

# Daniel Fast Recipes

Taken from the Higher Purpose Church  
2022 Daniel Fast Guide

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## Baked Oatmeal

*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.
- To make this soup chunky instead of smooth, put only half the zucchini and half the chickpeas in the food processor.
- Use oregano instead of basil.
- Double the recipe, and freeze half for later use.

## Berry Blast Smoothie

*1 cup water or any unsweetened non-dairy milk (such as almond, coconut, rice or soy)*  
*1 cup frozen blackberries, blueberries, and raspberries*  
*1 banana, peeled*

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

### Recipe Notes:

- Your smoothie will taste best if either the berries or the banana is frozen. To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.
- To make this a “green” smoothie, add 1 cup of fresh spinach or kale leaves (stems removed from the kale).
- Add 1 tablespoon flaxseed meal for a fiber boost.

## Coconut Fig Bars

*1/2 cup coconut flour*

*1/2 cup old-fashioned rolled oats*

*1 cup unsweetened applesauce*

*1/4 cup Date Honey*

*1 cup chopped dried figs*

*2 tablespoons chopped pecans*

*1 tablespoon flaxseed meal (optional)*

*1 tablespoon unsweetened shredded coconut*

*1/2 teaspoon cinnamon*

Preheat oven to 350 degrees. In a large bowl, mix coconut flour, oats, applesauce, and Date Honey until well combined. Stir in figs, pecans, flaxseed meal (optional), coconut, and cinnamon.

Lightly rub an 8 by 8-inch baking dish with olive oil and press mixture into dish. Bake 15 minutes or until top is lightly browned. Cool 10 minutes at room temperature and serve.

Yield: 12 servings (serving size: 1 bar)

### Recipe Notes:

Substitute almond flour, oat flour, or whole wheat flour for coconut flour. Increase shredded coconut to 1/4 cup to maintain the coconut flavor.

## Tropical Fruit Salad

*2 cups sliced strawberries*

*3 kiwifruit, peeled and quartered*

*1 1/2 cups orange segments, cut into 1-inch pieces*

*1 cup red seedless grapes, halved*

*1 cup fresh pineapple chunks, cut into tidbits*

Mix fruit in a large bowl, and chill until ready to serve.

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

### Recipe Notes:

- Use mandarin oranges instead of regular oranges.
- Top with chopped almonds, macadamia nuts, pecans, and/or walnuts.

## White Bean Salad

*4 cups torn romaine lettuce, packed*  
*1 cup cannellini beans or great northern beans, rinsed and drained*  
*1 cup chopped sugar snap peas*  
*1 cup halved cherry or grape tomatoes*  
*2 tablespoons chopped red onion*  
*2 tablespoons chopped fresh basil*  
*2 tablespoons chopped fresh parsley*

Place lettuce in a large bowl, and add beans, sugar snap peas, tomatoes, onions, basil and parsley. Toss, and serve with choice of dressing.

### Recipe Notes:

- Serve with Italian Salad Dressing or Lemon-Tahini Salad Dressing.
- Use spinach or mixed greens instead of romaine lettuce.
- Substitute cooked, cooled green beans or sweet peas for the asparagus.
- Add sunflower seeds.

## 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.

Yield: 8 servings (serving size: 1 tablespoon)

### Recipe Notes:

Serve with Quinoa Salad, Spinach Salad, or White Bean Salad.

## Roasted Potato Salad

*1 pound B size red potatoes, unpeeled*  
*1/2 pound Brussels sprouts, trimmed & halved*  
*1 cup trimmed fresh green beans, cut into 1" pieces*  
*1 1/2 tablespoon extra-virgin olive oil, divided*  
*1/2 teaspoon tarragon*  
*1/2 teaspoon salt*  
*1/8 teaspoon pepper*  
*1/4 cup chopped red onions*  
*1/4 cup finely chopped pecans or walnuts*  
*2 cups chopped romaine lettuce*

Scrub potatoes well. Place in a large saucepan, and cover with water. Heat to boiling. Reduce heat slightly to a soft rolling boil, and cook 15 minutes. Drain, and allow to cool slightly.

