

# **The Daniel Fast Cookbook**

## **The 2008 Edition**

*If you have any known medical conditions or suspect such conditions, consult your doctor before beginning this or any fast.*

## Introduction

I hope this collection of recipes will serve you well as you experience this powerful and enlightening time of fasting. I have included a variety of recipes that I think you will enjoy and a range to keep your meals interesting for you and your family.

Please keep in mind that some of these recipes call for sweeteners or cheese in their original forms, but have been altered for the Daniel Fast. So you may miss some of the sweetness you are accustomed to, or say to yourself, "This sure would be a lot better with some cheddar cheese!" That's all part of fasting – restricting food for a spiritual purpose. You can add those flavors back in after the fast, but for now it's okay to do without.

Also, I usually double the recipes and then either use leftovers for lunches or other meals. These recipes will last several days in the refrigerator and several weeks in the freezer. I do the same with salads. Just leave all dressings and seasonings off recipes that include lettuce. Prepare everything in advance, and then toss with the dressing just before serving. That will keep everything fresh and crisp.

One other tip: you might find yourself taking more time in the kitchen as you prepare these meals. Use this time to "increase." Either in relationships with your family members as you have fun creating meals together; increase with the Lord by listening to the audio Bible or Christian teachings; or you might want to use the time to memorize or confess Scriptures. Make your meal preparation unto the Lord and watch as He rewards you as you diligently seek Him.

The Daniel Fast brings health to every part of you! You are a spirit, you have a soul, and you live in a body.

The Daniel Fast is experienced by all three parts of us and brings health to those parts. As a spiritual exercise, we turn our attention to spiritual truths. In doing so, our spirits become stronger. In Matthew 4:3-4 we read about Jesus being tempted by Satan, *"The tempter came to him and said, 'If you are the Son of God, tell these stones to become bread.'"* Jesus answered, *"It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"*

Our spirits are fed from the Word of God. So during the Daniel Fast, many will give extra food to their spirits by increasing the time and attention they give to God's Word.

Meanwhile, it is the soul that will bring up the fight during the Fast. You will experience this fight when you have to make a choice to push through the hunger pangs and the cravings. Or when you want to have "just one little bite of that bread," even though it's against the fasting guidelines . . . after-all, no one is looking!

The choice to push through and "quiet the soul" is your spirit taking precedence over your soul -- or another way of saying it is "living a spirit-led life." One of the primary benefits of the Fast

is that your soul gets "put in its place," which is under the control of your spirit. What controls your spirit? God and His Word!

Finally, the body. It will do some kicking and screaming, at first. The body will want the usual amount of food . . . and when it doesn't get it, it will send out hunger pangs to the brain (the soul receives those messages). When your body doesn't get the caffeine it has come so used to, it might send out an alert by way of a headache!

But soon, the body too will come into line and benefit from the goodness of the foods in the Daniel Fast. In fact, you might even get some rebellion from our body after the fast when you introduce foods that it's kind of liked doing without!

During the Fast your body will begin working more efficiently as it receives foods more easily digested, lots of refreshing water, and no artificial chemicals!

So the Daniel Fast is a whole-body-experience! It brings health and strength to the spirit, it brings health and control to the soul, and it brings health and good foods to the body!

## **The Daniel Fast is ALWAYS a Spiritual Fast**

The Daniel FAST and not a Daniel DIET!

Why am I making such a distinction? The reality is that the Daniel Fast is much more than the types of food consumed. If you are looking for the Daniel Diet then click on the food list and call it a "twist" on a vegan diet.

Entering the Daniel Fast without a spiritual purpose is like going golfing without clubs. You may have had a great time walking around the course and even yelling, "Fore!" But the reality is that you really weren't golfing. You were doing something else . . . which is fine, but it wasn't golfing.

You see, the Daniel Fast originated with the prophet Daniel! And the reason Daniel fasted was because of his devotion to God. The devotion came before the dietary restrictions, not the other way around.

