

### **RECIPE RECOMMENDATIONS:**

Most of these have been tried and tested... created by experimentation and have been found to sustain us! Some are from websites and we have included those for extra resources. As more come in, we will continue to update it, so watch for the memos! ☺

#### **HELEN:**

I finally got a flatbread recipe worked out, and it's wonderful.

1/2 Cup Water  
1 1/2 Tablespoons Honey  
1 1/2 Cups Whole Wheat Flour (plus extra for dusting)  
1 Teaspoon Salt  
2 Tablespoons Olive Oil

Mix the Honey and Water together in a Microwave Safe Cup and heat 20 seconds at a time (stirring in between) until the honey is dissolved).

Let the water cool until it reaches a warm temperature.

Mix the Flour and Salt together in a bowl.

Add the Water and 1 Tablespoon of Oil and mix until dough forms.

Turn out onto a floured surface and knead 2-3 minutes.

Form into a ball and place on a counter under a kitchen towel. Allow it to rest for 10 minutes.

Divide into 4 Pieces, Roll each piece into a ball, Flatten by hand, and then roll into 1/2 thick rounds.

Heat a Non stick griddle or skillet on high until Hot.

Lightly brush with Olive Oil (Very lightly or the bread will be oily).

Place bread in pan and watch. When the bread is puffy and bubbled (about 1 - 1/2 minutes) flip it and cook another minute.

Remove from the pan and enjoy.

Eat as is.

Topped with a little garlic and herd olive oil and salt or with just a light drizzle of honey.

Or Enjoy cut into pieces with Guacamole or Hummus.

#### **HELEN:**

I made a batch of Vegetarian Chili tonight, I haven't tried it yet. If it's any good I'll post the recipe tomorrow.

One of my go to recipes for the fast is my Black Bean Salsa. I eat it in the morning with Brown Rice (Bean and Rice eaten together are a complete protein). It's also good with Carrot and Cucumber Slices as a snack.

You need the following:

1 Can Organic Black Beans (Drained and Rinsed)  
1 Can Organic Diced Tomatoes with Green Chiles  
1 Bag Frozen Corn (Thawed and Drained)  
1/3 cup Lime Juice  
1/2 Tsp Dry Cilantro  
1 Clove Garlic Chopped  
Salt and Pepper to Taste

Mix everything in a storage bowl with a tight fitting lid, shake to combine, refrigerate over night.

#### **ROSIE:**

home fries.....

thin sliced red potatoes..

1 white onion diced

1 bell pepper diced

1/4 c. canola oil

lots of salt and pepper

fresh garlic

mix all and put into a pan with a lid. cover and cook over med low heat till done.. enjoy

#### **ROSIE**

baked potato wedges:

preheat oven to 425 with baking sheet in oven.. need to get baking sheet hot..

cut potatoes into wedges

bring a pot of water to a boil

put wedges into boiling water and bring back to a boil for 3 min..

drain.. then put wedges into a bowl and add salt, pepper, and olive oil to coat wedges .. then place on a Hot baking sheet.. and cook 45 min...  
so good you will never want them fried again!!!!!!

#### **ROSIE**

take about 4 apples. dig out the core only leaving about 1/2 inch on bottom.. take a spoon to get out seeds, then stuff with walnuts or pecans, and cranberries or your favorite berries..(blueberries, raspberries. etc.)..and optional whole grain oatmeal.. mix all and stuff inside apples...place in baking pan and add 3/4th cup water around apples. bake at 350. for 30-40 min. ... till tender...not mushy... when done take juice around apples and baste ovetop apples... yummy..... enjoy cinnamon to taste

#### **ROSIE**

also try fresh asparagus cut up into 2 inch pcs. ( throw away bottom 2 inches. not tops) . Cut up 1 white or purple onion into chunks... and 3 cloves of fresh garlic pressed.. and one package of sliced portabella mushrooms.. 2 TB extra v. olive oil. 1 tsp fresh rosemary diced. & a splash of red wine vinegar.. Salt and pepper to taste.. cook over med high heat with lid about 5 min..stirring often.. just until a bit tender. not mushy..

