

# *Daniel Fast Recipes*



*Compliments of  
Minister Janay Lewis*

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## The Daniel Fast

The Daniel Fast is based on the lifelong *kosher* diet of the *Jewish hero Daniel in the Biblical Book of Daniel* and the three-week mourning fast in which Daniel abstained from all meat and wine.

The passage in Chapter **1:5-13** refers to a 10-day test wherein Daniel and others with him were permitted to eat vegetables and water to avoid the Babylonian king's food and wine. After remaining healthy at the end of the 10-day period, they continued the vegetable diet for the three years of their education. The passage in Chapter **10:2-3** refers to a three-week fast of no meat, wine, or rich food.

Fasting and praying go together. In order to see a great move of God in your life, you have to wrestle with God, and the best way to do so is by getting desperate. Praying dangerous, biblically based prayers and fasting to spend more time in His word. In the Bible, the people who were led to fast needed something from God such as: divine wisdom, guidance, repentance, salvation, or victory in battles. Fasting told God, **"I need You" and "I can't do this without You."**

This Recipe Book is an aid to help you follow this God Ordained Fast as you give yourself to God thru prayer, fasting and the study of God's Word. It is my sincere prayer that as you use these recipes, you will find a new passion for a life of fasting and praying so you will experience God continually emptying all that is **YOU** and filling **YOU** with all that is **HIM**.

May God Best Blessing's be yours and may your prayer and fasting journey be filled with God's presence, thankfulness, gladness, joy, and praise in your heart.

In Christ,

*Minister Janay Lewis*

## BREAKFAST



*“Fast For Intimacy With God, Not Praise From Man”*

### ➤ OVERNIGHT OATMEAL RECIPE

#### Ingredients

3/4 cup quick oats  
2/3 cup UNSWEETENED Vanilla Almond Milk  
1 teaspoon vanilla extract (optional, if permitting)  
Half a banana, mashed  
Pinch of salt  
Dash of cinnamon

#### Directions:

Simply put all ingredients in a small jelly jar and secure with the lid. Shake about one minute and put in refrigerator overnight. Next morning, open and eat! It's that simple and that good. You can add blueberries, strawberries, nuts or anything Daniel Fast approved. Throw in a teaspoon of nut butter and you will wow your morning taste buds!

### ➤ STRAWBERRY, BANANA, AND SPINACH SMOOTHIE

#### Ingredients

1 cup UNSWEETENED Almond or Soy Milk  
1/2 cup strawberries, fresh or frozen  
1 frozen banana  
1 tsp vanilla extract (optional, if permitting)  
1 cup baby spinach leaves

#### Directions:

Toss all ingredients in your blender or Nutri-Bullet, add ice if you like.

## ➤ SWEET POTATO BREAKFAST BOWL

### Ingredients

One baked sweet potato, out of jacket  
2 Tablespoons almond nut butter  
Handful of blueberries  
One banana, sliced  
1/4 cup pecans or walnuts  
1/4 diced apple (optional)  
Sprinkle of cinnamon

### Directions:

Simply put all ingredients in bowl and mix and enjoy!

## ➤ POTATO AND PEPPER BREAKFAST SCRAMBLE WITH AVOCADO

### Ingredients

1/2 russet potato  
3-4 mini sweet peppers  
1/2 small onion  
2 cloves garlic  
1 egg  
1/4 avocado  
Red chili flakes  
Black pepper  
Extra Virgin Olive Oil

### Directions:

1. Chop up potato, peppers, onion, and garlic. Stick potatoes in a bowl and microwave for 3 minutes to soften
2. Heat up some olive oil in a pan and cook potatoes, peppers, onions, and garlic until onions are translucent and veggies get a little bit soft.
3. Crack an egg in the pan and mix around until cooked (if you prefer, you can scramble the egg beforehand).
4. Top with pepper, red chili flakes, and sliced avocado.

## A Fasting Prayer to Prepare Your Heart to Fast

Dear Heavenly Father,

How priceless is Your unfailing love.

You have fearfully and wonderfully created us. You have ordained all our days and written them in your book before we were born. All your thoughts towards us are precious.

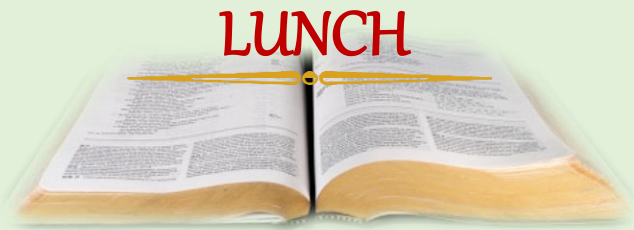
We praise You because we are Your handiwork, created in Christ Jesus to do good works, ones You have prepared in advance for us to do.