Daniel records three times when he fasted, but he most likely did so more often. The first fast was recorded in Daniel 1. The food and wine the king wanted Daniel to eat had been offered to idols. However, he had already consecrated (set apart) his life to God. If he ate or drank of these things, he would defile his body. So that's why Daniel requested that he eat only vegetables (which actually included fruit) and drink only water.

Chapter 9 has the second recorded time of Daniel fasting and when he was deeply distraught over the nation of Israel being in exile. Jeremiah had already prophesied that Israel would be set free after 70 years of captivity. The time had come and so Daniel prayed and fasted. This time, it was probably what is called a "normal fast," which is water only.

Chapter 10 has the third recorded time of Daniel fasting. He was concerned about a powerful dream he had received. The Scripture says he mourned for three weeks and ate no delicacies and no meat and drank no wine. This three week fast is the hub of the current day's form of fasting commonly known as the Daniel Fast.

You can see that in all three instances, Daniel fasted for spiritual reasons. Once to stay pure before the Lord and two times to seek the Lord's wisdom, direction and answers to prayer.

Daniel didn't fast because he was overweight or needed a health tune-up. He fasted because of God in his life.

Now, please don't get me wrong. I am all for healthy eating and losing weight and even the wonderful health benefits of the Daniel Fast. But to call eating the way Daniel did a "fast" without a primary motivation to draw closer to God just isn't accurate. Biblical fasting was always about restricting food and always for the purpose of drawing closer to the Lord, observing spiritual laws, or seeking God in prayer.

So if you really want to use Daniel as the model, I hope you will do it all the way. Seeking and finding God is the most significant benefit of the Daniel Fast. Improving ones health is a great side benefit!

# Breakfast

## Apple and Oat Porridge

Oat bran is so nutritious, plus it will “stick to your ribs” and keep you through the morning. Bran is also great for your digestive system. The apples here add nice flavor and if you chose to serve it with soy milk (which is how I like to eat hot cereals), it’s a great complete breakfast with lots of protein.

### 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

## **Apple Oats Cereal**

This recipe can be made ahead in a batch and then served as a cold breakfast cereal with soy milk. Serve with apple slices and you have a wonderful breakfast.

4 cups unsweetened applesauce

1 1/3 cups oat bran hot cereal - uncooked

1 cup quick or old-fashioned oats - uncooked

1 cup unsweetened apple juice

2/3 cup raisins

1/4 cup almonds slivers

1 teaspoon cinnamon

### **Preparation:**

1. In a large bowl, combine all ingredients. Mix well.
2. Transfer to smaller storage containers with tight covers if desired.
3. Refrigerate overnight.
4. Serve cold with soy milk.
5. Stores well in refrigerator for up to a week.

**Yield:** 6 servings

## **Easy Breakfast Fruit Smoothie**

Breakfast smoothies are perfect for the Daniel Diet because of the protein in the soy milk. If you are not accustomed to soy milk, fruit smoothies are great for your introduction. Although, the soy milk of today is so near cow's milk that it's hard to tell the difference. I am a big fan of Pacific Natural Soy Milk. The difference in the flavor is so minimal that I find it very useable, and this is coming from a gal who used to milk her how cow!

½ cup soy milk

1 banana

½ cup frozen berries

### **Preparation:**

1. Place all ingredients in blender and blend until smooth.

**Yield:** 1 serving

**Tip:** You can also add silken tofu to boost the protein.

## **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.

### **Ingredients:**

- ¼ 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 frozen shredded potatoes)
- 2 teaspoon salt, divided
- ½ teaspoon pepper, divided
- 2 pounds 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

## **Special Hot Oatmeal**

Hot oatmeal is a great way to start the morning on the Daniel Fast. In fact, you might like this so much that it becomes part of your diet even after the fast. Actually, there are so many variations to hot oatmeal that you can use this recipe for a base, and then move out from there!

### **Ingredients:**

1 cup dry old fashioned oats  
water, as directed on package oat bran  
1 banana, mashed or sliced  
1 tablespoon nut butter  
1 tablespoon flax meal  
Soy milk as desired

### **Preparation:**

1. Prepare old fashioned oats according to package directions
2. Mash or slice banana
3. Mix in all ingredients
4. Serve alone or with soy milk

**Yield:** 1 serving

## **Stick-to-Your-Ribs Oatmeal Breakfast**

This recipe takes me back to my childhood. My father used to get up early in the morning and make a big pot of oatmeal in a funky old double-boiler pan! I received a lot more than breakfast from him . . . it was one scoop of oatmeal and five scoops of love! Both stick to the ribs!