#### **TAMMY:**

EASY Potato Soup!

This is my own concoction and my kids love it! I made it tonight and it was yummy! I call it Pleasantly Pleasing Potato Soup!  
How's that for alliteration! :) Here ya go....

5lbs Potatoes peeled and diced

Cover with water

Add Kosher salt (or reg. salt if you don't have the other) and one large onion (chopped)

Bring to boil, then turn heat to medium until potatoes are tender (about 20 min)

Cream/mash a few of the potatoes to help make it creamy! Not too much or you'll lose your potato chunks and you want those!  
:)

Add Black AND White pepper to taste! (the white pepper makes this!)

Add frozen corn and give it time to heat up!

Add green scallions (as many as you like)

EAT!

I have used corn and peas and that's good too. You could add broccoli, or any other veggie to this and it would be great!

#### **TAMMY:**

Sweet Treat:

If ya gotta have something sweet, this is a good one! My kids will eat this as well! It is a bit pricey however.

All Natural Peanut Butter

Honey

Ezekial 4:9 Cereal (Can be bought at Publix)

Heat PB and Honey and mix. Add cereal then spread in a pan and let cool! Cut up like brownies! They are good! I have to experiment to get the right amounts of ingredients! Sorry I can't give specifics! :(

#### **TAMMY:**

SPEEDEN SALSA!

8 Roma Tomatoes

1 Jalapeno Pepper (we use half for the kids)

1/2 Medium Sweet Onion

1 Clove pressed garlic

About 9 2" sprigs of fresh cilantro

Place in a food processor... do not liquefy completely!

Add Salt & Pepper to taste

Add approx 1 tsp of honey

Add 1/4 Fresh squeezed lime juice

Simmer on med-low heat about 20 minutes... the color will darken and it will get thicker.

Chill! Yummy!

**TAMMY:**  
GOTTA TRY IT!!!

I made something like peanut brittle tonight!!! YUM! I love to create! Place sliced almonds in a bowl and coat with honey. Spread them out on a parchment lined baking sheet and sprinkle cinnamon and salt! Bake at 400 for about 7 minutes or until browned. Watch them around the edges. Let cool on a baking sheet and they will get crunchy! GREAT HEALTHY SNACK! Almonds are so good for you! So is cinnamon!

**TAMMY:**  
SPAGHETTI SAUCE

1 Sweet Onion Diced  
1 Yellow Onion Diced  
1 Zucchini Diced  
Saute in Olive Oil, salt and pepper, until tender  
Add one large can of Fast approved Diced Tomatoes  
Add one can of Daniel Fast approved Tomato Sauce (Ragu (Light) has and all natural, no sugar, perfectly acceptable sauce... at walmart)  
Add one clove of pressed garlic  
Simmer until served!

I usually make my own sauce from stewed tomatoes and add seasonings... but this time I tried the Ragu... it was actually very good! The kids loved it!

**DANIEL FAST BOOK:**

NEW RECIPES! Straight from my friends Daniel Fast Cookbook:

TWO BEAN BURGER (Not sure why they call this thing a burger! It never really firms up....and... you gotta like beans to like it! Actually, I don't particularly like beans, but I did actually like it! We had it tonight for dinner... I added saute'd mushrooms and a bit of our homemade salsa)

TWO-BEAN BURGER

1 tsp extra virgin olive oil  
2 tbsp chopped onion  
1 cup canned black beans, rinsed and drained  
1 cup canned great northern beans, rinsed and drained  
2 tbsp flaxseed meal  
1 tsp garlic powder  
1/4 tsp cumin  
1/4 tsp salt  
\*\*\*\*I also add 1/4 cup cooked brown rice for more texture

Mash beans in a large bowl, leaving about 1/4 of the beans whole, 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.

