

A still life photograph of fresh ingredients. In the foreground, a light green ceramic bowl is filled with vibrant leafy greens, including Swiss chard with red stems and dark purple leaves. To the left, a halved avocado with its pit is visible. In the background, a glass bottle of olive oil with a white cap and a bunch of red cherry tomatoes are softly blurred. The entire scene is set on a rustic wooden surface with some coarse salt scattered nearby.

The Daniel Fast

ISRAEL METROPOLITAN CME CHURCH

2022



CONTENTS

2 • Food List

INTRODUCTION

BREAKFAST FOODS

- 6 Coconut Brown Rice Breakfast Bowl
- 7 Roasted Skillet Breakfast Potatoes With Peppers & Onions
- 8 Gimme More Granola
- 9 Easy Tofu Scramble
- 10 Apple-Cinnamon Hot Cereal
Plum Good Smoothie

LUNCH FOODS

- 12 Lemony Kale, Avocado, and Chickpea Salad
- 13 Protein-Packed Spicy Vegan Quinoa With Edamame
- 14 Mediterranean Black Bean Salad
- 15 Mexican Sweet Potatoes
- 16 Creamy Cilantro Dressing
Black Bean Salsa
- 17 Tuscan Soup With White Beans
- 18 Corn Chowder

DINNER FOODS

- 20 1-Pot Yellow chickpea Cauliflower Curry
- 21 Best Spaghetti Squash Spaghetti
- 22 Easy Marinara Sauce
- 23 Roasted Potato Salad with Garlic Dill Dressing
- 24 Best Ever Lentil Soup
- 25 Portobello Pizza
- 26 Easy Vegan Tacos

SNACK FOODS

- 28 Homemade Energy Bars
- 29 Oatmeal Raisin Cookies
Pumpkin Spice Bar
- 30 Glowing Green Smoothie

Daniel Fast Food List

In 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

VEGETABLES

All vegetables (including potatoes & squashes, as long as they are not fried)

FRUITS

All • fresh, frozen, canned or dried

WHOLE GRAINS AND LEGUMES

All whole grains including brown rice, quinoa, corn, wild rice, bulgur wheat, farro, millet, oats, quinoa, popcorn, and all legumes including beans, lentils, peas, chickpeas. Also includes whole grain pasta and whole grain tortillas.

HEALTHY LIQUID OILS

Including olive, canola, corn, grapeseed, peanut, sunflower, safflower • you can sauté foods in olive oil but avoid deep-frying them.

NUTS & SEED

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts, pecans, pepitas/pumpkin seeds, pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

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.

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 & ALCOHOLIC BEVERAGES

Alcohol, coffee, caffeinated tea, and energy drinks.

A top-down view of a woven basket filled with fresh, vibrant green spinach leaves. The leaves are piled together, showing their characteristic shape and vein structure. The basket is made of dark brown, natural fibers. The background is a rustic, dark wooden surface.

Why We Fast?

- To draw us closer to God. Matt. 4:4
- To help us keep balance in life. 1 Cor. 6:12
- To seek direction from God. Jer. 29:11-14
- To repent and seek forgiveness of sins. 1 John 1:9
- To bring freedom in the fruit of the Spirit. Gal. 5:22

In the Bible, we learn of Daniel's vow to not compromise his faith in God by defiling his body and spirit with unwholesome food. Let's follow his example by eating only plant-based, natural foods as we seek God's direction for our lives.

Introduction:

Do you ever feel like you're going through the motions in your spiritual life? Is your Bible reading sporadic or even nonexistent? Does your prayer time seem lifeless and boring? If so, you need to join the January 2022 Daniel Fast to be re-energized and refreshed.

In the first part of the book of Acts, the author, Luke, tells us that before Jesus ascended into Heaven, he instructed his disciples to wait for the Holy Spirit to come upon them. As the believers joined together constantly in prayer, they received what God had promised. Filled with supernatural spiritual power, those followers were then equipped to go forward in boldness, which significantly impacted their world and led thousands of others to salvation.

Like those early disciples, we desperately need the Lord's help to fulfill the purposes God has for us. So, what should we do? God's Word tells us:

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." (Phil. 4:6-7 NKJV).

The Daniel Fast is about setting aside personal comfort to focus on prayer. Yes, food is allowed on this fast (as opposed to a water fast), which is good news. However, your food choices are limited (see Daniel Fast Food List). That's also good news. Why? Because every time you crave coffee or chocolate or meat, you'll remember why you're doing this fast in the first place. Instead of giving in to temptation, you'll experience victory by turning to God instead of food.

Join Israel Metropolitan Church as we come together in prayer and fasting the last week of the month of January and commit the last seven days of this new year to prayer and fasting, we'll see God move in power, just as he did in Acts.

A close-up photograph of a light blue ceramic bowl filled with oatmeal. The oatmeal is topped with several slices of banana and a generous amount of chopped walnuts. The bowl sits on a light-colored wooden cutting board. In the background, a knife and another bowl are partially visible, suggesting a kitchen setting. The lighting is bright and natural, highlighting the textures of the food.

breakfast foods

The focus of the Daniel Fast is prayer. While it's natural to be concerned about the food list, your priority on the fast should always be calling out to God on behalf of your own needs and the needs of others.