We come before You today to humble ourselves before You, submitting to Your will for our lives. Because of You, Father, surely goodness and mercy will follow us all the days of our lives. Let us be devoted to living out Your will on earth, to be more concerned with storing up treasures in Heaven than on earth.

Lead us, Lord, in the way we should go. Direct our steps and fulfill Your plans for our lives. Let our feet run swiftly to follow after You.

In Jesus name,

Amen



*“They Fasted Humbly, Prayed Fiercely, and God Answered!”*

## ➤ VEGGIE WRAPS

### Ingredients

- ½ cup broccoli, shredded
- ½ cup carrots, shredded
- ½ cup purple cabbage, shredded
- 1 avocado
- 1 TBS extra virgin olive oil
- ¼ tsp Thyme
- ¼ tsp Rosemary
- ¼ tsp Garlic Powder
- 4 Whole Wheat Tortillas

### Directions:

1. Shred the vegetables.
2. Slice the avocado thinly.
3. Place oil in warm skillet. Add shredded cabbage, carrots, and broccoli mixture and sauté until tender/crisp.
4. Add seasonings and the soy sauce.
5. Remove from the pan and place a tortilla in the skillet, one at a time, heating until warm.
6. Line avocado slices down each tortilla. Top with the shredded mixture.

## ➤ QUINOA-STUFFED AVOCADOS

### Ingredients

2 avocados, pitted  
1 c. cooked quinoa  
1 can black beans, drained and rinsed  
2 scallions, sliced  
1 red bell pepper, chopped  
1 c. corn (fresh, frozen, or canned)  
2 tbsp. Extra virgin olive oil  
Juice of 2 limes  
kosher salt

### Directions:

Scoop out avocados, leaving a small border. Dice avocado and set aside.

1. Make quinoa salad: In a large bowl, combine quinoa, beans, scallion, peppers, and corn
2. Add olive oil and lime juice and toss 2. to combine. Season with salt.
3. Divide salad among 4 avocado halves

## ➤ CUCUMBER TOMATO AVOCADO SALAD

### Ingredients

1 lb. Roma Tomatoes  
1 Cucumber  
½ medium red onion sliced  
2 avocados diced  
2 Tbsp extra virgin olive oil  
2 Tbsp lemon juice  
¼ cup chopped cilantro  
Salt and pepper to taste

### Directions:

1. Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado, and chopped cilantro into a bowl
2. Drizzle with 2 Tbsp olive oil and 2 Tbsp lemon juice. Toss gently to combine. Just before services toss with salt and pepper

## ➤ APPLE, POMEGRANATE, AND KALE SALAD INGREDIENTS

### Ingredients

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

### Dressing:

¼ cup unsweetened applesauce  
2 tablespoons extra-virgin coconut or olive oil  
2 tablespoon fresh lemon juice  
¼ teaspoon salt

### Directions:

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

### NOTES:

To toast walnuts, heat skillet over medium heat. Add walnuts to the hot, dry skillet. Cook about 5 minutes, stirring frequently so walnuts don't burn. When walnuts are slightly browned, transfer to a small bowl to cool.

Substitute apples with pears.

Use pecans instead of walnuts.

If you have a nut allergy, you can use sunflower or pumpkin seeds instead of walnuts.

## *A Fasting Prayer for Seeking God's Understanding and Wisdom*

Dear Heavenly Father,

All praise, honor, and glory belong to You, our immortal, invisible, only true and living God.

You are the revealer of all mysteries and the source of all wisdom and knowledge. In You are all the secrets of the universe, yet You grant us to know the mysteries of Your kingdom. You reveal the deep things of the darkness and bring utter darkness into light.

Thank You for hearing us when we pray and for giving us understanding when we ask You. For sending Your word to us and entrusting us with Your truth.

We praise you for revealing the true knowledge of God's mystery, Christ Himself, in whom are hidden are all the treasures of wisdom and knowledge.

Like You responded to Daniel, Lord, send Your word to give us understanding.

