

# ENDURING FAITH CHRISTIAN CENTER



2023 CORPORATE FAST  
INFORMATIONAL PACKET

Enduring Faith Christian Center  
Fast 2023

All members of EFCC who are willing and able are asked to participate in the Fast for 2023. We will be using this time to pray and seek God for increase in our ministry, a stronger impact in the community and an increase of faithful members coming to our ministry in 2023.

Fast Overview:

Daniel's fasts are mentioned 3 times in the book of Daniel:

1:8 ...Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank

9:3 And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:

10:3 I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

EFCC's observance of the Daniel fast will be taken from chapter 10, where Daniel ate no meat, bread or wine for 21 days. We will also refrain from eating sweets, sugar, fried and processed foods. January is the most popular time for Christians worldwide to observe this fast. So, increase your prayer life during this time. Read your bible more. Increase your scriptural diet! Encourage your EFCC brothers and sisters.

**We will begin the Fast on Sunday, January 8, 2023**

**We will conclude the Fast on Sunday, January 29, 2023**

There are many different ways to do this fast; this packet includes the details on exactly what EFCC will be doing. Here are a few online resources where you may find helpful additional information:

<http://danielfast.wordpress.com/>

<http://vegweb.com/>

In conjunction with the fast, Prophet Veal is requesting that everyone read one chapter per day from the book of John.

Each of the 21 Chapters in the Gospel of John contains a striking portrayal of some aspect of the character or work of Jesus Christ.

John Chapter 1: The Son of God. His Deity is displayed. In the beginning was the Word, and the Word was with God, and the Word was God.” (v.1) “And we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.” (v.14)

John Chapter 2: The Son of Man. Here we have a scene demonstrating His perfect humanity. He appears as a guest at the wedding. He mingles and socializes with the people.

John Chapter 3: The Divine Teacher. He instructs a “teacher of Israel.” Nicodemus says, We know you are a teacher come from God.” (v.2)

John Chapter 4: The soul-winner. He leads the darkened soul of the Samaritan woman into the light.

John Chapter 5: The Great Physician. He bends in compassion over the sufferers at the pool. He shows his divine power by an instant healing of a hopeless case.

John Chapter 6: The Bread of Life. Without Him human souls die of hunger. (v.48)

John Chapter 7: The Water of Life. He satisfies the thirsty heart. (v.37)

John Chapter 8: The Defender of Weak. He defends a fallen woman. (v.3-11)

John Chapter 9: The Light of the World. He gives light to one who was born blind. (v.5)

John Chapter 10: The Good Shepherd. He watches over the flock with infinite care and watches over the sheep. (v.11)

John Chapter 11: The Resurrection and the Life. He proves His right to this title by calling Lazarus from the tomb. (vs. 43-44)

John Chapter 12: The King. He rides into Jerusalem on Palm Sunday and is acclaimed King of Israel by the multitude. (Vs.12-15)

John Chapter 13: The Servant. He washes the disciples’ feet in an awesome example of divine submission and servant hood.

John Chapter 14: The Consoler. Although standing under the shadow of His cross, in utter self-forgetfulness, He comforts the sad disciples. (v.1)

John Chapter 15: The True Vine. He is the source of all spiritual fruit.

John Chapter 16: The Giver of Spirit. He promises to send the helper into the World after His departure.

John Chapter 17: The Great Intercessor. He offers up His powerful intercessory prayer for the church.

John Chapter 18: The Model Sufferer. He submits to the Father and drinks the cup of suffering pressed to His lips by the Father’s Hand. (v.11)

John Chapter 19: The Uplifted Savior. He becomes obedient “to the point of death, even the death of the cross. (v.18)

John Chapter 20: The Victory of death. Four times He conquered death.

John Chapter 21: The Restorer. He welcomes the repentant Peter back to the fold.

As you begin your fast for 2023, remember that a **fast** is defined as: *abstaining from food for a spiritual purpose.*

As you begin to deny your flesh and feed your spirit you will find that you will be spiritually refreshed and renewed.

Your prayer and study time *must* increase so that God can begin to minister to you.

Your level of commitment to your fast must increase.  
Remember: *what you put in is what you'll get out*

Fasting is one of our spiritual weapons. Your weapon must have an intended goal and target. As we fast we will focus on goals. We have our Church goals and our personal (individual) goals.

#### Our 2023 Church Goals:

1. Church Growth in size and effectiveness
2. For the members of EFCC to fall deeply in love with Jesus
3. Greater impact by EFCC in the community
4. Moving to a new church building for EFCC

Please make sure to READ THE LABEL when purchasing packaged, canned or bottled foods. They should be sugar-free and chemical-free. Keep this in mind as you review this list of acceptable foods.

