

# COOKBOOK

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Daniel Fast

21 DAYS OF PRAYER AND FASTING

# Introduction

We have done the Daniel Fast as a Church family for several years to start the New Year. In the past we have done a one day total fast and a three day fast drinking only liquids. We even tried a seven day, liquids only fast!

The Daniel Fast was appealing because almost everyone can participate. Although fasting is an important spiritual discipline, few Christians practice it. Why? Because we get weak, cranky, impatient, short with others and well, hungry! Fasting doesn't suit the American Christian lifestyle, BUT JESUS EXPECTS US TO FAST!

Even the word itself conjures up negative emotions. When I suggest it, I can see people's eyes glaze over and even though I can't read their thoughts, they are deciding right then not to participate. Please don't let that be you. Instead, ask God to help you participate at some level.

**With the Daniel Fast we can modify our eating habits in order to focus on spiritual disciplines like Scripture reading and meditation, prayer, and silence before God.** The time we spend going out to eat or preparing huge meals is replaced by simple meals. **A fast that is partial or complete reminds us that our stomach is not our God. It humbles us.** The Bible says: "I humbled myself with fasting"... Psalm 35:13. My knees are weak through fasting, and my flesh is feeble from lack of fatness. Psalm 109:24 (NKJV)

Who wants to be weak, feeble, cranky, and hungry? Questions always arise, "What does fasting accomplish? Is it a way to spiritually twist God's arm to get Him to do what He wouldn't normally do?" Isn't it God's grace that is most important?

Jesus didn't command fasting, but He did expect us to practice it. Consider, Matthew 6:16-17 "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face." He said 'when' not if.

Fasting was a way of life for all the men and women of faith in the Bible. Anna, a widow, served God with 'fastings and prayers day and night' (Luke 2:36-38). Daniel, from whom we get the name of the fast, fasted for twenty-one days as recorded in Chapter 10. That's where we get the length of the fast. In Chapter one, Daniel ate only vegetables and things that grow naturally like beans, nuts, fruit, etc. We would say, "no processed food". That is where we get the diet.

But the real reason is not the food, the diet, the restrictions, weight loss - **it is drawing close to God, seeking Him with our whole heart!** Reading His word. Praying. Interceding for others. Humbling ourselves before Him. Make no mistake, God does respond! **Great breakthroughs happen when God's people pray.** And when we fast, He hears! So as your pastor, let me encourage you to participate at some level. You may even want to consider ABSTAINING from TV, social media, video games, or eating out. You will have to rearrange your schedule a little bit. Change your plans, your lunch appointments, etc., BUT IT IS WORTH IT!

As a Church, we are seeking the Lord as we start 2023. We want to see Him work through us! We want to see many people come to Christ this New Year. We are also seeking God for God Himself. Even if we receive nothing 'tangible'. We seek Him!

Sincerely,  
Pastor Jonthan Cooper

# *What is the Daniel Fast?*

The Daniel Fast is a healthy, 21-day fast, based on the Old Testament story of Daniel, who rejected the king's rich food in order to honor God's best for him and his friends. Daniel was a young Israelite carried into captivity when the Babylonians invaded Israel. The Babylonian king, Nebuchadnezzar, decided to train the best and the brightest of these captives so they could be placed in positions of authority within the government.

King Nebuchadnezzar instituted a three-year training program and while they were being trained, the young captives were to be fed the same food found on the royal table. But Daniel knew this wouldn't be a healthy diet, so he asked that he and three of his friends be allowed to eat healthier, and at the end of ten days, they looked better and were more robust than those who ate the king's menu (Daniel 1:1-21).

Daniel's request was not about a diet plan; rather, he understood God wanted him to live a healthy lifestyle so he could serve God no matter where he was located. Healthy living requires faith as the foundation, trusting that God's way is the best way, while following his prescription for your health.

"At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. So, the guard took away their choice food and the wine they were to drink and gave them vegetables instead." Daniel 1:15-16

# Devotions

## ■ Day 1

*Scripture for meditation:*

"Now set your heart and your soul to seek the LORD your God." 1 Chronicles 22:19

*Thought:*

Set your heart (Hebrew: Nathan) This word 'set' means "to give". When you set your heart to seek the Lord you are giving your heart, yourself, wholly, completely to Him. What a great way to start Day 1 of praying and fasting. Seek the Lord!

*Prayer:*

Lord I give my heart and soul completely to You. I seek You without reservation!

## ■ Day 2

*Scripture for meditation:*

"O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water." Psalm 63:1

*Thought:*

We can go to the faucet or frig any time for a drink. For the Psalmist and much of today's world water is a precious commodity. The verse above talks about a spiritual thirst that we need to have for God.

*Prayer:*

God, I want to be thirsty for you. Let me come to Jesus today and drink! ... Jesus stood and cried out, saying, "If anyone thirsts, let him come to Me and drink. John 7:37 Let me find in You my satisfaction.

## ■ Day 3

*Scripture for meditation:*

"Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed." Mark 1:35

*Thought:*

We always seem to be in a hurry. There is so much noise; so many distractions. If we are going to hear God clearly we have to get into a place of solitude and silence. We must make the effort to have a quiet time and quiet place with our Father like Jesus did.

*Prayer:*

God give me the desire to spend quality time with You in a place free from distractions and noise. Let me hear Your still, small voice.

## ■ Day 4

*Scripture for meditation:*

If you memorize Scripture regularly the Holy Spirit will use those verses to speak to you. You will also be able to meditate on Scripture whether you have your Bible or not. I know

# Devotions

you always have your phone.

Take some time tonight to learn a verse of Scripture before you go to bed. Repeat it over and over out loud. Write it out several times. There are many good tips online for memorizing Scripture.

## ■ Day 5

*Scripture for meditation:*

"But it is good for me to draw near to God; I have put my trust in the Lord GOD, that I may declare all Your works." Psalm 73:28 (NKJV)

*Thought:*

Drawing near is a prerequisite for declaring His works (witnessing).

*Prayer:*

God let my seeking result in bearing witness to Your grace. Let me share Jesus with people this new year.

