fresh lemon juice
1 table spoon olive oil
2 teaspoon roasted garlic paste
1/2 teaspoon sea salt
1/4 teaspoon fresh ground black pepper
1/4 teaspoon hot sauce



Sort and wash beans; drain and place in a medium saucepan. Cover with water to 2 inches above beans; bring to boil. Cover, reduce heat and simmer 20 minutes or until tender. Drain. Place beans and remaining ingredients in a food processor; process until smooth.

Gazpacho

6 med. tomatoes, quartered

2 large cucumbers

1 small red onion

1 med. zucchini, chopped

3 med. garlic cloves, smashed

1 med. green bell pepper

Chopped fresh herbs: parsley, basil, chives

2 Tbsp. lemon juice

2 Tbsp. extra virgin olive oil

1 tsp. sea salt

1 tsp. cayenne pepper

1 tsp. ground cumin seed

2 cups vegetable stock or tomato juice

In food processor, combine tomatoes, cucumbers, onion, zucchini, garlic, and green pepper and process on high until coarsely chopped. Add herbs, lemon juice, oil, salt, cayenne, and cumin. Process a few more burst. Blend in stock or tomato juice. Transfer to large bowl. Refrigerate at least 1 hour before serving. Serves 4. Preparation Time:10 minutes.



Green Been Stir-Fr with Shredded Coconut

1/4 cup canola oil

1 Tbs. yellow mustard seeds

24 curry leaves, roughly torn (optional)

1-1/4 tsp. cumin seeds

2 lb. green beans, trimmed and cut into bite-size pieces (about 7 cups)

3/4 cup unsweetened shredded coconut

1-1/2 tsp. kosher salt; more to taste

Heat the oil and the mustard seeds in a large wok or skillet over medium-high heat until the mustard seeds start to sizzle and pop, about 1 minute (use a splatter screen, if you have one, so the seeds don't pop out of the pan). Add the curry leaves (if using) and the cumin seeds and cook, stirring often, until the cumin becomes fragrant and browned, 1 to 2 minutes. Add the green beans and cook for 5 minutes, stirring occasionally. Stir in the coconut and 1 cup water and bring to a simmer. Cover the pan, reduce the heat to medium low, and cook until the green beans are tender, 8 to 10 minutes. Uncover, increase the heat to medium, and cook until all of the water has evaporated, stirring often, 2 to 5 minutes. Stir in the salt, taste, and add more salt if needed.



Grilled Vegetable Salad

Thin asparagus spears may need to cook only four minutes.

Vinaigrette:

- 2 tablespoons sherry vinegar
- 1 tablespoon extra virgin olive oil
- 1/2 kosher salt
- 1 1/2 teaspoons honey
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon freshly ground black pepper



Salad

- 8 ounces asparagus, trimmed
- 2 (4-inch) Portobello mushroom caps (about 6 oz)
- 1 medium zucchini, cut lengthwise into 1/4 inch thick slices
- 1 yellow squash lengthwise into 1/4 inch thick slices
- 1 small red onion, cut into 1/4 inch thick slices
- 1 red bell pepper, halved and seeded
- cooking spray
- 2 tablespoons chopped fresh basil
- 1 tablespoons chopped fresh chives
- 1 tablespoons chopped fresh parsley

Prepare grill to medium-high heat. To prepare vinaigrette, combine first 6 ingredients in a large bowl and set aside.

Salad: Cook asparagus, mushrooms, zucchini, squash, onion and bell pepper with cooking spray. Place vegetables on grill rack; grill 4 minutes on each side or until slightly blackened. Remove vegetables from grill; cool slightly. Cut vegetables into 1-inch pieces. Add vegetables, basil, chives, and parsley to vinaigrette; toss gently to coat.

Guacamole

3 avocados pitted and crushed (Leave some chunks)

1/2 cup of red onion diced

1/2 lime squeezed

1/4 cup cilantro

1/2 cup diced tomatoes

1 garlic piece crushed

1/4 of jalapeño pepper (You can add more)

salt and pepper to taste

Directions: Add crushed avocado, onion, cilantro, garlic in a bowl. Fold mixture together. Add Lime juice, pepper and tomatoes carefully. Then add salt and pepper to taste.