**Foods to include** in your diet during the Fast:

**ALL FRUITS:** These can be 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, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

**ALL VEGETABLES:** These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels 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, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

**ALL WHOLE GRAINS:** Including but not limited to whole wheat, brown rice, millet, quinoa, freekah, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

**ALL NUTS AND SEEDS:** Including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

**ALL LEGUMES:** These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannelloni beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

## **Foods to avoid on the Fast**

**All meat and animal products including beef, lamb, pork, poultry, and fish.**

**All dairy products including milk, cheese, cream, butter, and eggs.**

**All sweeteners including sugar, raw sugar, honey, syrups, molasses, and cane juice.**

**All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.**

**All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.**

**All deep-fried foods including potato chips, French fries, corn chips.**

**All solid fats including shortening, margarine, lard and foods high in fat.**

**Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.**

## Frequently Asked Questions: FAQ

**1. Honey is a natural food, so can I use it as a sweetener on the Fast?** No, sweeteners are not allowed on the Fast. In Daniel 10, the prophet notes that "he ate no precious food, ate no meat, and drank no wine." Honey would have been considered precious during that time. Also, going without sweet foods is part of the fasting experience of withholding food for spiritual purposes.

**2. Can I drink tea on the Fast?** No, tea and coffee (including any kind of substitutes) are not allowed on the Fast. Water, 100% fruit and/or vegetable juice are the only acceptable beverages. It's most likely that Daniel drank only water.

**3. What about people with special dietary needs. How do they do the Fast?** Teens, women who are pregnant, diabetics, athletes and others who may need special diets should check with their health providers before starting any fast. But most health providers will find the Fast an excellent way to eat since it includes all vegetables, all fruits, all whole grains, no sugar, no alcohol, no caffeine, and no animal products. Remember, there is no power in the foods themselves, but rather fasting is consecrating yourself to the Lord so that you can focus on Him in a more specific and concentrated way.

**4. How about corn chips and tortillas?** READ THE LABEL so you can see the ingredients in the prepared foods. Corn chips are usually deep fried and all deep fried and processed foods are not allowed during the Fast. However, there is a recipe in this packet for natural tortillas and it's easy to use this same recipe to make your own chips. The tortillas are made from whole wheat flour, olive oil, salt and water. You can easily substitute finely ground cornmeal. The tortillas are then "fried" in a dry pan with little or no oil.

**5. What about gum and mints?** Gum and mints are not allowed on the Fast being that both contain sugar and/or chemicals. I have suggested that people who really do need their breath freshened to either check what is available at a health food store or use natural products like mint or parsley leaves, cinnamon stick or clove buds.

**6. What about herbal or decaf tea?** No, both herbal tea and honey are not allowed on the Fast. Most people find beverages the greatest area of sacrifice. Instead of your morning coffee try hot water with lemon.

**7. What about food quantities or portion sizes?** You do not want to overeat during the fast or after as that would be gluttony and against the will of God. Likewise, you shouldn't try to find substitutes for all the foods you can't have, since that would defeat the purpose.

**8. What about evaporated cane juice?** No, this is not allowed on the Fast. It is a form of sugar. Also, beware of these: Florida crystals (a trademarked name), unbleached evaporated sugar cane juice crystals, crystallized cane juice, unbleached crystallized evaporated cane juice, organic dehydrated cane juice, unbleached sugar cane, evaporated

## Frequently Asked Questions: FAQ

cane juice, and evaporated cane juice sugar. *All are forms of sugar and not allowed on the Fast.*

**9. What about Xanthan Gum?** No, this is not allowed on the Fast. It contains corn sugar.

**10. What about condiments like: Ketchup, mustard and mayonnaise?** All contain sugar and are not allowed. However, there are brands of Dijon mustard that do not contain sugar and you may use *Vegenaise* which is a vegan substitute for mayonnaise that does not contain sugar.

**11. What about salad dressings?** Any salad dressing that contains sugar, dairy or meat products is not allowed. Most commercially prepared dressings DO contain some/all of these ingredients, so you will have to prepare your own. Recipes are included in this book. Olive oil and vinegar is okay. (1 part vinegar to 3 parts oil plus salt and pepper)

**12. Are there any fast food restaurants that serve food that is acceptable on the Fast?** Some Asian restaurants will prepare stir fried vegetables and will serve brown rice. Most of the popular restaurants DO NOT have any food that is acceptable on this fast. You should prepare your food at home. Take a lunch and snacks with you when you go out so that you are not tempted to eat food that is not allowed on the fast.