## ■ Day 6

*Scripture for meditation:*

"And you will seek Me and find Me, when you search for Me with all your heart. I will be found by you, says the Lord." Jeremiah 29:13-14

*Thought:*

Am I seeking the Lord but not with 'my whole heart?'

*Prayer:*

God, increase my passion for You. Give me whole-hearted devotion.

## ■ Day 7

*Scripture for meditation:*

"The LORD is good to those who wait for Him, to the soul who seeks Him." Lamentations 3:25

*Thought:*

I have not always been a 'dog person.' I am now; our daughter's dog Roscko has won our heart. I have learned to watch his eyes. They never look away from Jessica. He will wait until she gives him a treat or throws the ball. **Amazing patience!** I seem to want to be 'good' to him.

Waiting involves humility, trust, and confidence that God will hear even though He may be silent. Don't quit seeking Him.

*Prayer:*

God, let me trust You even when you don't answer my prayer right away.

# Devotions

## ■ Day 8

Fasting can make a huge difference. Combining prayer with fasting is powerful. Here are a few prayers that help me. Pray them as you begin your day. They are taken from Scripture. Look up the verse and make it your prayer.

- + Lead me today by Your Word and don't let any sin control me. Psalm 119:133
- + Give me the words and freedom to speak your truth to others today. Ephesians 6:19-20
- + Open the hearts of people to believe the good news. Acts 16:14

## ■ Day 9

If you have been depressed or discouraged for a long time it becomes hard to believe your situation will change. Read Psalm 126 today and ask God to deliver you and make you dream again!

Notice some of the things that result from being delivered from captivity:

Dreaming  
Laughing  
Singing  
Witnessing

## ■ Day 10

Depression is very common. The Bible gives us insight as to where it comes from. Read and meditate on the following verse:

Proverbs 12:25 (NKJV)

"Anxiety in the heart of man causes depression, but a good word makes it glad."

Worry causes depression. Good news brightens things up. Words of encouragement make people glad. Try to speak an encouraging word to someone today. Meditate on the following verses too:

Isaiah 50:4  
Psalm 94:19  
1 Peter 5:6-7

## ■ Day 11

The Bible app YouVersion is one of the most popular apps in the world. (To date, it's been downloaded to more than 350 million devices!) Isaiah 41:10 is often the most searched for verse in the Bible.

Isaiah 41:10 (NKJV)

Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.

What a great promise! Jesus promises to always be with us. He lives in us. We have His life! Meditate on the truths in this verse today. Thank God for His promises!

# Devotions

## ■ Day 12

We are over half way through the Daniel Fast. How are you doing? Are you sticking to your plan? Here are some suggestions if you are getting weary. Here is some encouragement for those who are missing chocolate or desserts like I am!

1. Listen to your favorite worship songs.
2. Listen to a dramatized version of the Bible.
3. Call up a friend and ask them to pray with you.
4. Think: "I am blessed to be able to seek the Lord; I am His child."

Action step: Make a list of all the blessings God has given you in 2023 ALREADY. Ask Him to remind you of past blessings. If 2023 has already been hard, thank Him anyway.

## ■ Day 13

Do you ever feel like you are not making much progress? One of my favorite stories from Scripture is the feeding of the 5,000. It is recorded in all four gospels. Jesus had miraculously fed the multitude and the people wanted to force Him to become their king. He left to pray and the disciples started across the sea in a boat.

They were rowing against the wind. They weren't making much progress. Jesus sees them. Here is Mark's record:

Mark 6:47-48 (NKJV)

47Now when evening came, the boat was in the middle of the sea; and He was alone on the land.

48Then He saw them straining at rowing, for the wind was against them. Now about the fourth watch of the night He came to them, walking on the sea, and would have passed them by.

Jesus sees you straining and getting nowhere. **See Him! Don't let Him pass by...**

## ■ Day 14

Spend some time today praying for other people. Make a list of those who are on your heart. Begin to intercede for them. Mention their names to God.

Intercession puts you before God on behalf of someone else. He is looking for intercessors. You stand in the gap. You may be the only person praying for your friend. Here are some verses to meditate on.

1 Timothy 2:1

Romans 8:26-27

Isaiah 59:16

Ezekiel 22:30

# Devotions

## ■ Day 15

Before Jesus ascended to heaven He instructed the disciples to make disciples of all nations. Read the following Scriptures and fill in the key thought from each gospel writer. Then pray for the people you know who need Jesus.

+ Matthew 18:18-20

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+ Mark 16:15-16

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+ Luke 24:46-48

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+ John 21:21-22

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## ■ Day 16

Has the Lord ever used you to lead someone to Jesus? What if each one of us lead someone to Christ this year! Make a prayer list of people who need Jesus from day 15. List their names below. Spend time in prayer for them. If you don't know any lost people then pray God will lead you to some!

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## ■ Day 17

The following are prayer requests for the lost from Scripture. Spend some time reading the texts and praying the sample prayers.

[John 6:44] Father, in the Name of Jesus I pray that you would draw ----- to you.

[2 Cor. 4:4] Father, block Satan's influence in ----- and open his eyes.

[Romans 6:23] Father, I pray that ----- would receive the free gift of eternal life.

[John 8:24] Jesus, I pray that ----- would not die in their sins, but would be saved.

[Eph. 2:8-9] Lord God, grant genuine faith to ----- and help them trust Jesus.

[Luke 19:10] Lord Jesus, You said that you came to seek and save the lost. Please seek -----.

[2 Cor. 6:2] Lord, stir up ----- out of complacency and indifference.

## ■ Day 18

Has the Lord convicted you of any changes you need to make for this year? Sins you should forsake? Things you should do? List them below and ask Him to help you remain faithful this year. Meditate on the verse below about faithfulness.

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# Devotions

"Most men will proclaim each his own goodness, but who can find a faithful man?" Proverbs 20:6 (NKJV)

Be that faithful man or woman this year!

## ■ Day 19

Temptations are bound to come this year. Below are some verses to help you overcome them. Read them and thank the Lord for victory over them.