Return skillet to medium heat, and add a teaspoon of olive oil, if needed, to prevent burgers from sticking. Scoop out about 1/3 cup of bean mixture for each burger, and add to skillet. Flatten with a spatula. Cook 5 minutes, or until bottoms are browned and slightly crispy. Flip and cook another 5 minutes.

BANANA MUFFINS

3 mashed bananas or two peeled and diced apples  
1 1/4 cup wheat flour  
1/2 cup honey

1 tsp salt  
1 tsp baking soda  
1/4 cup canola oil  
1 cup chopped walnuts

Mix all together and bake at 350 for 20 minutes!

ROSIE: these were soo good.. I added  
2 TB cinnamon  
1/4 tsp nutmeg  
1/4 tsp allspice  
1/4 cup water  
2 apples with the bananas

it tasted like banana nut bread..

#### **TAMRA:**

I had that last night. A very Good Recipe is eggplant with whole grain spaghetti and homemade sauce. Take Oatmeal and blend it into a flour then drizzle olive oil on the sliced eggplant with salt, pepper, and garlic powder. Coat the eggplant and bake on 425 about 10 min each side> Homemade spaghetti sauce is Tomatoe sauce with mushrooms and the various herbs to taste! The Girls loved it and that is saying something.

KELLY:

Sweet potato hummus

1 1/2 - 2 pounds sweet potatoes  
1 12-oz can chick peas  
1-2 cloves garlic  
2 Tbsp extra virgin olive oil  
2 tsp+ tahini (sesame paste), divided  
juice of 1 lemon, divided  
1/4 tsp salt

couple of shakes of pumpkin pie seasoning

Peel the potatoes and chop into 1" cubes. Steam for about 10 minutes.

Drain water from the can of chick peas into a small bowl and reserve.

In a food processor (or blender), mix together the chick peas with the remaining rest of the ingredients, being careful to add second half of lemon juice and tahini slowly, stopping to taste.

Slowly add some of the reserved liquid from beans and a bit of water for correct consistency,(about 1-2 minutes) until a smooth, slightly fluid paste is formed.

Refrigerate for at least 30 mins before serving. This changes the taste of the hummus by allowing the flavors to form.

#### **MEGAN**

Garlic Lime Spinach-(Don't let the word "Spinach" scare you)

Put a little olive oil in a pan. Add some fresh minced garlic. Add your spinach. Squeeze a fresh lime over all the spinach.. let it wilt and your ready to eat. Literally it will take you 5 minutes total to prep and cook!! It's good for on the go lifestyle.

But.. I made a smoothie that will knock you off your FEET tonight!!

Single Serving Fruit Smoothie

1 Cup unsweetened soy milk

1 ripe banana, broken into chunks

1/2 cup of your favorite fresh or frozen fruit(strawberries, peaches, cherries.. ect)

Pinch of Cinnamon

2-3 Ice Cubes

Place all ingredients (except ice cubes) in a blender and puree.

Add ice cubes one at a time to reach desired consistency. (If you use all fresh fruit, use more than three ice cubes.)

Serve Cold.

#### **TAMMY**

Sweet Potatoes (steamer bag from Publix)

Topping:

On low heat mix olive oil, cinnamon, and honey! Taste for your desired sweetness. Add salt to taste!

### **WANDA**

Creamy Oatmeal with Honey and Nuts and Cinnamon (Add dried fruit when cooking or fresh fruit on top after served. I like to add blueberries ,when it's cooking, and toward the end just before I take it off the stove. It seems the fruit flavor is enhanced throughout the oatmeal.

Any Type of whole oats (Quaker or Store Brand)

Use the amount of Water and Oats as suggested in directions

You will use hot water and let the Oats sit in the water for about 3min. Add Cinnamon to your taste, I use a Saigon Cinnamon the flavor is awesome but any will do and less is more with this spice.

Use Med Heat setting on stove or you can microwave but you have to be careful as it will bubble out everywhere. I prefer stove top when making more than one serving.