**13. What about potato chips?** No, they are deep fried. Fried foods are not permitted on the Fast. **How about the baked potato chips?** No, commercially prepared baked chips contain preservatives. If you were to make your own baked chips from scratch they would be permitted on the fast.

**14. What about crackers?** Any cracker containing white flour, sugar, baking powder or baking soda, yeast or any dairy product is not allowed.

**15. What about bread?** Any bread containing white flour, sugar, baking powder or baking soda, yeast or any dairy product is not allowed.

## **FIRST TIME FAST TIPS**

- Make a decision/commitment that you will complete this fast. Ask God to help you and He will.
- **Don't focus so much on the food but on the reason you are fasting and the opportunity to get closer with God.** Focusing on your prayer objectives helps you to stay focused during your time of fasting.
- Don't beat yourself up if you eat something that you know is outside of the fast, just pray to God and ask for his further guidance and get yourself back in step quickly and move forward.
- Be creative in researching recipes that could be used for the fast.
- Be encouraged to share your praise reports along with your struggles of the fast with others who are fasting along with you.
- Drink plenty of water even if it's not appealing to you. (Purified or distilled)
- These are only a few of the many helpful suggestions for fasting for the first time. Speak with others who have fasted in the past to gain other helpful hints on fasting.
- Prepare food at home; bring snacks along with you so you will not be tempted to eat foods that are not allowed on the fast.

## **TYPES OF FOOD INCLUDED IN THE FAST:**

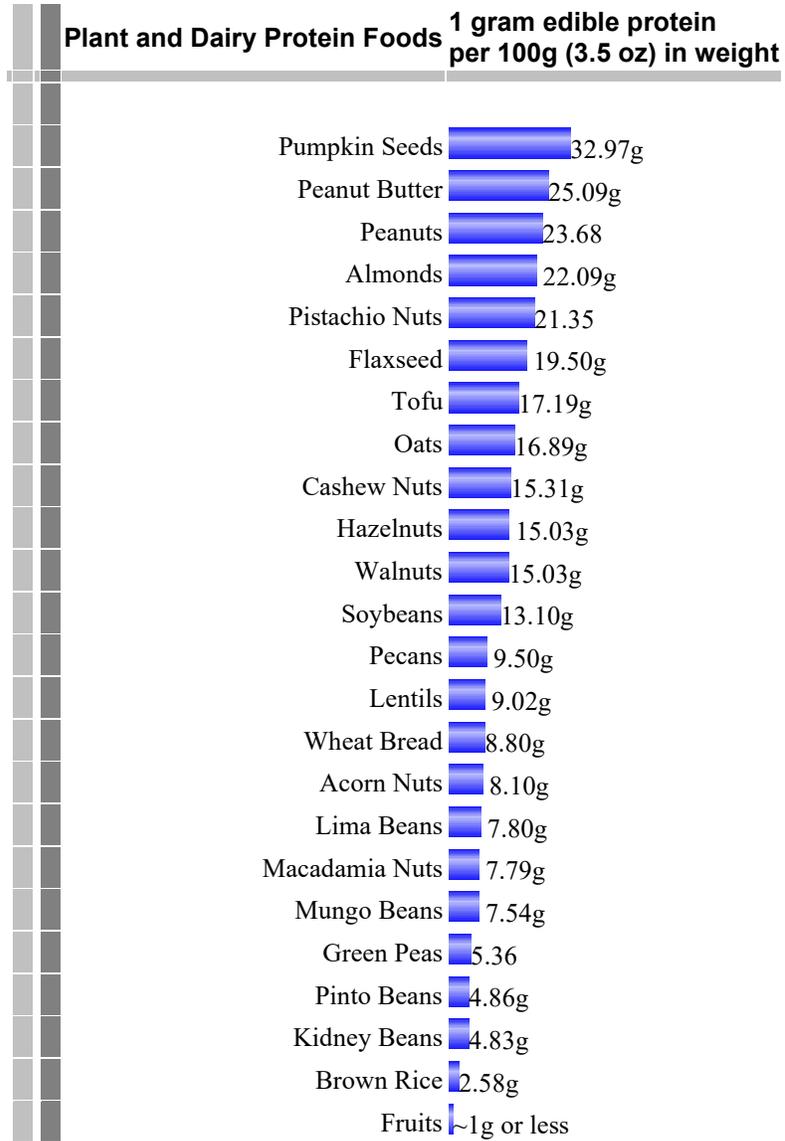
- Whole Grains: Brown Rice, Oats, Barley
- Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini
- Seeds, Nuts, Sprouts
- Liquids: Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices (No Fruit Punch, Hi-C, etc.)
- WATER: Drink a minimum of eight glasses of water daily through out the fast. THIS IS VERY IMPORTANT!
- Broths and Veggie Burgers