1 Cor. 10:13 2 Thess. 3:3 Matthew 6:13      Matthew 26:41  
James 1:12 2 Peter 2:9 Hebrews 2:18

Action step: Memorize at least one of these verses. Pray it back to the Lord. Use it this year.

## ■ Day 20

This is the second to last day of the Daniel fast. You have almost made it through! List some things below that you have learned while on this fast. Put a check mark beside the ones you want to continue doing throughout the year.

Reading the Bible each day ✓		

## ■ Day 21

This is our final day. Spend some time thanking the Lord. Thank Him in advance for all that He will do through you this new year.

Spend some time praying for your Church and all of God's local churches in the world. Pray that His kingdom would come and His will would be done in each one of them.

We are part of the Body of Christ. Some believers are being persecuted for their faith as you read this last devotional. Spend some time today and throughout the year praying for the persecuted Church worldwide and for those who are lost.

Thank you for joining us in seeking the Lord through the Daniel Fast!

# Food List

Try not to get too hung up on what you should and shouldn't eat. The most important part of the Daniel Fast is that you deny yourself physically so that you may seek the Lord in prayer and grow closer to Him. Your fast may look a little different than someone else's, and that's fine. Some people may need to be stricter than others in their food choices so that their fast is a sacrifice for them. These food guidelines are meant to be just that – a guide. They are given to help you create boundaries for your fast.

## Foods to Enjoy on the Daniel Fast

**All fruit** – fresh, frozen, dried, juiced, or canned. Fruits include, but are not limited to:

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Boysenberries
- Cantaloupe
- Cherries
- Cranberries
- Figs
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Kiwi
- Lemons
- Limes
- Mangos
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Pineapples
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangelos
- Tangerines
- Watermelon

**All vegetables** – fresh, frozen, dried, juiced, or canned.

- Artichokes
- Asparagus
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chili Peppers
- Collard Greens
- Corn
- Cucumbers
- Eggplant
- Garlic
- Ginger Root
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard Greens
- Okra
- Onions
- Parsley
- Potatoes
- Radishes
- Rutabagas
- Scallions
- Spinach
- Sprouts
- Squash
- Tomatoes
- Turnips

# Food List

Watercress

Yams

Zucchini

If you are not allergic to soy, veggie burgers are also an option.

## All whole grains

Amaranth

Barley

Brown rice

Grits

Millet

Oats

Popcorn

Rice Cakes

Quinoa

Whole Wheat

## All nuts & seeds

Almond Butter

Almonds

Cashews

Macadamia nuts

Nut Butter

Peanuts

Pecans

Pine nuts

Pumpkin seeds

Sesame seeds

Sunflower seeds

Walnuts

## All legumes – canned or dried

Black beans

Black eyed peas

Cannellini beans

Garbanzo beans (chickpeas)

Great northern beans

Kidney beans

Lentils

Pinto beans

Split peas

## All quality oils

Avocado

Coconut

Grapeseed

Olive

Peanut

Sesame

Walnut

## Beverages

Distilled water

Filtered water

Spring water

## Other Foods

Coconut milk

Herbs

Pepper

Rice milk

Salt

Seasonings

Spices

Soy milk

Soy products

Tofu

Unsweetened almond milk

Unsweetened coconut flakes

# Food List

## Foods to Avoid on the Daniel Fast

### All meat & animal products

Bacon  
Beef  
Buffalo  
Eggs  
Fish  
Lamb  
Pork  
Poultry

### All dairy products

Butter  
Cheese  
Cream  
Eggs  
Milk  
Yogurt

### All sweeteners

Agave nectar  
Artificial sweeteners  
Brown rice syrup  
Cane juice  
Honey  
Molasses  
Raw sugar  
Stevia  
Sugar  
Syrups

### All leavened bread & yeast

– baked goods and Ezekiel bread (if it contains yeast and honey).

### All refined & processed food products

– artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.

### All deep-fried foods

– corn chips, French fries, and potato chips.

**All solid fats** – lard, margarine, and shortening.

**Beverages** – alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.

### Healthy Snacking

The following is a list of healthy snack options. All of the snacks are combination snacks, including a protein, fat and/or fiber food with a carbohydrate food.

- Nuts, such as pecans, almonds, cashews and a piece of fruit/veggies
- Guacamole (no added preservatives other than citrus like lemon/lime) with sliced veggies
- Nut butters with fruit or veggies
- Hummus with sliced veggies
- Fruit salad (no added sugar)
- Oatmeal with nuts
- Fruit smoothie
- Bean dip and veggies
- Olives and crunchy chickpeas (chickpeas are roasted and seasoned in oven until crunchy)
- Apples or Pears

# ***Vegetable Cabbage Soup from Delish***



## **Shopping List**

2 tbsp. extra-virgin olive oil  
1 large onion, chopped  
2 carrots, chopped  
2 stalks celery, minced  
1/2 tsp. chili powder  
Kosher salt  
Freshly ground black pepper  
1 (15-oz.) can white beans, drained and rinsed  
2 cloves garlic, minced  
1 tsp. thyme leaves

4 c. vegetable broth (See page 37)  
2 c. water  
1/2 large head cabbage, chopped  
1 (15-oz.) can chopped fire-roasted tomatoes  
Pinch red pepper flakes  
2 tbsp. freshly chopped parsley, plus more  
for garnish



## **Directions**

1. In a large pot (or dutch oven) over medium heat, heat olive oil. Add onion, carrots, and celery, and season with salt, pepper, and chili powder. Cook, stirring often, until vegetables are soft, 5 to 6 minutes. Stir in beans, garlic, and thyme and cook until garlic is fragrant, about 30 seconds. Add broth and water, and bring to a simmer.
2. Stir in tomatoes and cabbage and simmer until cabbage is wilted, about 6 minutes.
3. Remove from heat and stir in red pepper flakes, and parsley. Season to taste with salt and pepper. Garnish with more parsley, if using.