Ok, back to stove top, put pot on Med Heat and bring oats to bubbling then turn down (This is when I add my fresh and dried fruits so they are a little softer and the fruit flavor is throughout the oatmeal.) to not quite to low and continue to cook oats until desired creaminess, usually about 5min.

If adding nuts, I usually add toasted sliced almonds or toasted pecans you can toast them quickly in a fry pan and don't have to use oil but don't get your pan to hot. Again start with Med heat and go up if needed don't add nuts until pan is hot. Takes about 5min.

Don't add the nuts to the cooking oatmeal. They tend to loose their crunchiness (is that a word :).

Ok so here is my flip on oatmeal and if you like coconut flavor you will looovvveee this! Get a can of coconut milk and this is not the water but the actual milk. A couple of the brands I use are Thai Kitchen or Conchita and they are usually in the Oriental or Spanish food sections at the grocery store. Ok so, put the can of milk in the fridge overnight. Then pour the liquid in another container, DON'T throw it away, great for smoothies but that's another recipe :). Now get all that yummmmy coconut cream out of the can and put it in a bowl that was chilled with the milk over night. Sorry I forgot to add that earlier :( Then using a mixer start on a low setting and build to high mixing the coco cream. You can add honey, vanilla, cinnamon...the concoctions are endless. Put this on top of your oatmeal or just about anything you may like coconut with.

ENJOY :) Blessings and continued strength in the name of Jesus!

### **WANDA**

Cauliflower Mash - Honestly they taste just like Mashed potato's!

I use frozen cauliflower and boil until soft. Drain add Olive Oil, sea salt, pepper and honey to taste. The honey gives it just a bit of sweetness that normally comes from the potato but start with a very small amount. I make Garlic Cauliflower Mash and use Adobo instead of sea salt. You can add the same things you would add to your mashed potatoes. You'll be amazed how much like it tastes like mashed potatoes.

### **WANDA**

I found this dressing recipe and it's awesome and only 25 cal per oz!

Honey Poppy Seed Salad Dressing

32 oz yogurt, plain and non-fat (must be non-dairy/milk free... some greek yogurts?)

1 Tbsp lemon zest, grated

4 Tbsp honey

1 Tbsp poppy seeds

2 Tbsp lemon juice

### **WANDA**

here's another salsa recipe

28 oz can dice tom drained

3tbs Fresh Chopped Jalapeño

1tbs Lime Juice

1/2tsp sea salt

1/2tsp cumin

3 scallions chopped

1/3 bunch cilantro leaves chopped (more or less to taste preference)

\*\*Tappons (Spanish Hot Pepper) 3-4 to taste ground - These peppers

are right there temp wise with Ghost Peppers but use whatever pepper give you the heat you desire.

1 tsp garlic powder or garlic paste

Put in food processor/blender and process to the consistence you desire.

Place in container overnight then serve...

### **HELEN**

Stir fry sauce~ 2 tbsp of apple cider vinegar, 2 tbsp soy sauce, juice of 1 lime,2-3 tbsp honey,2 cloves minced garlic, 2 pieces of ginger sliced thin, 2 tbsp sesame oil, and a pinch of red pepper flakes. Mix everything but oil and pepper and heat to a boil.

Reduce heat and simmer stirring occasionally until honey is dissolved. simmer until slightly syrupy. Slowly whisk in oil and pepper. May either use hot for sauce for stir-fry or chill for dressing to a salad. Enjoy!

**KELLY** May also use some pineapple juice! So yummy! Helen made this for me!!

**KELLY**

There is a spaghetti sauce that is Daniel's fast friendly...Ragu sugar free and Ragu light. I use this with spaghetti squash. To make "spaghetti" cut in half and scoop out seeds, pierce the skin of the squash with a fork and microwave for 7 minutes...place on sheet pan cut side down. bake for 20 min at 350. with a fork start at one end of the squash and drag it to the other end...this brings strings of squash (which look like spaghetti) that's your base! Sauté some mushrooms, onions, peppers till tender, add the spaghetti sauce. spoon squash onto plate....add the spaghetti sauce and enjoy!