COCONUT BROWN RICE BREAKFAST BOWL

Serves : One Bowl **Cook Time:** overnight **Total Time:** 12 hours

Ingredients

1 c cooked brown rice

2 - 4 tablespoons
light coconut milk

1/2 banana, sliced

dash of salt

1/2 teaspoon cinnamon

1/4 teaspoon
vanilla extract

2 tablespoons chopped
pecans

Description

This is a great alternative to oats in the morning! It's gluten-free, comforting and filling!

Instructions

Combine all the ingredients, except the pecans, in a bowl and cover.

Stick it in the fridge overnight. If you're wanting something warm, heat it in the microwave for about 45 seconds, then top with pecans.

Otherwise add the pecans right on top and dig right into a cold bowl.

Prayer Suggestions

Pray for unbelievers to repent and be saved.

"Satan, who is the god of this world, has blinded the minds of those who don't believe. They are unable to see the glorious light of the Good News. They don't understand this. Message about the glory of Christ, who is the exact likeness of God" (2 Cor. 4:4 NLT).

Pray for revival and a great awakening in the world.

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land" (2 Chron. 7:14).

Pray for Christians who are enduring persecution.

"Though I walk in the midst of trouble, you preserve my life. You stretch out your hand against the anger of my foes; with your right hand you save me" (Ps. 138:7).

ROASTED SKILLET BREAKFAST POTATOES WITH PEPPERS & ONIONS

Serves : 4-6 **Cook Time:** 45 min **Total Time:** 50 min

Ingredients

2 lbs Red Skinned Potatoes (sliced)

3 Cups Sliced Bell Peppers (any colors)

1 Medium Vidalia Onion (sliced and chopped)

1/2 Tsp Smoked Paprika
1/2 Tsp Cumin

1/2 Tsp Garlic Powder

1/4 Tsp Black Pepper

2 TBLS Extra Virgin Olive Oil (optional)

2 TBLS chopped pecans

Description

A down home country classic! The best Roasted Skillet Breakfast Potatoes with Peppers & Onions! An easy recipe that's gluten-free, vegan, paleo, and top 8 allergy-free. These rustic cast iron spuds can be a side dish or filling at any meal!

Instructions

Preheat the oven to 450°F.

Prep all potatoes and veggies and add them to a large bowl or right into a large seasoned cast iron skillet.

Toss the potatoes and veggies with the spices (and optional oil). Transfer to the cast iron skillet if you did this step in a bowl.

Bake the potatoes and veggies in the preheated oven for 45 minutes (toss half-way through), until potatoes are nicely browned and crisp.

Pray for families to be strengthened in the Lord.

"Be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil" (Eph. 6:10-11).

Pray for a family member or a friend who is sick.

"Lord, help!" they cried in their trouble, and he saved them from their distress. He sent out his word and healed them, snatching them from the door of death" (Ps. 107:19-20 NLT).



GIMME MORE GRANOLA

Serves : 8 servings • serving size 1/4 cup **Prep Time:** 30 min

Ingredients

1/4 cup chopped dried plums or Medjool dates

1/4 cup water

1 cup old-fashioned rolled oats

2 TBLS unsweetened apple juice

1 TBLS extra-virgin olive oil

1/4 cup raisins

2 TBLS chopped almonds

2 TBLS chopped walnuts

2 TBLS sunflower seeds

2 TBLS unsweetened shredded coconut

2 TBLS chopped pecans

Description

Gimme More Granola is truly the perfect healthy snack because it's easy to make and packed with fiber, protein, vitamins, and minerals. This recipe is also filling and satisfying. A little goes a long way.

Instructions

Preheat oven to 350° F. In a small saucepan, add plums and water. Cook over medium heat 5 minutes, or until plums are softened. Transfer to a food processor or blender, and process until mixture is a thick paste.

In a large bowl, combine plum mixture, apple juice, olive oil, oats, raisins, almonds, walnuts, sunflower seeds, and coconut. Stir well, making sure everything is well coated. Spread out on a baking sheet, and bake 5 minutes.

Stir granola, and bake another 5 minutes, or until lightly browned. Let cool (will become more crispy as it cools), and store in an airtight container.

Yield: 8 servings (serving size: about 1/4 cup)

Prayer Suggestions

Pray for unity in churches and in the body of Christ.

"I appeal to you, dear brothers and sisters, by the authority of our Lord Jesus Christ, to live in harmony with each other. Let there be no divisions in the church. Rather, be of one mind, united in thought and purpose" (1 Cor. 1:10 NLT).

Pray for your pastor and for your church leadership.

"If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind" (James 1:5-6 NLT).

EASY TOFU SCRAMBLE

Serves : 2-3 Prep Time: 4 min Cook Time: 6 min



Description

This easy tofu scramble has the same texture as scrambled eggs, but it's 100% plant based! It's a vegan breakfast idea you'll want to make again and again.

Ingredients

Tofu Scramble:

12 to 14-ounce block extra firm tofu

2 tablespoons olive oil

Heaping 1/4 tsp turmeric

1 teaspoon kosher salt

Fresh ground pepper

1/2 tsp garlic powder

1/4 tsp cumin

Veggie Saute:

2 tablespoons olive oil

1/2 red onion

1 red pepper

2 handfuls baby greens (like baby spinach, baby kale, or a baby greens mix)

Instructions

Drain the tofu container, then pat the tofu dry with a clean dish towel. Place the tofu in a large bowl and use your fingers to break the tofu into bite-sized irregular shaped pieces. Stir in the olive oil, turmeric, salt and pepper. Add the cumin and garlic powder to a dry skillet. Cook on medium heat for 1 minute until fragrant. Stir in the tofu and increase the heat to medium high. Cook for 5 minutes, stirring occasionally, until heated through and starting to lightly brown. Remove the heat and place it on the serving plates. Serve with unleavened toasted bread, veggie saute (below).