# Spaghetti Squash

30-60  
Minutes  
PREP TIME



## Shopping List

1 medium spaghetti squash

### Basil-Walnut Cream Sauce:

From [Ultimate Daniel Fast](#)

1 cup unsweetened almond milk  
1 cup walnuts  
1 cup fresh basil leaves, lightly packed (about 10-12 large leaves)  
½ cup fresh parsley, lightly packed  
2 cloves garlic, minced  
¼ teaspoon salt  
1/8 teaspoon pepper

### Tomato Sauce:

2 tablespoons olive oil  
1 onion, diced  
4 cloves garlic, minced  
1 red bell pepper, diced  
1 yellow bell pepper, diced  
salt and pepper to taste  
28 oz can of crushed tomatoes  
2 tablespoons chopped fresh basil



## Directions

1. Preheat the oven to 400°F. Slice the squash in half. Scoop out the seeds. Place the squash halves cut-side down in a roasting pan or 9x13-inch baking dish. Pour in a little water (optional). Roast the squash for 30 to 45 minutes. Use a fork to gently pull the squash flesh from the peel and to separate the flesh into strands. The strands wrap around the squash horizontally — rake your fork in the same direction as the strands to make the longest "noodles."
2. To make the tomato sauce: Heat the olive oil in a 12-inch (30-cm) oven-safe pan over medium high heat. Sauté the onion, garlic, and bell peppers until soft, about 10 minutes. Season with salt and pepper, then add the crushed tomatoes. Stir until the ingredients are fully incorporated. Remove from heat, then add the basil.
3. To make the cream sauce: Place all ingredients in a food processor or blender. Process 15-20 seconds or until smooth (less time if you prefer a chunkier texture). Heat in a small saucépan over medium to low heat; do not boil. Cook 10-15 minutes, stirring occasionally.





# Spinach Artichoke Dip

From [Ultimate Daniel Fast](#)

Serve with whole grain flat bread (see page 28) or fresh veggies. Tofu is a substitute for cream cheese, mayonnaise, and Parmesan cheese. Another substitute that is Daniel Fast friendly that will produce the same texture is pureed great northern beans or chickpeas.



## Shopping List

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



## Directions

**1.** 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.

**2.** 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.

# ***Sautéed Potato & Eggplants from China Sichuan Food***

25  
Minutes



## **Shopping List**

- 2 long eggplants
- 1/4 cup cornstarch for coating
- 1 potatoes , cut into thick slices
- 1 green pepper , cut into small pieces
- 1 green onion , chopped
- 2 garlic cloves , chopped
- oil for frying

### **Sauce**

- 2 tbsp. light soy sauce
- 1/4 tsp. sugar
- 1/4 tsp. salt
- 1/2 tbsp. dark soy sauce
- 1 tsp. cornstarch
- 3 tbsp. water



## **Directions**

1. Soak the eggplant in slightly salted water for 15 minutes. Drain completely and then coat evenly with a thin layer of cornstarch.

2. In a small bowl, mix all of the stir-frying sauce together.

3. Heat oil in wok. Add potatoes and fry until well cooked. Add eggplant and gently fry. Add green pepper for 10 seconds. Remove.

4. Fry green onion and garlic until aromatic. Add the sauce. Bring to a boil.. Add potatoes, green pepper and eggplants. Fry until each piece is well coated.

5. Serve hot with steamed rice.

# Bok Choy & Mushrooms

15  
Minutes  
PREP TIME



## Shopping List

- 250 g bok choy, clean and break into smaller pieces
- 2 tbsp. vegetable oil, divided
- 4 shitake mushrooms, sliced
- 3 garlic cloves, finely sliced
- 1/2 tsp. salt



## Directions

- Heat around 1 tablespoon of cooking oil in wok or large sautee pan and fry garlic and mushroom slices for around 1 minute until garlic turns aromatic and the mushrooms become soft.
- Add the bok choy. Drizzle another 1/2 tablespoon of cooking oil along the wok edge. Fry for around 1 minute until well cooked.
- Add salt and the remaining 1/2 tablespoon of oil. Mix well and serve hot.

From China Sichuan Food

# Spicy and Sour Shredded Potatoes

15 - 20  
Minutes  
PREP TIME

From China Sichuan Food

## Shopping List

- 1 large potato (white or yellow)
- 2-4 dry chili peppers, cut into small shreds
- 1 teaspoon Sichuan peppercorns
- $\frac{1}{2}$  tablespoon light soy sauce
- 2 garlic cloves, minced
- 1 tablespoon vegetable cooking oil
- Chopped spring onion and coriander

Use the shredder attachment on a food processor to cut potatoes. Soak the shredded potatoes in clean water for around 10 minutes before frying to remove extra starch in the potatoes, making the shreds less sticky during the stir-fry process. Remember to drain them before frying. Since acetic acid has strong volatility, in order to keep this dish sour, the vinegar should be added at the very end of the stir-frying process.

## Directions

1. Wash potatoes and cut into shreds of similar size. Prepare a clean bowl with clean water and soak the shredded potatoes in water for 10 minutes.

2. Drain shredded potatoes and set aside. Heat oil in pan, then put in chili red pepper and Sichuan pepper, frying until aromatic and then add the garlic.

3. Add drained potato shreds, quick stir-fry until the potato shreds become soft. Add soy sauce and black vinegar. Mix evenly. Garnish with spring onion and coriander if desired.





# Chili Oil

Adapted from *The Woks of Life* and *Bon Appetit*.

Chili oil goes on everything, as an ingredient, a condiment, a salad dressing (sort of), and is great over rice, noodle dishes, and in salads.

The numbing effect of Sichuan peppercorns and the intense heat of dried chilies make this super hot, so use sparingly.

While you can buy chili oil in most Asian supermarkets, it's really quite easy to make yourself, and far tastier. (Ingredients can be found at Asian supermarkets or ordered online.)