In Jesus name,

Amen



*“Fasting, It’s not just an outward practice, but an inner transformation!”*

## ➤ GRILLED ZUCCHINI NACHOS

### Ingredients

- 4 medium zucchinis, cut into 1/4-inch discs
- salt and pepper to taste
- 1 tablespoon oil
- 1 cup black beans
- 1 cup corn (optionally grilled)
- hot sauce to taste
- 1 cup tomato, diced
- 1/4 cup green or red onions
- 1 jalapeno, finely diced (optional)
- 1 avocado, diced
- 1/4 cup cilantro, chopped
- 2 tablespoons lime juice, (~1 lime)

### Directions:

1. Toss the zucchini in the oil, salt and pepper and cook on the grill or in a grill pan over medium heat until just tender but still slightly crispy, about 2-3 minutes per side
2. Serve the grilled zucchini topped with the beans, corn, tomato, onions, jalapeno, avocado, cilantro, and lime juice.



## ➤ QUINOA CHILI

### Ingredients

2 **cups** cooked quinoa (from 2/3 cup dry)  
1 **Tbsp** olive oil  
1 large yellow onion, diced (1 3/4 cup)  
4 **cloves** garlic, minced  
2 (14.5 oz) **cans** diced tomatoes  
1 (15 oz) **can** of tomato sauce  
1 (14.5 oz) **can** low-sodium vegetable broth  
1 (7 oz) **can** diced green chiles  
2 1/2 **Tbsp** chili powder  
2 **tsp** ground cumin  
2 **tsp** cocoa powder  
1 1/2 **tsp** paprika  
1/2 **tsp** ground coriander  
1/8 **tsp** cayenne pepper, more or less to taste  
Salt and freshly ground black pepper, to taste  
2 (15 oz) **cans** kidney beans, drained and rinsed (I used one dark red, one light red)  
1 (15 oz) **can** black beans, drained and rinsed  
1 1/2 **cups** fresh or frozen corn  
1/4 **cup** chopped cilantro  
1 **Tbsp** lime juice

### Directions:

1. Heat olive oil in a large enameled cast iron pot over medium-high heat. Once oil is hot add onion and sauté until translucent, about 4 minutes. Add garlic and sauté 1 minute longer.
2. Add in diced tomatoes, tomato sauce, cooked quinoa, vegetable broth, green chiles, chili powder, cumin, cocoa, paprika, coriander, cayenne pepper and season with salt and pepper to taste.
3. Bring mixture just to a boil, then reduce heat to a simmer, cover pot and allow to simmer 30 minutes.
4. Add in all kidney beans, black beans, corn, cilantro and lime and cook until heated through. Serve warm with optional toppings and sides (cheddar, sour cream, diced avocados and tortilla chips).

## ➤ SOUTHWESTERN BLACK BEAN TACOS RECIPE

### Ingredients

1/3 cup of lime juice  
Salt and pepper  
2 **tblsp** olive oil  
2 cups of frozen corn kernels  
2 cans (or about 3 1/2 cups) of black beans  
1 ripe avocado, chopped  
1/4 green bell pepper, chopped  
1/4 red bell pepper, chopped  
1 small onion, chopped fine  
1/4 cup finely chopped cilantro  
Whole Wheat Tortillas

### Directions:

1. Whisk the first three ingredients (for the dressing) in a small bowl; set aside
2. Heat a lightly oiled frying pan over medium high. Lightly toast corn until spotty brown but not charred, about five minutes. Remove from heat.
3. In a large bowl, add the remaining ingredients and the toasted corn. Drizzle with the dressing and mix well. Season with additional salt and pepper if desired.
4. In the same skillet that you used to toast the corn, heat about 3 tablespoons of oil, and lightly toast the tortillas, one at a time. You may need to add more oil in the pan as we go.

## ➤ VEGAN RED BEANS AND RICE

### Ingredients

2 Tbsp olive oil  
1 medium yellow onion  
1 medium bell pepper  
4 celery stalks  
4 cloves garlic  
1 lb. dry red beans  
6 cups vegetable broth  
1 tsp thyme  
1 tsp oregano  
1 whole bay leaf  
½ Tbsp smoked paprika  
1 tsp salt  
½ tsp black pepper  
Pinch of cayenne pepper  
6 cups rice  
1 bunch green onions, sliced (optional garnish)

### Directions:

1. 8 hours before you want to cook your beans, place them in a large pot with enough water to cover them by a few inches. Let them soak overnight.
2. Ready to cook your beans? Dice the celery, bell pepper and onion. Mince the garlic. Cook the vegetables in a large pot in the olive oil over medium heat until soft (about 5-6 minutes). Season with 1 tsp salt.
3. Drain your soaked beans and rinse with water. Add them to the pot with the vegetables.
4. Add vegetable broth, thyme, oregano, bay leaf, smoked paprika, pepper and a pinch of cayenne.
5. Put a lid on the pot and bring it up to a full boil over high heat.
6. Turn down to low and simmer for at least two hours. Be sure the pot is simmering the whole time. Stir occasionally to ensure nothing sticks to the bottom of the pan. Keep the lid on the entire time so the beans don't dry out.