Make the veggie saute (optional): Meanwhile, thinly slice the onion. Thinly slice the bell pepper. Heat the olive oil in a separate large skillet over medium high heat. When hot, add the onion and peppers. Cook 4 to 6 minutes until just starting to brown, stirring occasionally. Add a pinch of salt and the baby greens. Cook for 30 seconds until wilted. Remove from the heat and serve alongside the tofu scramble. .

Pray for a couple who is struggling in their marriage.

"Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony" (Col. 3:13-14 NLT).

APPLE-CINNAMON HOT CEREAL

Serves : 8 • serving size 1/2 cup **Cook Time:** 15 min

Ingredients

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 tsp cinnamon

Pinch nutmeg

1/2 cup toasted pecans or
walnuts

Description

Apple-Cinnamon Hot Cereal is a great oatmeal alternative for anyone with celiac disease or gluten intolerance. Plus, it's 100% Daniel Fast friendly.

Instructions

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 nicely browned and crisp.

Options

Use chopped dried figs or raisins instead of dates. Add 1 tablespoon flaxseed meal for a fiber boost. Makes a great snack or dessert! Store unused portion in refrigerator or freeze for later use.

PLUM GOOD SMOOTHIE

Serves : 2 • serving size 8oz **Prep Time:** 5 min

Ingredients

1 cup water

1 apple, unpeeled, chopped

1 frozen banana, peeled,
sliced

1/4 cup dried plums
(about 6)

1 TBSP flaxseed meal

1 TBSP unsweetened
shredded coconut

Description

Prunes are a great source of fiber, iron and potassium. Rich in magnesium, which aids in promoting relaxation (nerves, muscles, and blood vessels), relieving muscle soreness, reducing symptoms of asthma, and even migraine headaches. Although dried plums are a wonderful snack by themselves, they can also be used in a variety of dishes, such as in this smoothie recipe.

Instructions

Add all ingredients to a blender. Process about 1 minute or until completely smooth



lunch foods

The focus of the Daniel Fast is prayer. While it's natural to be concerned about the food list, your priority on the fast should always be calling out to God on behalf of your own needs and the needs of others.

LEMONY KALE, AVOCADO, AND CHICKPEA SALAD

Serves : 4 Prep Time: 20 min Total Time: 20 min

Ingredients:

- 1 avocado halved
- 2 TBLS freshly squeezed lemon juice divided
- 1/2 tsp kosher salt divided
- 1 bunch kale stems removed & discarded, leaves coarsely chopped (about 8 cups)
- 1 15-ounce can chickpeas drained and rinsed
- 2 TBLS extra-virgin olive oil
- 1/4 tsp freshly ground black pepper
- 1/4 cup roasted pumpkin seeds
- 1 c cooked brown rice

Description

Simple, wholesome, and easy to make for all the eaters in your family.

Instructions

Scoop the flesh from one of the avocado halves out of its skin and put in in a large bowl. Add 1 tablespoon of lemon juice an 1/4 teaspoon of salt, and mash everything together. Add the coarsely chopped kale leaves and massage them by hand with the avocado mash until the kale becomes tender. Place the kale-avocado mash on a serving plate.

Remove the flesh of the remaining avocado half from its skin and chop into bite-size chunks. Place in the bowl that contained the kale, and add the chickpeas.

In a small bowl, whisk together the olive oil, remaining 1 tablespoon of lemon juice, remaining 1/4 teaspoon of salt, and the pepper. Drizzle over the chickpeas and avocado and toss to combine. Pile on top of the kale-avocado mash, and top with the roasted pumpkin seeds. into a cold bowl.

Prayer Suggestions

Pray for a ministry in your church or community.

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving" (Col. 3:23-24).

Pray for a neighbor.

"I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better" (Eph. 1:17).

PROTEIN-PACKED SPICY VEGAN QUINOA WITH EDAMAME

Serves : 8 • Serving Size: 1 Cup **Prep Time:** 15 min **Cook Time:** 20 min **Total Time:** 45 min

Ingredients:

- 3 1/2 cups water
- 2 cups quinoa, rinsed
- 4 tsp vegetable bouillon
- 2 1/2 cups frozen shelled edamame (green soybeans)
- 1 TBSP olive oil
- 2 sweet onions, chopped
- 2 bell peppers, chopped
- 2 TBSP minced fresh ginger
- 6 cloves garlic, minced
- 1/4 cup reduced-sodium soy sauce
- 2 TBSP chopped fresh cilantro
- 1 TBSP hot chile paste (such as sambal oelek), or to taste

Description

Delicious, satisfying and relatively high in plant-based protein. Enjoy!

Instructions

Bring water, quinoa, and vegetable bouillon to a boil in a large pot; stir in edamame, cover, and simmer until quinoa is tender, 15 to 20 minutes.