**KELLY**

Oatmeal cookies!

1 cup oatmeal  
1/4 cup peanut butter  
honey to taste  
dash of salt

toast oatmeal.....mix all ingredients....spoon onto cookie sheet... bake at 350 for 8-10 minutes.

**KELLY**

Asian dinner

1 box of whole wheat noodles~cooked  
1 bag of stir fry veggies ~ sauteed  
Helen's stir fry sauce~ see above

mix and enjoy

**KELLY**

This is especially for Tammy!

Chocolate pecan balls  
pecan meal ~ found at Publix  
peanut butter  
honey  
Hershey's powder cocoa (unsweetened, all natural)

microwave the peanut butter till soft...add honey, cocoa and pecan meal till a thick consistency...either roll in coconut or pecan pieces and place in fridge to chill.

**EMBER**

Spinach and mushroom salad with a homemade dressing.  
1/2 cup extra virgin coconut oil (may have to heat up a bit)  
2 tablespoons lemon juice  
1 tablespoon orange juice  
1 tablespoon apple juice

Mix together in a jar with a lid. Pour over salad. I added pepper on my salad.

Smoothie

Apple Juice,  
A spoonful of Peanut Butter (all natural/no sugar/peanuts only... Smuckers has one)  
1 banana, handful of ice, and about a cup to a cup and half of oatmeal. Very good.

**Note: many juices have added sugar and are highly processed.... Read your labels, go with your personal convictions**

**EMILY**

Tofu burgers  
Extra firm tofu dried  
Sauté mushrooms and onion in organic coconut oil  
Brown tofu on each side  
Use lettuce leaves for "bread"  
Added avocado for more yumminess

**HELEN**

## Whole Wheat Flatbread

1/2 Cup Water  
1 1/2 Tablespoons Honey  
1 1/2 Cups Whole Wheat Flour (plus extra for dusting)  
1 Teaspoon Salt  
2 Tablespoons Olive Oil

Mix the Honey and Water together in a Microwave Safe Cup and heat 20 seconds at a time (stirring in between) until the honey is dissolved).

Let the water cool until it reaches a warm temperature.

Mix the Flour and Salt together in a bowl.

Add the Water and 1 Tablespoon of Oil and mix until dough forms.

Turn out onto a floured surface and knead 2-3 minutes.

Form into a ball and place on a counter under a kitchen towel. Allow it to rest for 10 minutes.

Divide into 4 Pieces, Roll each piece into a ball, Flatten by hand, and then roll into 1/2 thick rounds.

Heat a Non stick griddle or skillet on high until Hot.

Lightly brush with Olive Oil (Very lightly or the bread will be oily).

Place bread in pan and watch. When the bread is puffy and bubbled (about 1 - 1/2 minutes) flip it and cook another minute.

Remove from the pan and enjoy.

Eat as is.

Topped with a little garlic and herd olive oil and salt or with just a light drizzle of honey.

Or Enjoy cut into pieces with Guacamole or Hummus.

**HELEN**

## Black Bean Salsa/Salad

2 Cans Black Beans (Rinsed and Drained Well)  
1 Can Rotel (Drained Well)  
1 Can White Corn (Drained)  
1/2 Cup Finely Chopped Red Onion  
1/3 Cup Fresh Lime Juice  
1 Tablespoon Chopped Cilantro  
Salt and Pepper to Taste

Put everything in a Plastic Storage Bowl with a Tight fitting lid.

Shake to Combine

Refrigerate at least 2 Hours.

**TAMMY**

## PB &amp; Banana Ice Cream

Freeze 5 bananas (without the peels! I made this mistake LOL)

Remove and put in blender

Add a heaping tablespoon (or so, depending on preference) of all natural Peanut Butter (Smuckers)

Drizzle some honey in as well (to your taste)

Blend until creamy and enjoy!