## **FOODS NOT INCLUDED:**

- NO! All animal products including meat, poultry, fish**
- NO! Desserts and sweets (candy, gum, mints)**
- NO! All sugars and artificial sweeteners**
- NO! Sugar products (i.e. desserts, soft drinks, etc.)**
- NO! Coffee, tea (caffeinated and decaffeinated), Carbonated beverages**
- NO! White Rice**
- NO! White flour**
- NO! White bread**
- NO! All deep fried foods**
- NO! Energy Drinks**
- NO! Foods containing preservatives, additives**
- NO! Refined foods**
- NO! Processed foods**
- NO! Food additives**
- NO! Sugar substitutes (Splenda, NutraSweet, Saccharine)**
- NO! Raw sugar**
- NO! Syrups**
- NO! Molasses**
- NO! Cane juice/cane sugar**
- NO! Beet sugar**
- NO! Margarine**
- NO! Butter**
- NO! Shortening, Lard**
- NO! High fat products**
- NO! All leavened breads**
- NO! Baking powder**
- NO! Baking soda**
- NO! Yeast**
- NO! All dairy**
- NO! Milk/Cream**
- NO! Cheese**
- NO! Yogurt**
- NO! Eggs**
- NO! Alcohol**
- NO! Mayonnaise**
- NO! Ketchup**
- NO! Mustard**
- NO! Condiments**

If you are feeling weak or tired during your fasting, you may need to include more protein in your meals. If you have an active lifestyle or are engaging in strenuous activity try increasing your intake of foods from this group:

### High Protein Foods List:



# Whole Grains

**Eat at least 6 ounces of whole grain bread, cereal, crackers, brown rice or whole wheat pasta every day.**

## **CHOOSE FROM:**

brown rice  
buckwheat  
bulgur (cracked wheat)  
oatmeal  
popcorn

Ready-to-eat breakfast cereals:

whole wheat cereal flakes  
muesli

whole grain barley  
whole grain cornmeal

whole rye  
whole wheat bread  
whole wheat crackers  
whole wheat pasta  
whole wheat sandwich buns and rolls  
whole wheat tortillas  
wild rice

Less common whole grains:

amaranth  
millet  
quinoa  
sorghum  
triticale

# Vegetables

**Eat at least 2.5 cups of vegetables per day.**

## **CHOOSE FROM:**

### **Dark green vegetables**

bok choy  
broccoli  
collard greens  
dark green leafy lettuce  
kale  
mesclun  
mustard greens  
romaine lettuce  
spinach  
turnip greens  
watercress

### **Orange vegetables**

acorn squash  
butternut squash  
carrots  
hubbard squash  
pumpkin  
sweet potatoes

### **Dry beans and peas**

black beans  
black-eyed peas  
garbanzo beans (chickpeas)  
kidney beans  
lentils  
lima beans (mature)  
navy beans  
pinto beans  
soy beans  
split peas  
tofu (bean curd made from soybeans)  
white bean Starchy vegetables  
corn  
green peas  
lima beans (green)  
potatoes

### **Other vegetable**

artichokes  
asparagus  
bean sprouts  
beets  
Brussels sprouts  
cabbage  
cauliflower  
celery  
cucumbers  
eggplant  
green beans  
green or red peppers  
mushrooms  
okra  
onions  
parsnips  
tomatoes  
tomato juice  
vegetable juice  
turnips  
wax beans  
zucchini