Preheat oven to 425 degrees. Cut potatoes into quarters, and put in a large bowl, along with Brussels sprouts and green beans. Add 1 tablespoon olive oil, tarragon, salt, and pepper. Stir well to coat. Place vegetables on a baking sheet. Bake 10 minutes, and flip. Cook another 10 minutes, or until vegetables are slightly blackened. Place in a large bowl, and set aside.

Heat 1/2 tablespoon olive oil in skillet over medium heat. Add onions and pecans, and cook until onions are soft and translucent. Mix in with potatoes and vegetables. To serve, place 1/2 cup lettuce on each plate, and top with roasted potato-vegetable mixture. Drizzle a little olive oil over each serving, if desired.

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

## Marinated Vegetable Salad

*1 Marinated Zucchini recipe*

*2 cups broccoli florets, cut into bite-size pieces*

*1 1/2 cups diced carrots*

*2 tablespoons chopped fresh parsley, optional*

Prepare **Marinated Zucchini** as directed and place in a large bowl.

Steam or boil broccoli and carrots until crisp tender. Add broccoli and carrots (drain first, if boiled) to zucchini and stir well. Add parsley, if desired. Cover and let sit at room temperature for 1 hour.

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

### **Marinated Zucchini:**

*2 pounds zucchini, unpeeled*

*1 1/2 tablespoons extra-virgin olive oil*

*1 clove garlic, minced*

*1 1/2 teaspoons dried oregano flakes*

*1/2 teaspoon salt*

*1/8 teaspoon pepper*

*1 teaspoon fresh lemon juice*

Preheat oven to 475 degrees. Trim ends of zucchini, and cut in half lengthwise. Feed zucchini halves through the tube of a food processor with the slicing disc attached. You may also use a mandoline to cut the zucchini into thin slices or cut them by hand. Place slices in a large bowl. Add olive oil, and stir to coat. Mix in garlic, oregano, salt, and pepper. Stir again.

Place zucchini on two large 11 x 17-inch baking sheets, trying to separate the pieces as much as possible so they are in a single layer. Roast 10 minutes, flip, and then roast another 5 minutes. Edges of zucchini should be slightly browned and crispy.

Remove zucchini from oven, and put in a large dish. Stir in lemon juice. Cover, and let sit at least 1-2 hours. Serve at room temperature.

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

## Basil Zucchini Soup

*1 1/2 pounds zucchini, peeled*  
*2 tablespoons extra-virgin olive oil, divided*  
*1/2 cup chopped onions*  
*2 cloves garlic, minced*  
*4 cups water*  
*1 (15-ounce) can chickpeas, rinsed & drained*  
*1/2 tablespoon dried basil*  
*1 teaspoon salt*  
*Toasted sunflower and/or pumpkin seeds*

Cut zucchini into 1-inch cubes, and set aside. Heat 1 tablespoon olive oil over medium heat in large saucepan. Add onions and garlic, and cook until onions are soft and translucent. Add zucchini, and stir in 1 tablespoon olive oil. Cook 3-5 minutes, stirring frequently. Pour in water, and bring to a boil. Reduce heat, and simmer 15 minutes. Remove zucchini with a slotted spoon, and place in food processor. Process until mixture is smooth (you may have to do in two batches). Return to saucepan. Place chickpeas in food processor with 1/2 cup of the soup, and process until texture reaches desired consistency. Add chickpea mixture to saucepan. Stir in basil and salt. Simmer another 15 minutes. Serve with toasted sunflower and/or pumpkin seeds.

Yield: 6 servings (serving size = 1 cup)

### Recipe Notes:

- To make this soup chunky instead of smooth, put only half the zucchini and half the chickpeas in the food processor.
- Use oregano instead of basil.