## Shopping List

- 1½ cups canola oil
- 5 star anise
- 1 cinnamon stick
- 2 bay leaves
- 3 tablespoons Sichuan peppercorns
- ¾ cup Asian crushed red pepper flakes
- 1 ½ teaspoons salt (to taste)



## Directions

1. Heat the oil, star anise, cinnamon stick, bay leaves, and Sichuan peppercorns in a small saucepan over medium high heat. When the oil starts to bubble slightly, turn the heat down to medium or low heat. The ideal heat should be about 225 to 250 degrees F so as not to burn the oil and spices. Caution that the oil and spices can burn really easily so it is best to get a candy thermometer to monitor the oil temperature.
2. Let the oil cook for 30 minutes like this. If you start to see that slight bubbling die down, periodically turn the heat back up to mediumhigh, then back down to low if it gets too hot.
3. When the oil is done cooking, the seeds and pods should be darker in color, but not blackened (that means they burned, which results in subpar chili oil). Let the oil cool for 5 minutes. In a separate heatproof bowl, measure out the crushed red pepper flakes and salt.
4. Remove the aromatics from the oil. Slowly pour the oil over the chili flakes, and stir well. When completely cooled, transfer to a jar, and store in the refrigerator. The oil will keep for up to 6 months when stored this way (always remember to use a clean spoon to dip into the jar!)



# RATATOUILLE

From [Tasty](#)

## VEGGIES

2 eggplants  
6 roma tomatoes  
2 yellow squashes  
2 zucchinis

## SAUCE

2 tablespoons olive oil  
1 onion, diced  
4 cloves garlic, minced  
1 red bell pepper, diced  
1 yellow bell pepper, diced  
salt, to taste  
pepper, to taste  
28 oz can of crushed tomatoes  
2 tablespoons chopped fresh basil, from 8-10 leaves

## HERB SEASONING

2 tablespoons chopped fresh basil, from 8-10 leaves  
1 teaspoon garlic, minced  
2 tablespoons Chopped fresh parsley  
2 teaspoons fresh thyme  
salt and pepper to taste  
4 tablespoons olive oil

## TIPS

When shopping for your vegetables, pick produce roughly the same size so your slices will be even. If one vegetable's slices are too big, you can cut it in halves or quarters and lay them curved side up and no one will know!

Serves 8



## Directions

1. Preheat the oven for 375°F
2. Slice the eggplant, tomatoes, squash, and zucchini into approximately  $\frac{1}{16}$ -inch (1-mm) rounds, then set aside.
3. Make the sauce: Heat the olive oil in a 12-inch (30-cm) oven-safe pan over mediumhigh heat. Sauté the onion, garlic, and bell peppers until soft, about 10 minutes. Season with salt and pepper, then add the crushed tomatoes. Stir until the ingredients are fully incorporated. Remove from heat, then add the basil. Stir once more, then smooth the surface of the sauce with a spatula.
4. Arrange the sliced veggies in alternating patterns, (for example, eggplant, tomato, squash, zucchini) on top of the sauce from the outer edge to the middle of the pan. Season with salt and pepper. Cover the pan with foil and bake for 40 minutes. Uncover, then bake for another 20 minutes, until the vegetables are softened.
5. Mix herb seasoning ingredients and pour over the cooked ratatouille.
6. Serve while hot as a main dish or side. The ratatouille is also excellent the next day-- cover with foil and reheat in a 350°F oven for 15 minutes, or simply microwave to desired temperature.



# Plantain Chips

From [Ultimate Daniel Fast](#)

A plantain looks like a banana, but it's usually longer and has thicker skin. Although plantains are a fruit, they're generally prepared like a vegetable and are stewed, fried, boiled, mashed, or grilled.

- Green plantains are yellow or pink inside and are often used in side dishes.
- Yellow plantains have brown or black spots and have a sweet taste and firm texture.
- Black plantains are soft and fully ripened.

Plantains are high in vitamin A, potassium and fiber, and are low in sodium. They're also a good source of the B-complex vitamins.



## Shopping List

- 2 green plantains
- $\frac{1}{4}$  teaspoon cinnamon
- 2 teaspoons extra-virgin coconut oil, melted
- $\frac{1}{2}$  teaspoon salt



## Directions

1. Preheat oven to 400 degrees. Line an 11 x 17-inch baking sheet with parchment paper.
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  $\frac{1}{4}$ " slices (should make about 3 cups).
3. In a large bowl, add plantain chips, coconut oil, salt, and cinnamon. Stir well to coat.
4. Place plantain chips on the baking sheet in rows. Cook 15 minutes. Flip, and then bake another 10-15 minutes. Serve immediately.

# Potstickers

From *The Woks of Life*

3 Hours  
20 Minutes



## Shopping List

### Whole Wheat Dumpling Wrappers:

- 2 cups whole wheat flour + more for rolling
- 1 cup boiling water

### For the Filling:

- 3 tablespoons oil, plus  $\frac{1}{4}$  cup
- 1 tablespoon minced ginger
- 1 large onion, chopped
- 2 cups shiitake mushrooms, chopped
- 1½ cups cabbage, finely shredded
- 1½ cups carrot, finely shredded
- 1 cup garlic chives, finely chopped
- ½ teaspoon white pepper
- 2 teaspoons sesame oil
- 3 tablespoons apple cider vinegar
- 2 tablespoons soy sauce



## Directions

1. Start by making the dough for the dumpling wrappers. Put the flour in a large mixing bowl. Gradually add the water to the flour and knead into a smooth dough. This process should take about 10 minutes. Cover with a damp cloth and let the dough rest for an hour.

2. In a wok or large skillet over medium high heat, add 3 tablespoons oil and add the ginger. Cook for 30 seconds, until fragrant. Add the onions and stir fry until translucent.

3. Add the chopped mushrooms and stir fry for another 35 minutes, until the mushrooms are tender and any liquid released by the mushrooms has cooked off.

4. Add the cabbage and carrots and stir fry for another 2 minutes, until the veggies are tender and all the liquid released has been cooked off. Transfer the vegetable mixture to a large mixing bowl and allow to cool.

5. To the bowl, add the chopped chives, white pepper, sesame oil, apple cider vinegar, soy sauce and stir in the last  $\frac{1}{4}$  cup of oil.