Hummus

2 1/2 cups of garbanzo beans

1 clove of garlic

2 tablespoons of Tahini

2 table spoons of lemon juice

2 tablespoons of olive oil.

salt*

pepper*

cayenne*

roasted red peppers*



Place garlic, tahini, lemon juice and beans into a food processor. Blend. Slowly add olive oil to the mixture. Remove lid and add the * (optional) ingredients.

Indian-Spiced Grilled Bay Squash

1 tablespoon olive oil

1 teaspoon grated peeled fresh ginger

1/2 teaspoon ground coriander

1/4 teaspoon ground cumin

1 pound baby pattypan squash, cut in half crosswise
1 medium red onion, cut into 1 inch pieces
cooking spray
1 tablespoon fresh lemon juice
1 tablespoon thinly sliced fresh mint leaves

Preheat grill. Combine first 7 ingredients in a large bowl; toss well. Thread squash and onion alternately onto each of 8 (10-inch) skewers. Place skewers on grill rack coated with cooking spray; grill 10 minutes or until tender turning frequently. Drizzle with juice. Sprinkle with mint.

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

Combine all ingredients in a blender. Refrigerate until chilled. Makes 1/2 cup.



Mango and Black Bean Salad

1 can (15 oz) black beans, drained and rinsed
2 cups fresh mango, diced
1 cup sweet red bell pepper, diced
6 green onions, thinly sliced
1/4 cup cilantro leaves, chopped
1/4 cup fresh lime juice
1 tablespoon olive oil
1 seeded Jalapeno pepper, minced (or hot sauce to taste)

Roasted Butternut Squash & Shallots with Rosemary

3 cups 3/4-inch-diced, peeled butternut squash (from about a 2-lb. squash)

4 medium shallots

2 Tbs. extra-virgin olive oil

1 tsp. chopped fresh rosemary

1 tsp. kosher salt

1/2 tsp. granulated sugar

1/2 tsp. freshly ground black pepper



Position a rack in the center of the oven and heat the oven to 450°F. Put the squash on a heavy-duty rimmed baking sheet. Peel and quarter each shallot and add them to the squash. Drizzle the oil over the vegetables; toss to coat. Sprinkle the rosemary, salt, sugar, and pepper over the squash; toss to coat. Distribute the vegetables evenly on the baking sheet. Roast for 20 minutes. Stir, then continue roasting until the vegetables are tender and lightly browned, 10 to 15 minutes more. Before serving, taste and season with more salt if needed

Seasoned Sautéed Brussel Sprouts

Wash brussel sprouts, cut stems off, cut each brussel sprout into one-half. Coat skillet or sauté pan with olive oil and heat. Add brussel sprouts. Add a generous amount your choice of seasonings such as:

Rosemary, oregano, garlic, sea salt, fennel seed, onion powder and etc. Stir frequently with a spatula. Add addition oil if needed. Cooking time is about 20 minutes. If you put too much seasoning, you can add water to dilute the seasonings.

For this recipe, you can substitute brussel sprouts with asparagus spears. Wash them, cut ends off, cut remaining stem into three parts at an angle. Following the recipe above beginning with coat skillet or sauté pan with olive oil.



Sautéed Plantains



2 plantains, yellow with a few black spots, If only green plantains are available, ripen them at room temperature for a few days.

1 tablespoon canola oil

Peel plantains; cut each into thirds crosswise. Cut each piece into 4 (2 inch) lengthwise slices. Heat oil in a large nonstick skillet over medium heat. Add plantains to pan; cook 3 minutes on each side or until lightly browned. Transfer plantains to a plate; sprinkle with salt.