## Corn Chowder

*1/2 tablespoon extra-virgin olive oil*

*1/2 cup diced onion*

*4 cups water*

*1 pound Yukon Gold or Russet potatoes, peeled and diced  
(about 3 cups)*

*1 clove garlic, minced*

*1 teaspoon dried parsley flakes*

*1/2 teaspoon salt*

*1/8 teaspoon pepper*

*3 1/2 cups fresh corn kernels*

*1/2 cup unsweetened almond, rice, and soy milk*

Heat olive oil in a large saucepan, and add onions. Cook until soft and translucent. Add water, potatoes, garlic, parsley, salt, and pepper. Bring to a boil. Reduce heat and simmer, covered, 15-20 minutes or until potatoes are tender. Add corn and almond milk. Cook, uncovered, over medium-low heat for another 10 minutes. Place 3 cups of soup in a food processor or blender, and process about 15 seconds. Return to saucepan. Stir well, and serve.

Yield: 8 servings (serving size: 1 cup)

### Recipe Notes:

- Substitute 2 (14.5-ounce) cans of corn kernels (drained) for fresh corn.
- Add 1/2 cup chopped carrots and celery (1/4 cup each).
- For a southwestern flair, stir in 1 cup of Salsa.



## Rosemary Split Pea Soup

*1 tablespoon extra-virgin olive oil*

*1 cup sliced carrots*

*1 cup diced onion*

*2 cloves garlic, minced*

*6 cups water or Vegetable Broth*

*2 cups dry split peas*

*1 teaspoon dried crushed rosemary*

*1 bay leaf*

*1 teaspoon salt*

Empty split peas in a colander, and rinse well. Sort through peas to remove any unwanted particles. Set aside. Heat olive oil in large saucepan or stockpot over medium heat. Add carrots and onions. Cook until onions are soft and translucent. Stir in garlic, and cook 30 seconds, stirring constantly so garlic doesn't burn. Add water or broth, peas, rosemary, bay leaf, and salt. Heat to boiling, and then reduce heat to low. Simmer 30 minutes with lid on and slightly tilted.

Remove peas and vegetables, and discard bay leaf. Transfer to a food processor or blender. Process until smooth (you may need to do this in two batches, because filling your processor or blender more than half full could cause the hot soup to pop the lid.) Return to saucepan. Cook 5 more minutes, and serve.

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

## Rice & Cabbage Casserole

*1/2 tablespoon extra-virgin olive oil*  
*1/2 cup chopped onion*  
*2 cloves garlic, minced*  
*1 cup chopped white button mushrooms*  
*1 (15-ounce) can black beans, rinsed and drained*  
*2 (14.5-ounce) cans diced tomatoes*  
*2 tablespoons chopped fresh parsley*  
*1 teaspoon dried oregano*  
*1 teaspoon salt*  
*1/8 teaspoon pepper*  
*4 cups chopped green cabbage*  
*1 cup cooked brown or wild rice*

Put diced tomatoes in a food processor or blender, and process until smooth. Set aside. Heat olive oil over medium heat in a large skillet. Add onions, and cook until soft and translucent. Stir in garlic, mushrooms, tomatoes, parsley, oregano, salt, and pepper. Reduce heat to low, and cook 20 minutes, stirring occasionally.

Preheat oven to 350 degrees. Steam cabbage 8-10 minutes or until tender crisp (or add cabbage to boiling water, and cook 5-7 minutes). Lightly spray or rub an 9"x13" baking dish with olive oil, and cover bottom of dish with cooked cabbage. Place rice and beans on top of cabbage. Pour tomato sauce over all. Bake 20 minutes.

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

## Brown Rice Stir-fry with Orange Sauce

*1 tablespoon extra-virgin olive oil*

*2 cups chopped broccoli (stems and florets) or  $1\frac{1}{2}$  16-ounce bag cut broccoli, cooked*

*1 cup chopped carrots*

*$\frac{1}{2}$  cup chopped onion*

*$\frac{1}{4}$  cup Bragg's Liquid Aminos or soy sauce*

*$\frac{1}{4}$  cup unsweetened orange juice*

*1 clove garlic, minced*

*1 teaspoon fresh grated ginger root or  $\frac{1}{4}$  teaspoon ground ginger*

*3 cups cooked brown rice*

*$>\frac{1}{4}$  cup toasted chopped walnuts*

*2 tablespoons chopped green onion*

Heat olive oil in a large skillet over medium heat, and add broccoli, carrots, and onions. Cook until vegetables are softened, about 5-7 minutes, stirring occasionally. Increase heat to medium high. Add Bragg's Liquid Aminos, orange juice, garlic, ginger root, brown rice, walnuts, and green onions. Cook another 5 minutes or until heated through, and serve.

