

Daniel Fast Recipes

Easy High-protein Breakfast Stir-fry for the Daniel Fast

Sometimes it can be hard coming up with good breakfasts on the Daniel Fast, especially if you are used to eggs.

1 tablespoon olive oil

1 medium onion, sliced

1/2 green pepper, chopped

1 cup firm tofu, diced in bite-sized pieces

garlic salt to taste

Italian herbs to taste

Heat a skillet over medium heat. Add oil and heat for a couple minutes. Add the onions and green peppers and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft.

Makes two servings.

This was so tasty. The tofu is about the same consistency as egg whites and it soaks up the flavors of whatever it's being cooked with. Very easy, tastes great, and lot of protein.

Daniel Fast Breakfast – Muesli

Originally developed in the late 1800's by Swiss nutritionists, museli is a delightful cereal made of whole grains, dried fruits, nuts and seeds. It's easy to make (1/2 cup museli with 1/2 cup water, bring to a boil and then simmer for 2-5 minutes).

I use Bob's Red Mill Old Country Style Museli which is an Oregon company, so I am not sure if it available all over the country (I live in Washington State). But there are other companies that make museli if you can't find Bob's.

Museli is also great as a cold cereal with soy milk or applesauce. I like mine cooked and plain, sometimes with a little soy milk.

Zoom for Breakfast on the Daniel Fast

Zoom, zoom, zoom! It's a great hot cereal that's been around for decades! Made by Krusteaz (the pancake folks), the cereal is 100% whole wheat. It's the only ingredient

I actually like this very inexpensive cereal. The box I just opened cost me \$1.68 and contains 14 servings! That's a pretty good deal in my book. After the cereal is cooked, I just scoop it into a bowl, add some raisins and sometimes a little soy milk. That's it!

You could also sweeten the Zoom with chopped up sweet apple or apple juice, apple sauce or some other fruit. You might also want to add some cinnamon.

Yummy Brown Rice and Apple Breakfast

(this is for an individual serving):

1 cup cooked brown rice
fresh apple (cut up into bite size pieces – to taste)
raisins (to taste)
1/4 teaspoon salt
1/2 teaspoon cinnamon
1 teaspoon 100% pure edible coconut oil

Mix all the ingredients together in a microwave-safe bowl (except the oil), heat for 2 minutes. Add oil, stir and Eat! It is delicious! You could probably add soy milk to this.

Potato, Tofu and Green Onion Scramble

This recipe takes some time, but it's a great breakfast meal for weekends on the Daniel Fast. You will need a blender or food processor; plus a baking dish. 1/4 cup olive oil 1 onion, finely chopped

4-5 green onions, chopped with the green and white parts separated

4 cloves garlic, minced

2 medium potatoes, shredded (or 2 cups of frozen shredded potatoes)

2 tsp. salt, divided

1/2 tsp. pepper, divided

2 lb. firm tofu

2-3 Tbsp. soy sauce, to taste

Preheat the oven to 350°F.

1. In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes.

3. Increase the heat to medium-high and add the potatoes, 1 tsp. of the salt, and 1/4 tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned.
4. Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy.
5. Pour creamy mixture and the green part of the green onions over the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan.
6. Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert onto a serving plate.

Yield: 4 Servings

Apple and Oat Porridge

Ingredients:

- 4 cups water
- 1 ½ cups oat bran (not oatmeal)
- 1 large apple - peeled/cored and chopped into very small pieces
- 1/3 cup raisins
- ½ teaspoon ground caraway seeds
- ½ teaspoon cinnamon
- ½ teaspoon salt
- Soy milk for serving (optional)

Preparation:

1. In a 2 quarts sauce pan over high heat, bring the water to a boil. Stir in the oat bran and allow water to return to a boil.
2. Reduce heat to low and cook for two minutes - stirring often.
3. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand until apple pieces soften - about 5 minutes - stirring occasionally.
4. Divide hot cereal evenly among 4 bowls. Serve with the soy milk if desired.

Yield: 4 servings

Potato and Green Onion Frittata

This recipe takes some time, but it's a great breakfast meal for weekends on the Daniel Fast. You will need a blender or food processor; plus a baking dish.

Preheat the oven to 350°F.

1/4 cup olive oil

1 onion, finely chopped

4-5 green onions, chopped with the green and white parts separated

4 cloves garlic, minced

2 medium potatoes, shredded (or 2 **cups of frozen shredded potatoes**)

2 tsp. salt, divided

1/2 tsp. pepper, divided

2 lb. firm tofu

2-3 Tbsp. soy sauce, to taste

Preparation:

1. In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes.
2. Add the garlic and heat for another 30 seconds.
3. Increase the heat to medium-high and add the potatoes, 1 tsp. of the salt, and 1/4 tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned.
4. Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy.
5. Pour creamy mixture and the green part of the green onions over the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan.
6. Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert onto a serving plate.

Yield: 4 Servings

Tofu Breakfast Scramble

Tofu is a great source of protein. In this recipe, the tofu will pick up the fresh flavors from the vegetables. This recipe is perfect for a little ketchup, but most brands have sugar in them. So using a little tomato paste is a great addition.