Sautéed Cabbage and Onions

1 Medium head of cabbage (shredded) including dark green leaves) yields 4-6 cups

1 Large yellow, Vidalia (sweet) or red onion thinly sliced

4 medium to large cloves of garlic chopped very fine

¼ cup of olive oil

2 tablespoons kosher or sea salt (add black or white pepper to taste)

1 teaspoon chopped parsley

¼ cup green onion or 1 teaspoon of chives

2 tablespoon white balsamic vinegar



In a large heated skillet add ½ of the olive oil; start adding handfuls of cabbage allowing each handful to wilt slightly before adding more until all the cabbage has been wilted. Make a hot spot in the skillet by moving some cabbage to one side of pan, add onion and garlic and sauté until onions are slightly cooked with garlic, incorporate into cabbage. Add salt, pepper and continue cooking until cabbage is al dente (still has some crunch) cook longer if you desire it to be softer. Stir in remaining olive oil, green onion, and parsley. Remove from heat, stir in white balsamic vinegar.

Simple Black Beans

- 1 1/2 tablespoon canola oil
- 1 cup chopped onion
- 1/2 cup green pepper
- 3/4 cup finely chopped red bell pepper
- 1 1/2 teaspoon minced garlic
- 1/4 teaspoon freshly grown black pepper
- 1/4 teaspoon grown cumin
- 1 cup water
- 2 (15 oz) cans of black beans undrained
- 1 tablespoon of white wine vinegar, apple or white vinegar

Heat oil in a large pot over medium heat. Add onion and bell pepper to pan; cook 5 minutes or until tender, stirring occasionally. Stir in garlic, black pepper and cumin; cook 1 minute, stirring constantly. Stir in 1 cup of water and beans; bring to a boil. Partially covered reduce heat and simmer 15-30 minutes or until slightly thick. Remove from heat, and stir in vinegar.

Spaghetti Squash Primavera

Note: This recipe makes a lot so you may want to cut the ingredients in half.

- 3 whole spaghetti squashes, about 1 pound each
- 2 tablespoons extra-virgin olive oil, divided
- 1 yellow onion, diced
- 2 yellow squash, diced
- 1 cup diced bell pepper (red, yellow, orange, or a combination)
- 1 cup broccoli florets
- 3 large cloves garlic, pressed or minced
- 1 can whole tomatoes, in juice (28-ounce)
- 1 tablespoon crushed red pepper flakes (or to taste)
- 1 teaspoon dried oregano
- 1 tablespoon fresh thyme



Preheat oven to 425 degrees. Cut spaghetti squash in half lengthwise and remove seeds with a spoon. Place squash, cut side up, on a baking sheet. Drizzle with 1 Tablespoon olive oil and season with salt and pepper. Turn cut side down and roast for 25 minutes.

Meanwhile, heat remaining olive oil in a large saucepan over medium heat. Add onion, zucchini, squash, bell pepper, and broccoli; saute until vegetables begin to soften, about 5 minutes, stirring frequently. Add garlic and toss to combine. Add tomatoes, crushing with a spoon. Season with red pepper flakes, oregano, thyme, and salt and pepper.

Saute for another 5 minutes or so. When squash is tender, use a fork to scrape into spaghetti-like strings. Divide among shallow bowls. Spoon primavera sauce over "noodles". Serve immediately.

Spicy Black Beans

- 1 poblano pepper, dried
- 1 medium red pepper, diced
- 1 medium green pepper, diced
- 1 medium onion, finely diced
- 2 jalapeno peppers, diced (with or without seeds-seeds add heat)
- 5 cloves of garlic
- 4 Tbsp of olive oil
- 2 13 ounce can of Goya Black Beans, undrained
- 2 packets of Sazon Goya without Annatto
- 2 Tbs. white vinegar
- 2 Tbs. apple cider vinegar
- 1/2 cup water
- 1 tsp of oregano

In a large pot over medium heat sauté oil, onions, and garlic, then all peppers and cook until tender about five minutes. Stir in remaining ingredients. Reduce heat and simmer 15-20 minutes until beans are tender. You may add more vinegar for an added kick

and/or more water if you desire more broth. Serve over brown rice or quinoa (on Sundays) or enjoy a plain bowl of beans (Rev. Dr. Elizabeth Sapp Jones)