Yield: 4 servings (serving size: about 1  $\frac{1}{4}$  cups)

Recipe Notes:

- Use a cheese grater for the ginger root.
- Add 1 cup canned chickpeas, drained.

## Sesame Vegetables with Rice and Tofu

*1 tablespoon extra-virgin olive oil*  
*1 Marinated Tofu recipe, marinade reserved*  
*1 TB extra-virgin olive oil*  
*1 cup chopped onions*  
*2 cups chopped broccoli florets, stems removed*  
*1 cup chopped carrots*  
*1 clove garlic, minced*  
*1/2 tablespoon tahini*  
*1 teaspoon ginger*  
*1/4 cup unsweetened pineapple juice or water*  
*1 1/2 cups cooked wild rice*  
*1/4 cup toasted chopped walnuts*  
*1 tsp sesame seeds*

Prepare **Marinated Tofu**, and set aside. Heat olive oil in a large skillet over medium heat, and add onions. Cook until onions are soft and translucent. Add reserved marinade from tofu, broccoli, carrots, garlic, tahini, and ginger. Cook, covered, for 8-10 minutes or until vegetables are tender crisp, stirring frequently. Add pineapple juice, rice and walnuts, and cook until heated through and juice is nearly absorbed. Sprinkle with sesame seeds. Stir, and serve. Yield: 4 servings (serving size = 1 1/4 cups)

### **Marinated Tofu:**

*8 ounces extra-firm tofu, drained*  
*1/4 cup unsweetened pineapple juice*  
*2 tablespoons soy sauce or soy sauce alternative*  
*1 clove garlic, minced*

Slice tofu into 1-inch cubes, and place in an 8 x 8-inch baking dish. Mix pineapple juice, soy sauce, and garlic in a small bowl. Use a whisk to combine. Pour over tofu, and put in refrigerator to marinate 30-45 minutes.

Preheat oven to 350 degrees. Bake (in same dish) for 20 minutes or until the outside is a deep, golden brown and slightly crispy.

Yield: 4 servings (serving size: about 2 ounces)

## Cinnamon Baked Apples

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

*1 cup unsweetened apple juice*

*1/8 teaspoon cinnamon*

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

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

### Recipe Notes:

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

## Oatmeal Raisin Cookies

*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 applesauce*

*1/3 cup Date Honey*

*1/2 cup raisins*

*2 tablespoons chopped walnuts*

*1 teaspoon cinnamon*

Preheat oven to 350 degrees. Mix oats, almond flour, cashew butter, applesauce, and Date Honey in a large bowl until well combined. Add raisins, walnuts, and cinnamon. Stir well. Drop by spoonfuls, two inches apart, on an 11 by 17-inch baking sheet. Flatten and shape into circles. Bake 10-12 minutes.

Yield: 18-20 servings (serving size: 1 cookie)

### Recipe Notes:

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

## Coconut-Date Cookies

*1/2 cup unsweetened coconut milk*

*1/2 cup coconut flour*

*1/2 cup roughly chopped dates*

*1/4 cup Date Honey*

*1/4 cup whole almonds*

*1/4 cup walnut halves and pieces*

Preheat oven to 350 degrees. Place all ingredients in a food processor. Process about 10 seconds. Scrape sides of bowl, and process another 15 -20 seconds or until thoroughly mixed. Some of the nuts should still be in large pieces (not finely ground).

Scoop out about two tablespoons of dough and shape into a ball. Place on an 11 x 17-inch cookie sheet. Repeat with remaining dough. Use the palm of your hand to flatten. Bake 15-20 minutes or until slightly browned on the bottom.