7. After about two hours the beans should be soft/tender. Use a potato masher to mash some of the beans in the pot. You can also use the back of a spoon to mash beans against the side of the pot. This will make the traditional red beans and rice creamy texture.

8. Remove the bay leaf and allow to simmer for an additional 30 minutes to help thicken.

Scoop red beans into a bowl. Add warm cooked brown rice. Top with sliced green onions.

## ➤ VEGGIE MARINARA WITH WHOLE WHEAT PASTA

### Ingredients:

1lb whole wheat pasta  
24 oz marinara sauce (no sugar added)  
1 Tbsp olive oil  
1 onion  
2 cloves garlic  
1 small zucchini  
8 oz mushrooms  
1 carrot  
1 tsp sea salt  
1 Tbsp Italian seasoning

### Directions:

1. Cook pasta according to package directions.
2. While the pasta is cooking mince garlic, dice onions, zucchini and carrot and slice mushrooms (if necessary).
3. Heat olive oil in large pan over medium heat.
4. Add garlic and cook until fragrant (about 1 minute).
5. Add remaining veggies, season with salt and Italian seasoning. Cook until soft (about 7 minutes).
6. Add marinara sauce to veggies and heat thoroughly then serve over cooked pasta.

## ➤ MEXICAN QUINOA STUFFED PEPPERS

### Ingredients:

- 4 large bell peppers (red, green, yellow, orange)
- 3/4 cup dry quinoa
- 1 1/2 cup vegetable broth
- 15oz can black beans
- 1 cup corn (frozen or canned)
- 2 green onions
- 2/3 cup salsa
- 4oz can diced green chilis
- 1 tsp sea salt
- 1 1/2 tsp cumin
- 1 tsp smoked paprika
- 1 tsp chili powder
- 1 tsp garlic powder

**Toppings:** Black or green olives, guacamole, hot sauce, pickled jalapenos

### Directions:

1. Cook quinoa in vegetable broth according to package directions
  2. Meanwhile cut bell peppers in half and remove stems, ribs and seeds
  3. Drain and rinse black beans, thaw corn if needed and slice green onions
  4. Preheat oven to 350.
  5. When quinoa is cooked, combine all ingredients (except peppers and toppings) in a large mixing bowl.
  6. Taste and adjust seasoning as needed
  7. Place pepper halves in 9×13 dish. Stuff peppers with quinoa filling. Lightly press down filling in pepper.
  8. Cover with foil and back for 35-40 minutes
  9. Remove foil and bake another 10 minutes
- Serve with toppings

## ➤ EASY VEGGIE CURRY (SERVES 4-6)

### Ingredients:

- 2 Tbsp olive oil
- 2 cloves garlic
- 1 inch fresh ginger
- 2 Tbsp curry powder
- 1 Tbsp turmeric
- 1 tsp salt
- 2 Tbsp tomato paste
- 1 small onion
- 1 (15 oz) can diced tomatoes
- 2 lb. frozen California Blend vegetables (carrots, broccoli and cauliflower pieces)
- 1 (14 oz) can light coconut milk
- 2 – 2 1/2 cups cooked whole wheat Israeli couscous or brown rice

### Directions:

1. Dice onion
2. Peel and mince ginger and garlic. Cook the them in olive oil in a large pot over medium heat until softened (1—2 minutes). Add the curry powder, turmeric and salt and continue to cook for one more minute.
3. Add diced onion to the pot. Cook until the onions are soft and translucent
4. Add diced tomatoes (with juices) and tomato paste to the pot. Stir until the tomato paste has mixed in and created a thick sauce.
5. Add the frozen California blend vegetables and stir to combine. Let the pot simmer over medium heat until the vegetables have heated through.
5. Turn the heat down to low. Add coconut milk and stir until mixed well with the tomato sauce.
6. Allow the curry to heat through over low heat (5 minutes). Taste and add more salt to taste if needed. Top with fresh cilantro. Serve over couscous.

## A Fasting Prayer for Resisting Temptation

Dear Heavenly Father,

You are a righteous, holy, and just God, awesome and blameless in all your ways.

Lead us in the way of Your righteousness. Help us, Lord, to walk in Your obedience so that we may live and flourish and extend our days.

Father, strengthen us to fix our eyes on Jesus. Let Your word equip us to follow His example in resisting temptation.