Heat olive oil in a large skillet over medium heat; cook and stir onions and bell peppers until onions are translucent, about 5 minutes. Add ginger and garlic; cook and stir until fragrant, about 2 minutes. Remove from heat; stir in soy sauce, cilantro, and chile paste.

Stir onion mixture into quinoa mixture; simmer, stirring occasionally, until excess broth has been absorbed, about 5 minutes.

Prayer Suggestions

Pray for a missionary.

“Surely the righteous will never be shaken; they will be remembered forever. They will have no fear of bad news; their hearts are steadfast, trusting in the Lord” (Ps. 112:6-7).

Pray for a widow/widower.

“The Lord is close to the brokenhearted and saves those who are crushed in spirit” (Ps. 34:18).

Pray for a people in your country to turn to God.

“All the ends of the earth will remember and turn to the Lord, and all the families of the nations will bow down before him, for dominion belongs to the Lord and he rules over the nations” (Ps 22:27-28).

MEDITERRANEAN BLACK BEAN SALAD

Serves : 12 • **Serving Size** 1/2 cup **Prep Time:** 10 min **Total Time:** 2-4 hours

Ingredients

2 15-ounce cans black beans, rinsed and drained

1 cup chopped green bell peppers

1 cup chopped red bell peppers

1 cup chopped tomatoes, unpeeled, unseeded

1 cup chopped avocado, cut into ½-inch cubes (about 1 medium avocado)

1/2 cup diced onions

1/4 cup chopped fresh parsley or cilantro

Dressing

2 TBSP fresh lime juice

1 tablespoon extra-virgin olive oil

2 cloves garlic, minced

1/2 tsp salt

Description

The flavors really blend nicely after it sits for a couple of hours, but will reach its peak after about 24 hours (the longer it sits, the better it gets). Serve as a side dish or a topping for a green lettuce salad.

Any way it is used it is tasty!

Instructions

Put beans, peppers, tomatoes, avocado, onions, and parsley in a large bowl. In a small bowl, combine lime juice, olive oil, garlic, and salt. Whisk until combined and pour over salad. Toss well to coat.

Refrigerate for 2-4 hours to allow flavors to blend, and serve.

Prayer Suggestions

Pray for the government leaders in your country.

“It is the Lord your God you must follow, and him you must revere. Keep his commands and obey him; serve him and hold fast to him” (Deut. 13:4).

Pray for the sanctity of life to be upheld and celebrated.

“You made all the delicate, inner parts of my body and knit me together in my mother’s womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.” (Ps. 139:13-15 NLT).

Pray for an un-churched family member or friend.

“If you declare with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved” (Rom. 10:9-10).

MEXICAN SWEET POTATOES

Serves : 4 **Prep Time:** 10 min **Total Time:** 30 min

Ingredients

4 medium sweet potatoes

Olive oil, for rubbing

Kosher salt

1 recipe Black Bean Salsa

1/2 cup frozen corn kernels

Creamy Cilantro Dressing

Mexican hot sauce (such as Cholula), to serve

Other topping ideas:

Sour cream,
Mexican Crema
Vegan Nacho Cheese
Vegan Sour Cream
Cashew Cream
Chipotle Sauce

Description

You won't believe the flavor in these Mexican sweet potatoes, topped with black bean salsa and creamy cilantro sauce!

Instructions

Preheat oven to 450°F.

Wash the sweet potatoes and slice them in half. Place on a parchment paper lined baking sheet and rub lightly with olive oil, just enough to coat. Sprinkle with kosher salt. Bake until tender and lightly browned on the edges, about 25 to 35 minutes depending on the size of the potatoes.

Make the Black Bean Salsa
Defrost the frozen corn.

Make the Creamy Cilantro Dressing. Save out a few cilantro leaves and chop the cilantro for a garnish. To serve, top the roasted sweet potatoes with Black Bean Pico de Gallo, corn kernels, cilantro, and dollops of Creamy Cilantro Dressing.



CREAMY CILANTRO DRESSING

Ingredients

- 2 tablespoons lime juice
- 1 cup cilantro leaves and tender stems, lightly packed
- 1/2 cup Greek yogurt
- 1/4 cup mayonnaise
- 2 TBSP olive oil
- 1 TBSP water
- 1/2 tsp maple syrup or honey
- 1/2 tsp each garlic powder and onion powder
- 1/4 tsp kosher salt

Instructions

Place all ingredients in a standard blender and blend for several minutes until pureed and creamy, stopping and scraping down the bowl as needed. Serve immediately or refrigerate for up to 1 week. Bring to room temperature prior to serving.



Description

This creamy cilantro dressing tastes incredible! It takes just 5 minutes and you'll want to use it on everything: salads, tacos, fries, and more.

BLACK BEAN SALSA



Ingredients

- 1 pound ripe tomatoes
- 1/2 cup red onion, minced
- 1/4 cup cilantro, finely chopped
- 1 jalapeño pepper
- 15-ounce can black beans
- 1 lime (2 tablespoons juice)
- 1/2 tsp kosher salt, plus more to taste

Instructions

Dice the tomatoes. Mince the red onion. Finely chop the cilantro. Remove the ribs and seeds of the jalapeño pepper and finely chop it. Drain and rinse the black beans. Juice the lime. In a bowl, add tomato, red onion, cilantro, jalapeño, black beans, lime juice, and kosher salt. Stir to combine, and add kosher salt to taste.