Ingredients:

1 box firm tofu
1 zucchini, diced small
1 tomato, diced
½ onion, diced
1 red bell pepper, diced
2 green onions, finely sliced
1 tablespoon fresh cilantro, minced
1 clove garlic, minced
Salt and pepper to taste
Tomato paste if desired

Preparation:

1. Spray pan with 100% olive oil spray
 2. Add all ingredients and fry until vegetables are soft and ready to eat.
 3. Salt and pepper to taste
- Serve with tomato paste

Tip: You can add lots of different vegetables to this recipe including broccoli, carrots, and mushrooms

Bean and Rice Casserole

Beans and rice combine to make a complete protein. So this casserole serves as an excellent source of protein during the Daniel Fast.

Preheat oven to 375

Ingredients:

1 medium onion, chopped
2 cup uncooked brown rice
1 can red kidney beans (15 1/4 - 19 oz), drained and rinsed
1 can black beans (15 1/4 - 19 oz), drained and rinsed
1 can garbanzo beans (15 1/4 - 19 oz), drained and rinsed
1 can stewed tomatoes (14 1/2 - 16 oz), drained
1 can chopped mild chilies (4 oz), drained
10 ounces frozen green peas, thawed by placing under running water
1 cup frozen corn, thawed by placing under running water

Preparation:

1. In a 5-qt Dutch oven over medium high heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.
2. Add rice; cook while stirring until porched and slightly opaque

3. Add beans, tomatoes, chilies and 3 1/2 cups of water to rice and onion in Dutch oven and bring mixture to boil.
4. Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).

Add peas and corn, adjust seasonings, and return to oven until heated through.

TORTILLA SOUP

Ingredients:

1 carrot chopped
1 celery stick chopped
1 medium onion chopped
3 garlic cloves, pressed
2 tbsp olive oil
8 c vegetable broth (the expensive kind has 2x the flavor- I found that out by accident)
4 c water
1 can of black beans (Libby's organic have no added salt, found them at Walmart)
16 oz frozen corn
1 red tomato chopped
1 yellow tomato chopped
1/4 c chopped cilantro
2-3 tsp sea salt
1 lime
6 corn tortillas (found at Trader Joes)

Directions:

Heat oil in the bottom of the pot and saute the first 4 ingredients until soft. Add everything else except the tortillas. Low boil for about 30 minutes. Add tortillas. Cook for another 10 minutes.

Serve topped with fresh chopped avocado and green onion.

Stir Fry Vegetables with Brown Rice

You will end up having a couple meals that you really enjoy and you will make over and over again during your fast. This recipe will likely be one of them! Not only is it very appetizing in its colorful presentation, but it is filling and tasty. Change the recipe to your own liking and with what you have available, but don't skimp on the vegetables as that's what makes this recipe unique and satisfying.

Ingredients:

1 tablespoon sesame oil
3 green onions, finely chopped

4 cups fresh broccoli, chopped
½ pound fresh green beans, chopped
2 carrots, peeled and sliced on diagonal
2 cloves garlic, minced
4 cups greens, chopped (kale, bok choy, spinach, collards, etc)
1 can sliced water chestnuts, drained
3 cups cooked brown rice
2 tablespoons soy sauce
1 ½ cups peas (if frozen run under water to thaw)
½ cup toasted sliced almonds

Preparation:

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.
2. Add green onions and ginger. Sauté for 5 minutes.
3. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.
6. Serve as complete meal.

Yield: four servings

Tip: Serve this dish as a complete main dish along with a side of sliced fruit such as oranges, pineapple or mango. This is also a great recipe to double and then use the leftovers for lunch. Merely heat in the microwave or eat at room temperature.

Bean Curry and Rice

This is an easy recipe and you can adjust the spices to your liking. You might also consider adding mushroom, carrots or other vegetables.

Ingredients:

2 tablespoons olive oil
1 large white onion, chopped
1/2 cup dry lentils
2 cloves garlic, minced
3 tablespoons curry powder

- 1 can crushed tomatoes (28 ounce)
- 1 can garbanzo beans, drained and rinsed (15 ounce)
- 1 can kidney beans, drained and rinsed (8 ounce)
- 1/2 cup raisins salt and pepper to taste
- 8 cups cooked brown rice

Preparation:

1. Prepare the brown rice according to package directions so you have enough for 8 servings.
2. Heat the oil in a large pot over medium heat, and cook the onion until tender.
3. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes.
4. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt and pepper.
5. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

Yield: eight servings

Garden Vegetable Soup

This recipe calls for fresh vegetables, but substitute with frozen varieties if they are not available. By the way, tests show that frozen vegetables actually retain more of their vitamins and minerals because they are frozen so soon after harvesting.