Strawberry-Banana Smoothie #1

- 4 ounces extra-firm tofu
- 1/4 cup unsweetened almond milk or soy milk
- 1/2 cup apples
- 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). To prepare banana ahead of time, remove peel and place in a plastic ziptop bag until frozen. Instead of using Date Honey, soak 3-4 Med cool 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 Medium cool date, pitted
- Place all ingredients in a blender, and process until smooth. Yield: 2 servings (serving size: about 1 cup or 8 ounces)
- 1 Sweet Potato
 - 1 Pear
 - 1/4 cup Vanilla Almond Milk
 - 1/2 tsp cinnamon
 - 1/4 tsp, chia seeds (optional)

Place sweet potato and pear in juicer, transfer juice to pitcher; add remaining ingredients. Enjoy.



Texas Mexican Black Bean and Corn Stew

- 1 tablespoon canola or other Daniel Fast approved oils
- 1 small onion, chopped
- 4 cloves garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 can (about 14 ounces) fire-roasted diced tomatoes
- $\frac{3}{4}$ cup salsa
- 2 medium zucchini or yellow squash (or 1 of each), cut into $\frac{1}{2}$ inch chunks
- 1 cup frozen corn kernels
- 1 can (about 15 ounces) black beans, rinsed and drained
- $\frac{1}{4}$ cup chopped fresh cilantro or green onion



Heat oil in large saucepan over medium heat. Add onion; cook and stir 5 minutes. Add garlic, chili powder and cumin; cook and stir 1 minute. Stir in tomatoes, salsa, zucchini, corn and black beans. Bring to a boil over high heat. Reduce heat; cover and simmer 20 minutes or until vegetable are tender. Ladle into shallow bowls; top with cilantro.* Makes 4 servings (about 1 $\frac{1}{4}$ cups per serving, 284 calories)*Option: Top with shredded cheese after the Daniel Fast is over.

Tomato Basil Soup

- $\frac{1}{2}$ TB extra-virgin olive oil
- $\frac{1}{2}$ cup chopped onions
- 3 (14.5-oz) cans diced tomatoes
- $\frac{1}{2}$ cup water
- 1 clove garlic, minced
- 1 $\frac{1}{2}$ tsp dried basil
- 1 tsp salt
- $\frac{1}{8}$ tsp pepper
- Toasted pumpkin seeds, optional
- Toasted sunflower seeds, optional
- 1 cup of olives, optional



Heat olive oil over medium heat in a large skillet. Add onions, and cook until soft and translucent. Add tomatoes, water, garlic, basil, salt, and pepper. Cook 20 minutes. Place mixture in a food processor or blender, and purée until desired consistency is reached.

Return to skillet, and cook 5-10 more minutes. Sprinkle pumpkin and/or sunflower seeds on top, if desired. Makes about 4 (1 1/4 cup) servings.

Tomato Soup with Zucchini

6 Tbs. unsalted butter or olive oil

3 medium zucchini (about 1-1/2 lb.), cut into medium dice

Kosher salt

2 cloves garlic, minced

1 cup chopped yellow onion

Three 15-oz. cans whole peeled tomatoes, drained

1-1/2 cups vegetable broth

1/2 cup dry cooking white wine

1/2 cup fresh basil leaves, chopped, for garnish



Place 4 Tbs. of oil in a large stockpot over medium-high heat. Add the zucchini and 1 tsp. salt and cook, stirring occasionally, until the zucchini is crisp-tender but not browned, about 5 minutes. Add the garlic and cook for 1 minute. Using a slotted spoon, transfer the zucchini mixture to a medium bowl. Use the remaining 2 Tbs. oil in the stockpot over medium-high heat. Add the onion and cook, stirring, until it becomes translucent, about 3 minutes. Increase the heat to high, add the tomatoes and 1 tsp. salt to the pot, and cook, stirring constantly for 1 minute. Add the vegetable broth and the cooking wine and bring to a boil. Reduce the heat and simmer, stirring occasionally, until the liquid has reduced by half, about 20 minutes. Remove the pot from the heat and let the tomato mixture cool slightly. Purée the soup in the pot with a hand blender or in batches (with the top vented) in a regular blender. If you use a regular blender, return the soup to the pot. Bring to a boil and cook until heated through, about 2 minutes. Stir the zucchini into the soup. Garnish each serving with some of the chopped fresh basil.