Yield: 14 servings (serving size: about 1 cookie)

### Recipe Notes:

You can also make these cookies without a food processor. Chop the nuts and dates into smaller pieces, and stir until well combined.

## Corn Muffins

*1 1/2 cups yellow cornmeal*

*1/2 cup unsweetened almond or rice milk*

*1/4 cup water*

*1 tablespoon Date Honey (optional)*

*1 tablespoon extra-virgin olive oil*

*3/4 cup fresh or frozen corn kernels*

*1/4 cup chopped green onions (green parts only)*

*1/2 teaspoon salt*

Preheat oven to 400 degrees. Mix cornmeal, almond milk, water, Date Honey, and olive oil in a medium bowl. Stir until smooth. Add corn, green onions, and salt. Stir until well combined. Lightly rub a mini-muffin tin with olive oil. Fill all 24 cups about 3/4 full. Bake 15 minutes. If using a regular muffin tin, fill all 12 cups about 3/4 full and bake 20 minutes.

Yield: 12 servings (serving size: 2 mini-muffins or 1 regular muffin)

### Recipe Notes:

Use 1 1/2 tablespoons dried chives instead of green onions.

## Great Northern Bean Dip

*1 (15.5-ounce) can great northern beans, rinsed and drained*  
*2 tablespoons water*  
*1/4 cup roughly chopped green onions*  
*1 clove garlic, minced*  
*1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano*  
*1/4 teaspoon salt*

Place ingredients in a food processor or blender, and pureé until smooth.

Yield: 8 servings (serving size: 2 tablespoons)

## Spinach Artichoke Dip

*8 ounces firm tofu, drained*  
*1 cup chopped canned artichokes, drained, reserve 2 tablespoons canned juices*  
*1/2 (10-ounce) package frozen chopped spinach, thawed, squeezed dry*  
*1 teaspoon dried basil*  
*1 teaspoon salt*  
*1/8 teaspoon pepper*  
*2 teaspoons extra-virgin olive oil*  
*1/4 cup diced onion*  
*2 cloves garlic, minced*

Preheat oven to 375 degrees. Place tofu, artichokes, artichoke juice, and spinach in a food processor or blender. Process until smooth. Transfer mixture to a medium-sized bowl. Stir in basil, salt, and pepper. Set aside.

Heat oil in a small skillet, and cook onions and garlic until onions are translucent. Remove from heat, and stir into spinach artichoke mixture. Place in a 3-cup glass or ceramic baking dish that has been rubbed with olive oil. Bake 20 minutes, or until edges start to brown. Serve warm.

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

## Sesame Seed Rice Crackers

*1 cup cooked wild rice*  
*1 cup brown rice flour*  
*1/4 cup flaxseed meal*  
*1/4 cup water*  
*2 tablespoons extra-virgin olive oil*  
*1 teaspoon salt*  
*1 teaspoon black sesame seeds*  
*1 teaspoon sesame seeds*

Preheat oven to 400 degrees. Add wild rice, rice flour, flaxseed meal, water, olive oil, and salt to a food processor bowl. Process about 30 seconds or until mixture forms a ball and sticks together. Transfer to a larger bowl, and stir in both types of sesame seeds. Use your hands and/or a rolling pin to spread dough out on a lightly-oiled 11 x 17-inch baking sheet (you may need to coat your hands with a little flour). Press dough to edges of sheet. With a knife, score into 1 3/4-inch pieces. Bake 20 minutes. Remove crackers that are done (usually those on the outside edges brown more quickly). Flip remaining crackers, and bake another 8 minutes or until crispy.

Yield: 6 servings (serving size: 9 crackers)

### Recipe Notes:

For a sweet-tasting cracker, add 1 teaspoon cinnamon.

## Crunchy Kale Chips

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

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.

### Recipe Notes:

- Use 1/2 teaspoon Taco Seasoning or chili powder instead of garlic powder; omit salt.
- Store unused portions in an air-tight container. To reheat, place in a 400-degree oven for about 5 minutes to make crispy.