TUSCAN SOUP WITH WHITE BEANS

Serves : 6-8

Prep Time: 10 min

Cook Time: 20 min

Description

Ready in just 30 minutes, this Tuscan bean soup has a rich umami flavor thanks to the addition of smoked paprika and fennel.



Ingredients

1 bulb fennel

2 bunches Tuscan kale or other dark leafy greens (Swiss chard, spinach, mustard greens)

2 15-ounce cans cannellini beans

2 tablespoons olive oil

2 28-ounce cans diced tomatoes (San Marzano, if possible)

4 cups vegetable broth (or canned broth)

2 cups water

½ teaspoon red pepper flakes

1 teaspoon dried basil

½ teaspoon smoked paprika

1 teaspoon kosher salt

Pecorino cheese to garnish (optional)

Instructions

Chop the fennel bulb (reserve some sprigs for a garnish). Wash and roughly chop the kale. Drain and rinse the cannellini beans.

In a large pot or Dutch oven, heat the olive oil over medium high heat, then sauté the fennel for 5 minutes.

Add the canned tomatoes with their juices and simmer for 8 minutes.

Add the vegetable broth, water and cannellini beans. Bring to a boil.

Reduce to a simmer, add the red pepper flakes, dried basil, smoked paprika, and kosher salt.

Add the kale and simmer until tender, about 5 minutes. Serve garnished with grated Pecorino cheese and fennel sprigs. Store refrigerated for 3 days or frozen up to 3 months.

CORN CHOWDER

Serves : 6-8

Prep Time: 15 min

Cook Time: 30 min

Description

You'll never believe this creamy soup is vegan: it has the perfect velvety texture and is full of flavor. Here's how to make our best vegan corn chowder!



Ingredients

1/2 cup unsalted raw cashews

1 large yellow onion

3 ribs celery

2 carrots

2 medium garlic cloves

2 pounds (6 medium)
russet potatoes

6 ears corn, enough for 3
cups corn kernels

3 tablespoons olive oil

4 cups vegetable broth

2 cups water

2 TBSP soy sauce

1 tsp smoked paprika

1 tsp dried thyme

1 tsp onion powder

1 tsp garlic powder

1 1/4 tsp kosher salt

1/2 tsp ground black pepper

Chopped chives, for garnish
(optional)

Instructions

Place the cashews in a bowl and cover with water; allow them to soak while preparing the recipe.

Dice the onion and celery. Peel and dice the carrots. Place the onion, celery and carrots together in a bowl.

Mince the garlic. Peel and dice the potatoes. Place them in a separate bowl. Cut the corn from the cob, saving the cobs to simmer in the soup.

In a large pot or Dutch oven, heat the olive oil over medium high heat. Sauté the onion, carrots, and celery for 2 minutes. Add the garlic and potatoes and sauté for 5 minutes. Add the corn cobs (broken into a few pieces, if necessary to fit in the pot), vegetable broth, water, soy sauce, smoked paprika, thyme, onion powder, garlic powder, 1 teaspoon of the kosher salt, and black pepper. Bring to simmer and cook until the potatoes are tender, about 10 minutes, stirring occasionally. Then remove the cobs from the soup.

Drain the cashews. Using a 2-cup glass measuring cup with spout, carefully scoop out about 4 cups of the hot soup and place it in a blender, then add the drained cashews. Blend on high for about 1 minute until smooth and creamy. Return to the soup pot, then stir in the reserved corn kernels. Cook for 5 minutes until the corn is tender. Taste and the additional 1/4 teaspoon salt (or more if desired). Serve warm.



dinner foods

The focus of the Daniel Fast is prayer. While it's natural to be concerned about the food list, your priority on the fast should always be calling out to God on behalf of your own needs and the needs of others.

1-POT YELLOW CHICKPEA CAULIFLOWER CURRY

Serves : 4 Prep Time: 5 min Cook Time: 30 min

Ingredients:

CURRY

- 2 TBSP water
- 1/3 cup shallot (chopped)
- 4 cloves garlic (minced)
- 2 TBSP fresh ginger (minced)
- 1 small serrano pepper (seeds removed, finely chopped • omit for less spice)
- 3-4 TBSP red or yellow curry paste • adjust to preferred spice level
- 2 cups light coconut milk
- 1 tsp ground turmeric
- 1 TBSP maple syrup* (plus more to taste)
- 2 TBSP coconut aminos (or sub tamari or soy sauce if not gluten-free), plus more to taste
- 1 cup cauliflower (chopped)
- 1 1/4 cup cooked chickpeas (rinsed and drained)

SALAD / BOWL

- Cauliflower rice, quinoa, or rice
- Greens
- Cilantro
- Red onion
- Lime wedges
- Sesame seeds
- Avocado



Instructions

Heat a large pot, rimmed cast-iron, or metal skillet over medium heat. Once hot, add water or coconut oil, shallot, garlic, ginger, and serrano pepper. Sauté for 2-3 minutes, stirring frequently.

Add curry paste and stir. Cook for 2 minutes more. Add coconut milk, turmeric, maple syrup, and stir. Bring to a simmer over medium heat.