Vegetable Bean Soup

- 1 tablespoon extra-virgin olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1 clove garlic, minced
- 6 cups water
- 1 (8-ounce) can tomato sauce
- 1 (14.5-ounce) can light red kidney beans, rinsed and drained
- 1 (15-ounce) can black-eyed peas, rinsed and drained
- 1 (14.5-ounce) can French-style green beans, drained
- 1 cup chopped yellow summer squash, unpeeled
- 1/2 tablespoon chili powder
- 1 bay leaf
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons chopped fresh parsley



Heat olive oil over medium heat in a large saucepan. Add onions, carrots, and celery. Cook until vegetables are softened. Add garlic, and cook for 1 minute, stirring constantly so garlic doesn't burn. Pour in water and all remaining ingredients. Bring to a boil, and then lower heat. Simmer, uncovered, 30 minutes. Discard bay leaf and stir in parsley before serving.

Vegetarian Chili

- 2 medium-sized green peppers, chopped
- 1 medium-sized yellow onion, chopped
- 1 zucchini, sliced
- 1 yellow squash, sliced



- 2 tablespoons salad oil
- 2 tablespoons chili powder
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground red peppers
- 2 cups corn kernels (fresh or frozen)
- 2 16 oz. cans tomatoes (juice and all)
- 2 16 oz. cans pinto beans (juice and all)
- 2 16 oz. cans black beans (juice and all)
- 1 4 oz. can mild green chilies
- 1 4 oz. can of tomato paste

Chop and sauté in oil the peppers and onions. Add the sliced squashes, chili powder, salt, ground red peppers, and corn. When all the vegetables are soft but still firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking. Yield: 6 generous servings

White Bean, Kale, and Vegetable Soup

- 1 tablespoon extra-virgin olive oil
- $\frac{1}{2}$ cup chopped onion
- 1 cup chopped carrots, peeled
- 2 cloves garlic, minced
- 4 cups water or Vegetable Broth
- 1 (15-ounce) can cannellini beans, rinsed, drained
- 1 (14.5-ounce) can diced tomatoes
- 2 cups fresh or frozen green beans, cut into 1-inch pieces
- 2 cups kale, torn into bite-size pieces, lightly packed
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper



Heat olive oil in a large saucepan over medium heat. Cook onions and carrots until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.

Add water or broth, cannellini beans, tomatoes, green beans, kale, basil, parsley, salt and pepper. Bring to a boil. Simmer, uncovered, over low heat about 30 minutes to allow the flavors to blend.

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

Vegan Tomato Sausage Soup

1 Can of Organic Tomato diced and no salt added (add water to make this soup)

2 tb s of organic tomato paste vine ripe tomato

1White onion

1Green pepper

1Yellow pepper

1Orange Pepper

1Red Pepper

Italian sausage less sausage Trader Joe

Tofurky Kielbasa Polish style meatless sausage

Organic Tomato sauce from Wegmans nature section (optional)

Baby Bella Mushrooms

Seasonings:

Basil

Sea Salt

Ground Cumin

Trader Joe Everyday season

Ms. Dash

Organic Oregano Trader Joes



Cut up sausage and stir fry onions and peppers

Put all ingredients in crock pot to cook for 2 hours.