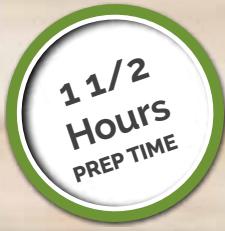
6. To assemble the dumplings, cut the dough into small tablespoonsized pieces. Roll each out into a circle, and pleat the dumplings.

7. To cook the dumplings, steam them or pan fry them. To steam, put the dumplings in a steamer lined with a bamboo mat, cabbage leaf, or cheese cloth, and steam for 15-20 minutes.

8. To pan fry, heat 2 tablespoons oil in a nonstick pan over medium high heat. Place the dumplings in the pan and allow to fry for 2 minutes. Pour a thin layer of water into the pan, cover, and reduce heat to medium low.

Allow dumplings to steam until the water has evaporated. Remove the cover, increase heat to medium high and allow to fry for a few more minutes, until the bottoms of the dumplings are golden brown and crisp.

9. Serve with soy sauce, or chili sauce.



# Date Spread

From [Ultimate Daniel Fast](#)

Following are three of the most popular dates: a) Medjool – largest, sweetest date that is soft and tender, 2) Deglet Noor – semi-dry chewy "bread" date with a nutty flavor; not as sweet as other dates; smaller than the Medjool, and 3) Pakistani – semi-dry date that is very similar to the Deglet Noor, but is slightly smaller.

Spread on one side of apple slices. Serve as is, or press into chopped pecans or shredded coconut or both. Try it with sliced bananas or pears or on Banana Pops (see Page 26).



## Shopping List

- 1 cup pitted dates (about 6-8 Medjool or 18-20 Deglet Noor)
- 1 cup water
- $\frac{1}{2}$  teaspoon cinnamon



## Directions

**1.** Pour dates and water into a small saucepan, making sure dates are completely covered (add additional water if necessary). Bring to a boil over high heat. Reduce heat to low and simmer 45-60 minutes or until dates are very soft and broken down.

**2.** Remove from heat, and allow to cool slightly for about 15 minutes. Pour mixture (including liquid) into a blender or food processor and puree until completely smooth. Sprinkle in cinnamon and stir well. Store in a sealed container in refrigerator.

# Banana Pops

2  
Hours  
PREP TIME



From [Ultimate Daniel Fast](#)

Other toppings ideas are chia seeds, dried fruit, hemp seeds, nut butter, and sunflower seeds. To cut down on the natural sugar content of this recipe, use half the amount of Date Spread.



## Shopping List

- 4 medium bananas (7-8 inches long), peeled and halved
- 8 wooden popsicle sticks
- $\frac{1}{2}$  cup Date Spread (see page 25)
- $\frac{1}{2}$  cup chopped nuts (almonds, pecans, walnuts, etc.)
- 2  $\frac{1}{2}$  tablespoons unsweetened shredded coconut



## Directions

1. Line an 11 x 17-inch baking sheet with parchment or wax paper. Insert a popsicle stick into one end of every banana half. Place bananas on sheet so they're not touching, and put in freezer. Freeze at least two hours or until firm.
2. Remove pops from freezer. Using a butter knife, spread a thin layer of Date Honey on all sides of each banana piece.







# Flat Bread

From [Ultimate Daniel Fast](#)

Flaxseed meal is a powder made from ground flaxseeds. It can be found in health food stores and some grocery stores. Instead of buying flaxseed meal, you can also grind whole flaxseeds at home by using a coffee or seed grinder.

Serve with Spinach Artichoke Dip (see page 15), hummus, or as a pizza crust.



## Shopping List

- 2 1/2 cups whole grain flour (brown rice, spelt, whole wheat, etc.)
- 2 tablespoons flaxseed meal (optional)
- 1 teaspoon dried crushed rosemary
- 1 teaspoon salt
- 1 cup warm water
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon dried basil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried parsley



## Directions

1. Mix flour, flaxseed meal, rosemary, salt, and water in a food processor until dough forms a ball. Turn dough onto a floured work surface, and knead for 5 minutes. Transfer to a bowl, and cover tightly with plastic wrap. Let dough rest at room temperature 30-60 minutes.
2. Preheat oven to 400 degrees. Roll dough out to 1/4-inch thickness to cover an oiled 11 x 17-inch baking sheet. With a fork, poke holes all across dough.
3. Mix olive oil, basil, and garlic powder in a small bowl, and stir well. Use a basting brush to spread oil mixture across dough. Score (make shallow cuts without separating into pieces) with a knife into 12 (3 x 3 1/2-inch) squares with a knife.
4. Bake 15-20 minutes or until slightly crispy, and remove from oven. Let cool on baking sheet 10 minutes before cutting and serving.

Yield: 4 servings (serving size: 2 pieces)

# Vegetarian Ceviche Dip

From [April GoLightly](#)

Ceviche is a Latin American dish traditionally served as a seafood dish appetizer. Ceviche is now a popular international dish prepared in a variety of ways throughout the Americas, reaching the United States in the 1980's.



## Shopping List

- 1/4 Cup Fresh Cilantro
- 1/4 Cup Lime Juice
- 1 Vine Ripened Tomato
- 1 Jar Grilled Artichokes (9.9 Ounces jar) Drained
- 1 Haas Avocado
- 1/2 Cup Frozen Corn
- 1/2 Cup Red Onions
- 1/2 cup Light Olive Oil
- 1 Tablespoon Salt



## Directions

1. Drain artichokes and chop them into 3 pieces. Chop the vine ripened tomato. Chop up the cilantro. Chop up the onions into tiny pieces. Peel and seed the avocado. Chop up the avocado.
2. Mix together all ingredients into a large bowl.
3. Refrigerate covered for minimum of 2 hours. Serve with flatbread (see page 28).

30-60  
Minutes  
PREP TIME



# Jelly Noodles

From **China Sichuan Food**

You'll get just a trace of protein and no sugar or fat from 1 cup of cooked jelly (or glass) noodles. This portion has 190 calories, which all come from carbohydrates in the form of starch. Because starch is a complex carb, it's a good source of fuel for your body.