I topped it with some Walnuts

## TAMMY

### Black Rice & Beans

Dried baby lima beans. (rinse and cover with water, add lid and let set over night)

Place in crockpot (can do stove top as well, follow directions on bag)

Add coarsely chopped onions, one clove garlic, white pepper, chipotle pepper powder, black pepper and sea salt and a dash of cinnamon!

Let simmer until tender. Delish!

I added Black rice to the crockpot as well... it has to be rinsed several times and the color will wash some.

I let it sit in the crockpot too long so it got a bit mushy... but the flavor was great. So, it didn't work for a soup like I had intended. However! It made a great bean/rice chip dip!

It may be best to cook rice separately then spoon beans over the top! ☺

<http://www.thegardengrazer.com/2013/04/southwestern-chopped-salad-with.html>

Southwestern Chopped Salad w/ Cilantro Dressing

### Ingredients

Large head of romaine

15 oz. can black beans, rinsed and drained

1 large orange bell pepper

1 pint cherry tomatoes

2 cups corn (I used frozen, thawed)

5 green onions

*Optional: avocado*

*{For the dressing} click to read more about notes and variations to the dressing*

1 cup loosely packed cilantro, stems removed and roughly chopped

1/2 avocado (or 1/2 cup plain vegan yogurt)

2 Tbsp. fresh lime juice (about 1/2 lime), more to taste

1-2 garlic cloves

1/4 cup olive oil

1 1/2 tsp. white wine vinegar

1/8 tsp. salt

*Recommended: agave/honey, cumin*

### Directions

Make the dressing: puree all ingredients in a food processor/blender until smooth. Taste and adjust seasonings if necessary.

Finely chop romaine, bell pepper, tomatoes, and green onions.

Place all ingredients in a large bowl and stir to combine.

Toss with desired dressing.

## TAMMY

### Italian Dressing:

Sooooo..... I adapted a recipe for an Italian salad dressing that we ended up really liking!

1/2 cup extra-virgin olive oil

2 tablespoons fresh lemon juice (about 1 lemon)

1 to 2 cloves minced garlic (I used 2, but we love garlic)

1 tsp dried basil

1/2 tsp dried oregano

1/4 tsp salt

1/4 tsp Liquid aminos

1/2 tsp honey

Aprox. 1 Tbls ?? (I didn't measure) Coconut/Almond milk

Combine ingredients in blender (I used the nutribullet) and refrigerate. Toss and coat your favorite salad mix!

## KAYLA

I made stuffed peppers tonight and they were good!

6 green peppers - take tops off and clean

2 bags of success brown rice - follow instructions on box

Sauté 1 onion and 2 cloves of garlic (think I could have used more)

All natural tomato sauce

Mix just enough sauce (add as you go) with the rice, onions, garlic, salt and pepper to look like Spanish rice. Sorry I didn't measure! Lol! Stuff the peppers and bake on 350 for 25 min



## TRACIE

Here's a recipe for the Daniel fast

### BARLEY AND MUSHROOM DISH

1 cup of pearl barley (Cook as directed on bag) when it's cooked add 1 & 1/2 cups of vegetable broth/stock and simmer with lid off

Saute onions, green peppers, mushrooms, garlic powder and cumin and kosher salt

Combine together

It is delicious and very filling

For a snack use fresh kale

Peep tender part of leaves off, breakup medium pieces into a bowl, add olive oil and kosher salt

Put on a cookie sheet and bake at 350 for 5 to 10 minutes until crispy

### BLACK BEAN BURGERS

3/4 can of black beans drained and smashed in a bowl

Put remaining beans in the same bowl UNSMASHED

Put 1 cup of cooked brown rice and combine the beans and rice together

Add 1/2 teaspoon cumin

Kosher salt to taste

Form into patties

Put olive oil in a hot pan

Cook until firm enough to flip then cook on other side

If you would like to add sauted mushrooms and onions etc. it makes a delicious flavor