Ingredients:

- 4 tablespoons olive oil
- 2 cups chopped leeks, white part only (from approximately 3 medium leeks)
- 2 tablespoons finely minced garlic
- Salt
- 2 cups carrots, peeled and chopped into rounds (approximately 2 medium)
- 2 cups peeled and diced potatoes
- 2 cups fresh green beans, broken or cut into 3/4-inch pieces
- 2 quarts vegetable broth
- 4 cups peeled, seeded, and chopped tomatoes
- 2 ears corn. kernels removed

1/4 cup packed, chopped fresh parsley leaves

1 - 2 teaspoons freshly squeezed lemon juice

Preparation:

1. Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes.
2. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
3. Add the stock, increase the heat to high, and bring to a simmer.
4. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.
5. Remove from heat and add the parsley and lemon juice. Season, to taste, with kosher salt. Serve immediately.

Yield: 6 servings

Greek Vegetable Stew

The Orthodox Greeks enter partial fasts as part of their religious practices. This recipe is one that's handed down and common among Greek families.

Ingredients:

- 2 tablespoons oil
- 2 onions, chopped
- 1 pound green string beans, broken in half
- 1 package frozen or fresh spinach
- 4 cups water
- 6 zucchini, chunked
- 4 yellow squash, chunked
- 2 cups celery leaves
- 4 tomatoes, quartered
- 1 teaspoon salt
- 8 slices lemon
- 1 tablespoon dried oregano

- 2 cloves chopped garlic
- 2 tablespoons lemon juice

Preparation:

1. Lightly brown onions in a hot dry skillet in 2 tablespoons oil.
2. Add oregano and garlic, cook 1 minute.
3. Add 4 cups water and tomatoes. Cook 10 minutes.
4. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally.
5. Serve with a lemon slice in each bowl.

Yield: eight servings

Red Bean Soup

Beans are so rich in vitamins and protein. Plus they are excellent for our digestive systems! Serve this soup with a fresh vegetable plate and bean dip or a nice green salad.

Ingredients:

- 1 tablespoon olive oil
- 1 ½ cups chopped yellow onions
- ¼ cup chopped green bell peppers
- 1 tablespoon minced garlic
- 4 bay leaves
- 2 cups dried red kidney beans, soaked overnight
- 1 tablespoon Special Seasoning, (recipe follows on next page)
- 2 quarts vegetable stock
- 1 teaspoon salt
- 3 tablespoons chopped parsley
- 1 cup diced carrots
- 1 ½ cups cooked long-grain brown rice, warm
- 6 tablespoons chopped green onions

Preparation:

1. Heat the oil in a large heavy pot over high heat. Add the onions, bell

2. Add the beans and cook for 2 minutes.
3. Add the Special Seasoning and stock, stir well, and bring to a boil. Reduce the heat to medium and cook for 1 1/2 hours, until beans are tender, stirring occasionally.
4. Add the salt and parsley, cover the pot, and cook for 15 minutes. Discard the bay leaves. Remove 1 cup of beans from the pot and reserve.
5. With a hand-held immersion blender, or in batches in a food processor, puree the red beans. Add the reserved beans, and stir well.
6. To serve, ladle a generous cup of the soup into each of 6 bowls.
7. Top each serving with 1/4 cup of the rice and 1 tablespoon of green onions.

Yield: six servings

Special Seasoning

This seasoning is great for soups and to sprinkle over salads. You can also whisk the seasoning with extra virgin olive oil to spice up a simple green salad.

Ingredients:

- 2 ½ tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried leaf oregano
- 1 tablespoon dried thyme

Preparation:

1. Place all ingredients into a small bowl.
2. Thoroughly mix with a whisk.
3. Store your Special Seasoning in an airtight jar or container.

Yield: about 2/3 cup

Tip: Play around with this recipe and make it your very own family spice!

Chapattis or Indian Flat Bread

Chapattis are similar to tortillas, but made with no baking powder. They are easy to make and keep well if stored in an air-tight container. Chapattis are common in Southeast Asia and throughout Africa.

Ingredients:

2 ½ cups fine whole wheat flour (you can usually find this in the natural foods section of the supermarket or with the bulk foods)

2 cups water (or enough to make a soft dough)

1 pinch salt

Preparation:

1. Mix flour and salt in a large mixing bowl.
2. Make a hole in flour and using your hand, mix in water to make soft dough.
3. Knead for five minutes, return to the bowl, cover with wet cloth and refrigerate for an hour.
4. Heat a cast iron skillet over medium high heat until very hot.
5. Roll out 1/2 a handful of dough into a flat round shape and place in pan, cooking for 1 minute on each side.
6. Once turned, press gently with a towel, until brown.
7. Repeat until all dough is used.

Yield: About 10 chapattis

Snacks for the Daniel Fast

To have a successful Daniel Fast, it's a good idea to have several snack foods available for those times when you "need a little something." I suggest you still take snacks in "servings," so you don't over eat on these sometimes high-calorie foods.

- Rice cakes, just plain old crunchy patties
- Rice cakes with peanut butter and raisins
- Almonds
- Dried fruit including apricots
- Apples dipped in nut butter
- Sliced fruit
- Veggies with dip
- Popped popcorn
- Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit
- Fruit kabobs
- Frozen fruit including grapes, blueberries, strawberries and bananas
- Whole wheat crackers* with nut butter