## Ingredients

### JELLY NOODLES

1 cup Mung bean starch, around 120g  
4.5 cup water, divided

### SAUCE

2 tbsp. Szechuan style chili oil (See page 20)  
2 tbsp. light soy sauce  
1 tbsp. sesame oil  
1/4 tsp. salt  
2 garlic cloves, minced  
1 tbsp. vegetable oil  
1 tbsp. minced green onion  
1 tbsp. minced coriander





## Directions

1. Mix the mung bean starch with 1 cup of water.
2. Bring the rest of the water to a boil, then reduce to a simmer.
3. Stir in the mung bean flour mixture and cook until it turns translucent and is of a starchy consistency.
4. Pour into a mold such as a square airtight container and allow to cool completely in refrigerator for 1 - 1 1/2 hours. It should set like Jell-O.
5. Heat oil in a pan, then saute the minced garlic. Add the remaining sauce ingredients, mix well and remove from heat.
6. Serve noodles with sauce, spring onion and fresh coriander.





# Amaranth Pilaf

From Clean Eating Magazine January/February 2010



30-60  
Minutes  
PREP TIME

## Shopping List

- 1 tsp olive oil
- 1 medium onion, finely diced
- $\frac{1}{2}$  tsp each chile powder and paprika
- 2 cups veggie stock (or low-sodium chicken stock or water)
- 2 plum tomatoes, finely diced
- 2 springs fresh thyme
- $\frac{1}{4}$  tsp saffron threads (optional)
- $\frac{1}{2}$  tsp sea salt (adjust to taste)
- Pinch each fresh ground black pepper and cayenne pepper
- 1 cup amaranth



## Directions

1. Heat oil in a medium saucepan over medium-high heat. Add onion and sauté until translucent, about 2 to 3 minutes. Add chili powder and paprika and stir to coat onions.
2. Add stock, tomatoes, thyme, saffron (if desired), salt and back and cayenne peppers. Bring to a boil. Stir in amaranth, bring back to a boil, then reduce heat to medium-low and simmer, uncovered, for 20 minutes or until all liquid is absorbed.
3. Remove from heat and allow to rest for 2 to 3 minutes. Stir once, remove thyme sprigs and serve immediately.

**Note: Amaranth can be a bit of an acquired taste and texture. Unlike rice, the ancient grain is slightly sticky when prepared. So don't be alarmed when the finished product looks slightly thick, you're on the right track!**



25-30  
Minutes  
PREP TIME

# Spa Vegetable Soup

From *The Butt Book* by Tosca Reno



## Shopping List

- 3 c veggie stock (or low-sodium chicken stock if not on Daniel Fast)
- 1 carrot, peeled and diagonally sliced
- 1 c celery, diagonally sliced
- ½ c finely sliced savoy cabbage, red cabbage or spinach
- 1 c cauliflower florets
- 1 c broccoli florets
- 1 green onion, diagonally sliced
- Salt and pepper to taste



## Directions

1. In a saucepan, bring stock to a boil. Add carrot and simmer for 10 minutes.
2. Add remaining vegetables and simmer until tender, about 15 minutes. Season with salt and pepper to taste.

# Garlicky Lemon Asparagus

## Risotto *from Your Best Body Now* by Tosca Reno



### Shopping List

- 1 lb asparagus
- 2 tbsp olive oil
- ½ tbsp dairy free margarine (or substitute with cooking spray, vegetable oil or coconut oil)
- ½ c chopped shallots
- 1 c Arborio rice

- 3 cloves garlic, minced
- 1 spring fresh rosemary or 1 tsp dried
- 2 ½ cups veggie stock (or low-sodium chicken stock if not on Daniel Fast)
- 1 tbsp lemon zest
- 2 tbsp lemon juice
- ¼ c water
- Salt and pepper



### Directions

1. Prepare the asparagus by breaking off tough ends. Cut into bite-size pieces, tips longer, base shorter. Bring a saucepan with a quart of water to a boil.
2. Meanwhile, prepare a large bowl of ice water. Blanch asparagus pieces for 2 minutes, remove from saucepan with a slotted spoon and submerge in ice water until cool, about 5 minutes, reserving 1 cup of cooking water. Drain asparagus.
3. In a large saucepan or skillet, heat olive oil and butter over medium heat. Add shallots and cook for 3 minutes until translucent.

4. Add the rice, garlic and rosemary, and cook for 2 minutes more, stirring until evenly coated. Meanwhile, in a saucepan bring stock to a simmer. Add lemon zest.
5. Add lemon juice and water to shallot pan and stir slowly, allowing the rice to absorb liquid. Once liquid is almost completely absorbed, add ½ cup of stock to the rice. Continue to stir until the liquid is almost completely absorbed.
6. Repeat this process using the remaining stock until the rice is tender but still firm to the bite. You may need more or less liquid; if more use reserved asparagus water. Remove from heat. Gently stir in the asparagus. Add salt and pepper to taste. Serve immediately.

# Veggie Stock from Kitchen Scraps by Tasty

## Ingredients

- Onions (tops, bottoms and skins)
- Celery (tops and bottoms)
- Carrots (tops, bottoms and skins)
- Mushrooms (stems)
- Garlic (tops, bottoms and skins)
- Potatoes (tops, bottoms and skins)
- Parsley (stems)

You can add many other vegetable scraps (think sweet.) i.e. corn cobs, winter squash, zucchini and other squash, beet greens, fennel, chard, lettuce, parsnips, green beans, pea pods, bell peppers, eggplant, asparagus, and herbs like dill, thyme, parsley, cilantro and basil.

AVOID vegetables like brussels sprouts, broccoli or cauliflower as they will add a bitter taste to your stock.