Once simmering, add cauliflower and chickpeas and slightly reduce heat. You want a simmer, not a boil, which should be around low to medium-low heat. Cover and cook for 10-15 minutes, stirring occasionally, to soften the cauliflower and chickpeas and infuse them with curry flavor. Keep at a simmer - lower heat if boiling.

At this time, taste and adjust the flavor of the broth as needed. Don't be shy with seasonings - this curry should be very flavorful. Serve as is, or over rice, quinoa, or greens. Garnish with desired toppings such as sesame seeds, cilantro, lime, or diced red onion (optional). Store leftovers in the refrigerator up to 5 days or in the freezer up to 1 month. Reheat on a stove-top. Add additional coconut milk if it needs more moisture.

BEST SPAGHETTI SQUASH SPAGHETTI

Serves : 2-3 Prep Time: 25 min Cook Time: 15 min

Ingredients:

1 medium spaghetti squash
(3 pounds)
1 garlic clove
2 TBSP salted butter
(or sub olive oil for vegan)
2 TBSP olive oil
1 tsp dried oregano
1 tsp dried basil
1/2 tsp onion powder
1/2 tsp garlic powder
1/2 tsp kosher salt
1/4 cup grated Parmesan
cheese, plus more to serve
(or Vegan Parmesan Cheese)
Marinara sauce

Description

The best way to eat everyone's favorite squash? Spaghetti squash spaghetti! The noodles are sautéed with herbs, then topped with marinara and Parmesan.

Instructions

Cook the spaghetti squash: Make Roasted Spaghetti Squash or Instant Pot Spaghetti Squash.

Mince the garlic.

When the squash is cooked, heat a large skillet to medium low. Add the butter and olive oil and warm until melted. Add the garlic, oregano, basil, onion powder, and garlic powder. Warm, stirring occasionally, for 3 to 4 minutes until garlic just starts to brown. Remove from heat and add squash noodles, kosher salt and grated Parmesan cheese. Toss until well combined. Taste, and add salt as necessary.

Serve with your favorite marinara sauce and a bit more grated Parmesan cheese.



EASY MARINARA SAUCE

Ingredients

- 28 ounce can crushed fire roasted tomatoes (or crushed tomatoes)
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 2 teaspoons garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- 8 fresh basil leaves

Instructions

In a large saucepan, place the crushed tomatoes, olive oil, balsamic vinegar, garlic powder, oregano, kosher salt, and whole basil leaves.

Bring to a simmer, then cover and simmer 15 minutes.

If desired, pulse with a blender: All crushed tomato brands are different, and some may be chunkier than other. If you'd like, pulse the sauce a bit in a blender or immersion blend to get to the desired texture



Description

This homemade easy marinara sauce is full of tangy tomato flavor and takes just over 15 minutes to make: no chopping required!

Prayer Suggestions

Pray for someone who is battling depression.

“For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs” (Zeph. 3:17 NLT).

Pray for the people in your city/community.

“Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. But anyone who does not love does not know God, for God is love” (1 John 4:7-8 NLT).

Pray for your heart to be obedient to the Lord.

“If you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it” (James 1:25 NLT).

EASY ROASTED POTATO SALAD WITH GARLIC DILL DRESSING

SERVES : 5 **PREP TIME:** 15 min **COOK TIME:** 50 min

Ingredients

ROASTED POTATOES

2 1/2 lbs potatoes (we like half Yukon gold and half sweet potatoes)

2 TBSP avocado oil

1/2 tsp each sea salt & black pepper

GARLIC DILL SAUCE

1/3 cup hummus (or store-bought)

1-2 TBSP lemon juice

1 tsp dried dill (or 1 Tbsp fresh minced dill / amount as recipe is written — adjust as needed)

3 cloves garlic (minced)

3 TBSP water (as needed to thin)

1 pinch sea salt (optional)

Instructions

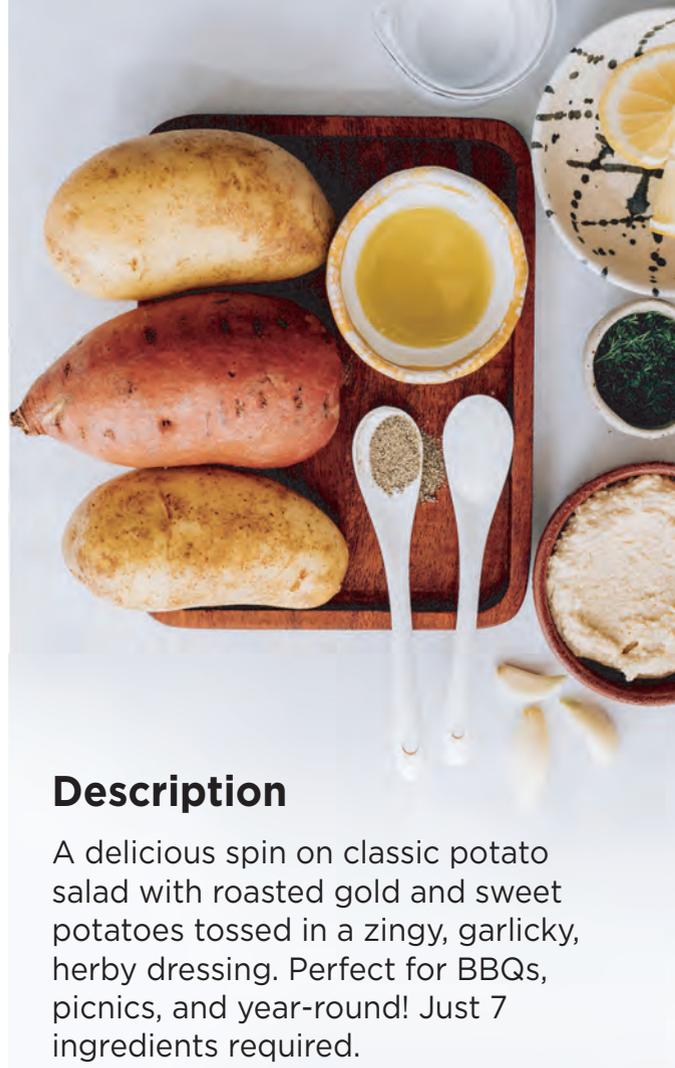
Preheat oven to 400 F and line a baking sheet with parchment paper.