### **Ingredients:**

1 cup regular rolled oats

1/3 cup unflavored soy protein powder

1 cup water

Pinch salt

1/2 teaspoon pure vanilla extract or 1/4 teaspoon pure almond extract

Soy milk, if desired

### **Preparation:**

1. Combine first four ingredients and bring to a gentle boil over medium heat. Simmer for 3-5 minutes.
2. Resulting product is thick, so a little more water may be added if desired. Remove from stove and add extract and sweetener.
3. Other ingredients may be added as desired. Serve warm. Thickens upon standing.

**Yield:** 2 servings

**Tip:** Add cinnamon and or other spices, flavored soy milk, rice or almond milk. Also great with fresh or frozen fruit.

## **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
4. Serve with tomato paste

**Yield:** 4 servings

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

# Soups and Stews

## Basic Vegetable Stock

A good vegetable stock is useful in the Daniel Fast and serves as an excellent substitute for chicken or beef stock. Simmering the stock for a full hour will release the flavors of the vegetables in your broth. Because of the long simmering time, it is in the stock's best interest that the vegetables be chopped into large chunks rather than a small dice. \*\* See notes for variations on this recipe.

### Ingredients:

- 2 large onions, cut into large chunks
- 2 medium carrots, scrubbed but not peeled, cut into large chunks
- 3 stalks of celery, remove and discard all leaves, cut into large chunks
- 1 whole bulb of garlic, peel each clove, but do not chop
- 10 peppercorns
- 1 bay leaf

### Preparation:

1. Cut all the vegetables into large pieces. Place all ingredients into a large pot. Cover with cold water.
2. Turn the stove to a high temperature, and bring the stock to a quick simmer. Once the water comes to boil, turn heat to low. Allow the vegetables to simmer for an hour. Any longer than an hour and the vegetables will begin to turn mushy and begin to lose all their flavorful vibrancy, leaving a wilted taste to the stock.
3. Strain the stock. It should be light in color, sweet in flavor and translucent. Now you can use the stock in place of chicken or beef stock. You may need to increase seasoning when replacing one of these more flavorful stocks.

\*\* Season the stock with other herbs such as parsley, thyme or rosemary. You can also use ginger if you plan to use the stock for an Asian recipe. You can also caramelize the onions and carrots before adding them to the stock for a richer and more flavorful stock. Roasting the vegetables before adding them to the stock also makes for a different flavor in the stock.

**Yield:** four cups of vegetable stock

## **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  
1/2 teaspoon freshly ground black pepper  
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  
3 tablespoons fresh basil  
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

## **Hearty Split Pea Soup**

This recipe gets even better with time and makes a very thick split pea soup. To make it thinner, simply add more water. Depending on the density of split peas, it may take a while for the vegetables and peas to soften, but you can't really overcook this soup; just stir occasionally, and add water if it gets too dry. Alter seasonings to your liking!

### **Ingredients:**

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 bay leaf
- 3 cloves garlic, minced
- 2 cups dried split peas
- 1/2 cup barley
- 1 1/2 teaspoons salt
- 7 1/2 cups water
- 3 carrots, chopped
- 3 stalks celery, chopped
- 3 potatoes, diced
- 1/2 cup chopped parsley
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon ground black pepper

### **Preparation:**

1. In a large pot over medium high heat, sauté the oil, onion, bay leaf and garlic for 5 minutes or until onions are translucent.
2. Add the peas, barley, salt and water. Bring to a boil and reduce heat to low.
3. Simmer for 2 hours, stirring occasionally.
4. Add the carrots, celery, potatoes, parsley, basil, thyme and ground black pepper. Simmer for 20 – 30 more minutes or until the peas and vegetables are tender.

**Yield:** 6 servings