Deliver us, Father, from the schemes of the evil one, for You know how to rescue Your godly ones. Help us to take refuge in the shadow of Your wings.

We praise You that with every temptation, You are faithful to give us a way to escape it.

In Jesus name,

Amen

## Snacks & Desserts



*“Fasting, will strengthen you spiritually, if you stand  
on God’s Word!”*

## ➤ BANANA STACKS

### Ingredients

2 large ripe bananas  
¼ cup all-natural peanut butter, almond butter, or another nut butter

### Directions:

1. Peel bananas, and cut into ¼ to ½-inch slices (about 12 per banana). Spread about 1 teaspoon almond butter on half of the slices. Top with the remaining slices.

## ➤ CRUNCHY KALE CHIPS

### Ingredients

6 cups kale, ribs removed and torn into bite-size pieces  
1 tablespoon extra-virgin olive oil or coconut oil  
1/2 teaspoon garlic powder  
1/2 teaspoon salt

### Directions:

1. Preheat oven to 400 degrees. Lightly oil an 11 x 17-inch baking sheet. Place kale in a large bowl, and add olive oil, garlic powder, and salt. Use your hands to incorporate into leaves so that they are well coated. Spread leaves on baking sheet. Bake 12-15 minutes or until crispy.

## ➤ PLANTAIN CHIPS

### Ingredients

2 green plantains  
2 teaspoons extra-virgin coconut oil, melted  
½ teaspoon salt  
¼ teaspoon cinnamon

### Instructions

1. Preheat oven to 400 degrees. Line an 11 x 17-inch baking sheet with parchment paper (or use a [silicone mat](#)).
2. Trim ends of plantains. Score the plantains vertically in three places without cutting through to the fruit. Remove the peel and discard, along with the trimmed ends. Cut plantains in ¼" slices (should make about 3 cups).
3. In a large bowl, add plantain chips, coconut oil, salt, and cinnamon. Stir well to coat. Place plantain chips on the baking sheet in rows. Cook 15 minutes. Flip, and then bake another 10-15 minutes. Serve immediately.

## ➤ HUMMUS

### Ingredients

1 15-ounce can chickpeas, rinsed and drained  
¼ cup tahini  
¼ cup water  
2 tablespoons extra-virgin olive oil  
2 tablespoons fresh lemon juice  
2 cloves garlic, minced  
¼ cup fresh parsley, packed  
1/2 teaspoon salt  
1/4 teaspoon ground cumin

### Instructions

Place ingredients in a food processor or blender. Process, scraping sides of bowl often, until mixture is a smooth paste. You can either refrigerate at this point, or serve immediately.  
Serve with Veggies

## ➤ CINNAMON BAKED APPLES

### Ingredients

2 cups thinly-sliced apples, unpeeled (about 2 apples)  
1 cup unsweetened apple juice  
1/8 teaspoon cinnamon

### Instructions

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

## ➤ BROILED PINEAPPLE SLICES

### Ingredients

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

### Instructions

1. 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.
2. Spread on top side of pineapple. Place 3-4 inches below broiler for about 8 minutes. Remove from oven and sprinkle each slice with 1/2 teaspoon coconut flakes. Broil for 2 minutes and serve

## ➤ APPLE RAISIN NUT COOKIES

### Ingredients

2 cups chopped apples, unpeeled (about 2 apples)  
1 cup brown rice flour  
1 cup cashew halves and pieces  
1 cup pecan halves  
1 cup raisins

### Instructions

Preheat oven to 350 degrees. Add apples, brown rice flour, cashews, pecans, and raisins to a food processor. Process about 30 seconds for a smooth texture or 15 seconds for a nuttier cookie. Drop by the spoonful's, two inches apart, on an ungreased 11 by 17-inch baking sheet. Bake 15 minutes. Let cool on a wire rack.

## ➤ OATMEAL BANANA COOKIES

### Ingredients

2 cups quick oats  
4 medium ripe bananas  
1/3 cup small raisins or currants (optional)

### Instructions

Preheat oven to 300F. Mash ingredients together in a large bowl, then roll into 1.5 to 2-inch balls. Place onto cookie sheet, flatten slightly, and bake for about 15 minutes.

## ➤ DANIEL FAST COBBLER

### Instructions

In a microwave safe bowl, mash one ripe banana into 1/4 cup of unsweetened soy or almond milk. Stir in one cup of frozen berries (I like blueberries!), 1/4 teaspoon pure vanilla powder, and a pinch of cinnamon. Microwave for one minute.