Vegan Brownie

Vegan & Gluten Free Black Bean Brownies Recipe

Yields: 9 servings

Ingredients:

15 ounces canned black beans, drained and rinsed
2 whole bananas (regular size)
1/2 cup agave nectar
1/4 cup unsweetened cocoa powder
1/2 tablespoon cinnamon
1 teaspoon vanilla extract
2/3 cup quick cooking oats
1/2 cup walnuts (optional)



Directions:

Preheat the oven to 350 degrees Fahrenheit and lightly grease an 8 by 8 inch pan.

Place black beans, bananas, agave nectar, cocoa powder, cinnamon, and vanilla extract into a food processor or blender. Blend until smooth.

Move the wet ingredients to a large mixing bowl and fold in oats; as well as walnuts

When the oats, and other ingredients, are evenly distributed throughout the batter, pour the brownie batter into the prepared square pan.

Bake black bean brownies for about 30 minutes or until a toothpick can be inserted in the center comes out clean.

Allow the brownies to cool in pan on a before slicing. You may have to employ a protection system to keep you family and friends, or yourself, from devouring too soon

Avocado TLC Sandwich



Ingredients:

- 2 slices - Ezekiel Bread
- Tomato
- Lettuce
- Cucumber
- Hummus
- ½ ripe Avocado
- Pink Himalayan salt {to taste}
- Black Pepper (to taste)
- Bean sprouts {optional}

Directions:

- Take 2 slices of Ezekiel Bread and spread Hummus on both slices as you would with mayo
- Sprinkle Pink Himalayan salt and Black Pepper to taste {this is totally optional}
- Layer your Tomato, Lettuce, and Cucumbers on one slice of the bread
- Top with Bean sprouts {optional}.
- Deseed and shell ½ of a ripe Avocado, slice it and place on top of other ingredients.
- Put both slices of bread together to make the sandwich and Enjoy

Tips:

You may mash the avocado on one slice of the bread so that it doesn't slide off while eating
You may toast your Ezekiel bread if you'd like

Breakfast Quinoa

(Adapted from the Blum Center.)

1/2 cup of quinoa
1 cup water
1 cup unsweetened Almond milk
1/2 teaspoon sea salt
1/2 teaspoon raw honey
1/4 teaspoon ground cinnamon
1 teaspoon vanilla extract
1/4 cup soaked and slivered almonds or chopped walnuts
1 cup organic berries.



1. Rinse the quinoa with cold water in a fine mesh strainer and drain.
2. Put the water, milk and salt in a pot and bring to a boil.
3. Stir in the quinoa, turn the heat down to medium low and cover the pot and gently simmer for 15 minutes. Stir the quinoa in the pot.
4. The cereal is done when the quinoa is soft and has the consistency of oatmeal. If more liquid is needed, add more milk and continue to simmer for another 5 minutes.
5. Remove from the heat and stir in the raw honey, cinnamon, vanilla, nuts and berries.

Green Lentil & Quinoa Salad

(An original Clean Body Living recipe.)

Ingredients

Olive oil

2 1/2 tablespoons extra virgin olive oil (plus a little more for cooking the lentils)
1 medium chopped onion
2 cloves garlic chopped
1 chopped Scotch bonnet pepper (optional)
1 low sodium MSG free bouillon cube (like one made by Celifibr or Edward & Sons)
1 1/2 cups uncooked quinoa
1 cup dry green or brown lentils (washed, soaked and drained)
5 cups low sodium vegetable stock
1 tablespoon curry powder
2 cups broccoli florets
12 Cherry tomatoes

Juice of 1 fresh lime

3 tablespoons balsamic vinegar
2 teaspoon Dijon mustard
1/2 Tsp sea salt
Freshly ground black pepper
3 green onions trimmed and chopped
1 Tbsp fresh parsley chopped (you can substitute dried parsley)
Organic no salt seasoning (like Mrs. Dash)



Cooking Instructions:

Lentils

Lightly sauté onions, garlic, Scotch bonnet pepper, some organic no-salt seasoning, parsley and curry powder. Add lentils and stir. Allow to sauté for about 30 seconds. Then add 2 cups vegetable stock and the bouillon cube. Bring to a rapid boil, then reduce heat and cook on medium heat until all water is absorbed about 25-30 minutes. Taste the lentils while they are cooking

Quinoa

Wash the quinoa thoroughly until the water runs clear. Combine quinoa with 3 cups vegetable broth, some organic no salt seasoning and a quarter of an organic bouillon cube and a couple of dashes of parsley. Bring to a vigorous boil. Lower heat, cover and simmer until all the water has evaporated drained (about 15 minutes). Allow the quinoa to cool completely. Put it in the refrigerator to speed up the process.