Cut potatoes into bite-size pieces (leave skin on) and place on the prepared baking sheet. Drizzle avocado oil over the potatoes and sprinkle with salt and pepper. Toss everything with clean hands to evenly coat the potatoes.

Place potatoes in the preheated oven and roast for 30-40 minutes or until golden brown and cooked through. While the potatoes roast, make the garlic dill sauce. Add hummus, lemon juice, dill, and garlic to a large mixing bowl (big enough to mix your potatoes in later). Whisk to combine. Then add only enough water to thin so it's pourable but still somewhat thick.

Taste and adjust flavor, adding more garlic for zing, lemon juice for acidity, and dill for more intense herb flavor.

Remove the potatoes from the oven and let cool for 5 to 10 minutes. Once cooled slightly, add roasted potatoes to the garlic dill sauce and gently toss to combine. Option to garnish with fresh dill (or other herbs of choice). Enjoy right away while still slightly warm, at room temperature, or after chilling for later!



Description

A delicious spin on classic potato salad with roasted gold and sweet potatoes tossed in a zingy, garlicky, herby dressing. Perfect for BBQs, picnics, and year-round! Just 7 ingredients required.

BEST EVER LENTIL SOUP

Serves : 6 **Prep Time:** 10 min **Cook Time:** 35 min

Ingredients

1 medium yellow onion
1 fennel bulb
2 large carrots
1 clove garlic
1/4 cup olive oil
1 1/2 cups dry brown or green lentils
28-ounce can diced fire roasted tomatoes
1 quart vegetable broth
1 cup water
1 tsp kosher salt
1 TBSP paprika
1 TBSP dried oregano
3 cups baby spinach (or chopped standard spinach)

Description

What makes this the best lentil soup? Let's just say that everyone we've served it to immediately asks for the recipe...and seconds

Instructions

Dice the onion. Dice the fennel. Peel and dice the carrots. Grate the garlic and set aside to stir in once the soup is cooked.

In a large pot, heat the olive oil over medium heat. Add the onion and fennel and saute for 6 to 7 minutes until translucent. Add the carrots, lentils, tomatoes, broth, water, salt, paprika, and oregano.

Bring to a simmer. Simmer for 22 to 25 minutes until the lentils are tender. Stir in the spinach and grated garlic, and allow it to rest for 5 minutes before serving. Taste and season with additional salt and fresh ground pepper as necessary. Serve immediately. Stores refrigerated for up to 4 days and frozen for 3 to 4 months..

Prayer Suggestions

Pray for a deeper commitment to prayer.

"Let joy be your continual feast. Make your life a prayer. And in the midst of everything be always giving thanks, for this is God's perfect plan for you in Christ Jesus" (1 Thess.5:16-18).

Pray for boldness to share the gospel with others.

"For I am not ashamed of this Good News about Christ. It is the power of God at work, saving everyone who believes—the Jew first and also the Gentile." (Rom 1:16 NLT).

PORTOBELLO PIZZAS

Serves : 2-3 **Prep Time:** 5 min **Cook Time:** 25 min

Ingredients

3 large portobello mushrooms (wiped clean & stems removed)

Olive oil

1/4 tsp garlic powder

1/4 tsp dried basil

1/4 tsp dried oregano

1 cup pizza sauce

1/2 cup mixed veggies (onion, mushroom, tomato, green pepper, etc.)

Vegan Parmesan Cheese



Description

8-ingredient vegan and gluten-free pizzas that are entirely plant-based. Roasted portobello crust, savory tomato sauce, fresh vegetables, and vegan parmesan!

Instructions

Preheat oven to 400 degrees F. Place cleaned mushrooms on a baking sheet and lightly drizzle both sides with a little olive oil. Sprinkle with garlic powder, basil, and oregano. Then bake for 5 minutes.

In the meantime, prep veggies and prepare pizza sauce if you haven't done so already. Once par-baked, pull mushrooms out of the oven and top with desired amount of pizza sauce, veggies, and a sprinkle of vegan parmesan.

Bake for 15-20 minutes, or until the veggies are mostly cooked.

Serve with fresh basil, red pepper flake and extra vegan parmesan.

EASY VEGAN TACOS

Serves : 4 Prep Time: 10 min Cook Time: 20 min



Description

These “verde” vegan tacos are color-themed, featuring green lentils, green cabbage, and a bright green cilantro sauce.