## Directions

1. Remove tops/bottoms/skins/stems from any vegetables you are preparing and place them in a ziplock bag and put in the freezer. Continue like this until bag is full. They can stay frozen up to 6 months.
2. Dump bag into pot and fill  $\frac{3}{4}$  of the pot (or until scraps just start to float) with water.
3. Bring water to a boil and let simmer for at least 30 minutes.
4. Pour the broth through a fine mesh strainer into a large heat-proof bowl or pot; put solids aside (can compost these later).
5. Once the broth has cooled, transfer it to airtight containers. Refrigerate stock up to 4 days, or freeze up to 3 months.

# Banana-Coconut Ice Cream from Ultimate Daniel Fast



## Shopping List

- 2 (14-ounce) cans coconut milk
- 2 bananas, peeled, sliced
- $\frac{1}{4}$  cup Date Spread or 6-7 soaked dates, drained



## Directions

1. Place ingredients in a food processor or blender. Mix until smooth. Place in a covered glass bowl in freezer 5-6 hours or until firm (but not solid). If the mixture gets too hard, set it out on the kitchen counter to thaw until soft enough to serve.

### Recipe Notes:

\*If using whole dates instead of Date Spread, soak dates in  $\frac{1}{4}$  cup water. Let sit at room temperature 2 hours or until softened. Drain water and place dates in food processor with coconut milk and bananas. Process until smooth, and freeze.

\*To add a strawberry flavor, mix in 2 cups sliced strawberries.

\*Instead of 2 cans coconut milk, use only 1 can and add 1 cup of pure pineapple juice.



# Zoodles



Zucchini noodles (also known as "zoodles") are zucchini pasta that are gluten free and Daniel Fast approved. Make them using a spiralizer, julienne peeler or mandoline or try your hand at using a vegetable peeler, a knife (these will look more rustic and have a thicker bite than peeled), or a grater. Be sure to press away excess liquid and omit the soft seeded core of the zucchini to avoid soft and mushy zoodles.

Zoodles can be served raw mixed with a cold Avocado Cucumber Sauce (See Page 41) or Pesto sauce or Mediterranean style (See Page 42). If you prefer warm zoodles, just pop them in the microwave for about 30 seconds, sautee them, or boil them for one minute and top with your favorite sauce.





# *Carrot and Zucchini Pasta with Avocado Cucumber Sauce from Downshiftology*

## Ingredients

- 3 zucchini
- 2 large carrots
- micro-greens (garnish)

### AVOCADO CUCUMBER SAUCE

- 1 avocado, peeled and pitted
- 1 cucumber, peeled and sliced
- 1 lemon, juiced
- 2-3 garlic cloves
- salt and pepper, to taste

## Directions

1. Spiralize the zucchini and carrots. Then place them in a large bowl and set aside.
2. Add the remaining ingredients (except the microgreens) to a food processor. Process until smooth and creamy.
3. Pour the avocado cucumber sauce onto the carrot and zucchini pasta and toss to combine. When serving, garnish with an extra sprinkle of black pepper and a handful of micro-greens.



# *Mediterranean Zoodles with Toasted Chickpeas from Tosca Reno*

## Ingredients

- 4 cups spiralized zucchini noodles
- 1 1/2 cups baby tomatoes, cut in half
- 1 cup chopped artichoke hearts
- 3/4 cup pitted olives
- 2 cups canned chickpeas, drained and lightly toasted\*
- 1 jalapeno, chopped fine
- 4 Tbsp olive oil
- 1 lemon, juiced and zested
- 6 cloves garlic, minced
- 1/2 cup chopped fresh parsley
- Freshly ground black pepper
- 1 tsp sea salt

## Directions

Place all ingredients in decorative salad bowl. Toss lightly. Drizzle with dressing. Serve.

### **To make toasted chickpeas:**

Place rinsed and drained chickpeas in a hot, non-stick pan. Toast while shaking the pan so chickpeas don't stick. Sprinkle with 1 tsp paprika and 1 tsp turmeric. Remove from heat when lightly golden in color. Let cool.

# Sautéed Green Beans & Carrots from Clean Eating Magazine

30-60  
Minutes  
PREP TIME



## Shopping List

- 1 tsp olive oil
- 1 medium shallot, finely diced
- $\frac{3}{4}$  lb green beans, trimmed (cut in half, if very long)
- 2 medium carrots, peeled and julienned
- 1 large orange, zested and juiced, divided
- 6 to 8 sprigs fresh dill, chopped (about 2 tbsp)
- 1 to 2-inch piece horseradish root, peeled and freshly grated (about 1 tbsp) or 2 tbsp all-natural prepared horseradish
- Sea salt and fresh ground black pepper, to taste



## Directions

1. Heat oil in a large sauté pan over medium-high heat. Add shallot, beans and carrots and sauté, stirring often, about 3 to 4 minutes.
2. Add orange juice to pan and stir once, cover pan with lid and steam for about 1 to 2 minutes.
3. Remove pan from heat, add orange zest, dill and horseradish. Season with salt and pepper. Serve immediately.



# Cauliflower Crust Pizza from Tosca Reno



## Shopping List

- 1 Head cauliflower, trimmed and cut into florets
- 3/4-1 cup Almond meal
- 1 tbsp Dried sage
- 1 tbsp Dried oregano
- 1 tsp sea salt
- 3 Whole eggs, lightly beaten



## Directions

1. Place cauliflower florets in food processor in batches to process until it resembles corn meal (not fine). Dump processed cauliflower into a large prep bowl and add almond meal.

2. Rub dried sage and oregano between hands over bowl to release oils and flavor, letting drop into mixture. Add sea salt. Toss lightly with fingers to combine.

3. Create a well in the middle of the bowl and add eggs. Using hands, work mixture until it comes together in a ball. It will be a bit messy on your hands so I coat mine with oil to prevent sticking.

4. Place cauliflower dough in center of baking sheet or stone and flatten with your hands. Create a rim on the outer edges.

5. Bake for 25 to 30 minutes until crust edge is golden brown.

6. Add your favorite toppings and return to oven for 5 to 10 minutes to brown on top.

7. Remove from heat and serve.



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*"Therefore, whether you eat or drink, or whatever you do, do all to the glory of God."*

*1 Corinthians 10:31*

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