Putting it all together

Prepare dressing by combining olive oil, garlic, vinegar, lime juice, mustard, salt & pepper in a jar and shake well or whisk

Add chopped green onion, tomatoes and parsley to cooled rice and lentils.

Add dressing when ready to serve

Serve chilled

Weekend Kickoff Smoothie

(An original Clean Body Living recipe.)

(This is on the thicker side. Add more liquid if you want it to be thinner.)

About 9 ounces of water

A handful of pea sprouts

1 small avocado

1 apple (cored)

2 inches of ginger (diced)

2 carrots

2 handfuls of spinach

2 teaspoons of almond butter

1/2 teaspoon coconut oil

2 teaspoons chia seeds

2 teaspoons pumpkin seeds

1 heaping teaspoon bee pollen (optional & if you're not allergic to it)

2 teaspoons goji berry powder (optional)

1 heaping teaspoon cacao powder (optional)

Wash all of the fruits and vegetables. Peel the avocado, carrots and ginger. Add the ingredients on the ingredient list to your blender in the order that they are listed. Blend and enjoy. Add more water if it's too thick for your liking. Enjoy!

Sweet Orange Roots

(An original Clean Body Living recipe.)

Carotenoids are compounds in colorful fruits and vegetables which give them red, yellow and orange pigments and decrease the risk of certain cancers, including breast cancer. Try this delicious recipe of full of carotenoids from sweet orange (and yellow) root vegetables with some wild caught fish or organic chicken (on Sundays only)!

- 2 medium sweet potatoes
- 2 golden beets
- 4 carrots
- olive oil
- cumin
- ginger powder
- garlic powder
- sea salt
- cayenne pepper

Preheat oven to 375 degrees Fahrenheit (190 degrees Celsius).

Chop beets and sweet potatoes into medium quarter size pieces. Chop the carrots into medium pieces. Place the beets, sweet potatoes and carrots in a casserole dish that has a cover. Generously coat and toss the veggies with olive oil. Mix and season the veggies with a few dashes of cumin, ginger, salt, cayenne pepper and garlic powder. Cover the casserole dish and place in the oven. Bake for 35-40 minutes until soft. Enjoy!

Spicy Curried Lentil Soup

(An original Clean Body Living recipe.)

- Olive oil
- 1 medium chopped onion
- 2 cloves garlic minced
- 5 carrots peeled and sliced
- ¾ pound lentils (washed, soaked & drained)
- 6 cups reduced sodium vegetable broth
- 1 tablespoon dried parsley
- 1 chopped Scotch bonnet pepper
- 12-15 Brussel sprouts (washed and chopped in half)
- 1 low sodium MSG free bouillon cube (like one made by Celifibr or Edward & Sons)
- 2 tablespoons Indian curry powder
- 1 tablespoon Salt free herbal seasoning (like Mrs. Dash)

1. Heat oil in a medium size pot (4 quarts or larger) over medium heat. Stir in onion and cook, stirring until softened. Stir in garlic and scotch bonnet pepper. Stir in lentils. Then add the broth. Bring to a boil over high heat. Add the bouillon cube, parsley fresh ground pepper, curry and salt free herbal seasoning other seasonings.



2. Cover and cook for 15 minutes and then add the carrots. Allow to cook for an additional 15 minutes. Add the Brussel sprouts and cook for an additional 10 minutes or until the lentils are soft.

3. While it is cooking, periodically taste it and adjust the seasonings accordingly. Remove from heat and enjoy!