Ingredients

FOR THE LENTILS

- 1 1/2 cups green lentils
- 2 tablespoons olive oil
- 1 tsp cumin
- 1 tsp garlic powder
- 3/4 tsp kosher salt
- Fresh ground pepper

FOR THE TACOS

- 8 sprouted organic corn tortillas
- 2 green onions
- 1/2 small green cabbage
- Salsa verde
- Creamy Cilantro Dressing, to serve
- Avocado or pickled jalapenos, optional

Instructions

Place the lentils in a pot with 6 cups warm water. Bring to a low boil, then boil for about 15 to 20 minutes until just al dente (taste often to assess doneness). Drain, then stir in the olive oil, cumin, garlic powder, and kosher salt.

Thinly slice the green onions. Thinly slice the cabbage. If using, chop the avocado.

Meanwhile, make the Creamy Cilantro Dressing (found on page 16).

Warm the tortillas according to the package instructions.

To serve, top the tortillas with lentils, green onions, green cabbage, salsa verde, torn cilantro leaves, and cilantro drizzle.

snack foods



HOMEMADE ENERGY BAR RECIPE

Serves : 14 **Prep Time:** 10 min **Cook Time:** 30 min

Ingredients

5 Medjool dates (9 ounces)

1 cup raw pecan halves

1/2 cup gluten free oats

1 TBSP chia seeds

1 tsp vanilla extract

1/2 tsp cinnamon

1/4 tsp kosher salt

Description

This homemade energy bar recipe is the perfect wholesome snack! It's naturally sweet, featuring oats, chia seeds, and pecans..

Instructions

Preheat the oven to 200F.

Remove the pits from the dates with your fingers (they come right out!). Place the dates in the food processor and process or pulse until they are mainly chopped and a rough texture forms. Then add the remaining ingredients and process for a minute or so until a crumbly dough forms.

Line a baking sheet or jelly roll pan with parchment paper. Dump the dough into the center of the parchment paper and use a rolling pin to roll it into a rectangle that is 6" x 10.5". Cut the dough into 14 bars that are 1.5" x 3".

Bake the bars for 30 minutes (this step helps to make the texture more dry and less sticky). Cool the bars to room temperature, then store refrigerated in a sealed container between sheets of wax paper. If you'd like to package them for on the go snacking, cut out 4" x 6" rectangles of wax paper, wrap them around the bars, and secure them with tape. Stays good for 1 month refrigerated (or more, but they may not last that long!).



OATMEAL RAISIN COOKIES

Serves : 18-20 **Prep Time:** 25 min **Cook Time:** 15 min

Ingredients:

1 cup old-fashioned rolled oats
1 cup almond flour or oat flour
1 cup creamy cashew butter,
almond butter, or peanut butter
1/2 cup unsweetened applesauce
1/3 cup Date Honey
1/2 cup raisins
2 tablespoons chopped walnuts
1 teaspoon cinnamon

Description

A Daniel Fast favorite. Oatmeal Raisin Cookies are moist and chewy, so good you almost can't believe they're allowed.

Instructions

Preheat oven to 350 degrees.
Prepare an 11 x 17-inch baking sheet by lining with a silicon mat. 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 baking sheet. Flatten and shape into circles.

Bake 10-12 minutes.

PUMPKIN SPICE BARS

Serves : 8 **Prep Time:** 25 min **Cook Time:** 45 min

Ingredients

1 cup canned pumpkin
1 cup almond meal
1/2 cup sliced banana
(about 1/2 large banana)
1/4 cup Date Honey
1 tablespoon flaxseed meal
1 teaspoon pumpkin pie spice
1/4 cup finely chopped walnuts

Instructions

Preheat oven to 350 degrees.
Place pumpkin, almond meal, banana, Date Honey, flaxseed meal, and pumpkin pie spice in a food processor or blender. Purée until smooth. Stir in walnuts, and pour into an 8 x 4 x 2 1/2-inch bread loaf pan (small size). Use a spatula to smooth mixture into an even layer.

Bake 45-50 minutes. Remove from oven, and let cool for about 5 minutes. Cut the loaf vertically down the middle, and then horizontally to make 16 bars (2 x 1-inch each).

GLOWING GREEN SMOOTHIE

Serves : 2 cups Prep Time: 5 min

Ingredients

- 1 large green apple
- 1 tablespoon maple syrup
- 1/2 cup water
- 1/4 cup raw cashews
- 3 cups spinach
- 10 ice cubes
- 1 tablespoon fresh squeezed lemon juice

Description

This glowing green smoothie is the perfect immunity-boosting drink with a sweet tart flavor starring green apple, loads of spinach, and protein-packed nuts.

..

Instructions

Core the apple and cut it into chunks, leaving the skin on. Place all ingredients a blender and blend. Add the lemon juice and blend for a few seconds again. Taste, and add a touch more maple syrup and/or lemon juice as desired. Serve immediately, or refrigerate for up to 1 day



A wooden tray with a pile of roasted carrot sticks on parchment paper, garnished with fresh green herbs and coarse salt. The tray is set on a dark wooden surface. The carrot sticks are golden-brown and appear to be seasoned. The parchment paper is crumpled and placed on the tray. The green herbs are fresh and vibrant. The coarse salt is scattered around the carrot sticks. The background is a dark, textured wooden surface.

WWW.EXPERIENCEIMC.ORG

Rev. Courtney L. Adams, Pastor