# Fruit

**Eat at least 2 cups of vegetables per day.**

## **CHOOSE FROM:**

Apples

Apricots

Avocado

Bananas

*Berries:*

strawberries

blueberries

raspberries

cherries

Grapefruit

Grapes

Kiwi fruit

Lemons

Limes

Mangoes

*Melons:*

cantaloupe

honeydew

watermelon

Nectarines

Oranges

Peaches

Pears

Papaya

Pineapple

Plums

Prunes

Raisins

Tangerines

*100% Fruit juice:*

orange

apple

grape

grapefruit

# Milk Group

**Consume at least 3 cups of per day.**

## **Non-dairy, non-milk calcium choices to choose from:**

Fortified ready-to-eat cereals (various), 1 oz

Soy beverage, calcium fortified, 1 cup

Tofu, firm, prepared with nigarib , ½ cup

Collards, cooked from frozen, ½ cup

Spinach, cooked from frozen, ½ cup

Soybeans, green, cooked, ½ cup

Turnip greens, cooked from frozen, ½ cup

Oatmeal, plain, instant, fortified, 1 packet prepared

Cowpeas, cooked, ½ cup  
White beans, canned, ½ cup  
Kale, cooked from frozen, ½ cup  
Okra, cooked from frozen, ½ cup  
Soybeans, mature, cooked, ½ cup  
Beet greens, cooked from fresh, ½ cup  
Pak-choi, Chinese cabbage, cooked from fresh, ½ cup  
Dandelion greens, cooked from fresh, ½ cup

# Protein Group

**Eat at least 5.5oz per day.**

## **CHOOSE FROM:**

### **Dry beans and peas:**

[black beans](#)  
black-eyed peas  
chickpeas (garbanzo beans)  
falafel  
[kidney beans](#)  
lentils  
lima beans (mature)  
navy beans  
[pinto beans](#)  
soy beans  
split peas  
tofu (bean curd made from soy beans)  
white beans

### *bean burgers:*

garden burgers  
veggie burgers  
tempeh  
texturized vegetable protein (TVP)

### **Nuts & seeds\***

[almonds](#)  
[cashews](#)  
hazelnuts (filberts)  
[mixed nuts](#)  
peanuts  
peanut butter  
pecans  
pistachios  
pumpkin seeds  
sesame seeds  
sunflower seeds  
[walnuts](#)

Nutrients to focus on for vegetarians:

**Protein** has many important functions in the body and is essential for growth and maintenance. Protein needs can easily be met by eating a variety of plant-based foods. Combining different protein sources in the same meal is not necessary. Sources of protein for vegetarians include beans, nuts, nut butters, peas, and soy products (tofu, tempeh, veggie burgers). Milk products and eggs are also good protein sources for lacto-ovo vegetarians.

**Iron** functions primarily as a carrier of oxygen in the blood. Iron sources for vegetarians include iron-fortified breakfast cereals, spinach, kidney beans, black-eyed peas, lentils, turnip greens, molasses, whole wheat breads, peas, and some dried fruits (dried apricots, prunes, raisins).

**Calcium** is used for building bones and teeth and in maintaining bone strength. Sources of calcium for vegetarians include fortified breakfast cereals, soy products (tofu, soy-based beverages), calcium-fortified orange juice, and some dark green leafy vegetables (collard greens, turnip greens, bok choy, mustard greens). Milk products are excellent calcium sources for lacto vegetarians.

**Zinc** is necessary for many biochemical reactions and also helps the immune system function properly. Sources of zinc for vegetarians include many types of beans (white beans, kidney beans, and chickpeas), zinc-fortified breakfast cereals, wheat germ, and pumpkin seeds. Milk products are a zinc source for lacto vegetarians.

**Vitamin B12** is found in animal products and some fortified foods. Sources of vitamin B12 for vegetarians include milk products, eggs, and foods that have been fortified with vitamin B12. These include breakfast cereals, soy-based beverages, veggie burgers, and nutritional yeast.

### **Tips for Vegetarians**

Build meals around protein sources that are naturally low in fat, such as beans, lentils, and rice. Calcium-fortified soy-based beverages can provide calcium in amounts similar to milk. They are usually low in fat and do not contain cholesterol.

Many foods that typically contain meat or poultry can be made vegetarian. This can increase vegetable intake and cut saturated fat and cholesterol intake. Consider: pasta primavera or pasta with marinara or pesto sauce, tofu-vegetable stir fry vegetable lo mein, vegetable kabobs, bean burritos or tacos.

A variety of vegetarian products look (and may taste) like their non-vegetarian counterparts, but are usually lower in saturated fat and contain no cholesterol.

For breakfast, try soy-based sausage patties or links.

Rather than hamburgers, try veggie burgers. A variety of kinds are available, made with soy beans, vegetables, and/or rice.

Add vegetarian meat substitutes to soups and stews to boost protein without adding saturated fat or cholesterol. These include tempeh (cultured soybeans with a chewy texture), tofu, or wheat gluten (seitan).

For barbecues, try veggie or garden burgers, soy hot dogs, marinated tofu or tempeh, and veggie kabobs.

Make bean burgers, lentil burgers, or falafel (spicy ground chick pea patties).

Some restaurants offer soy options (texturized vegetable protein or TVP) as a substitute for meat, and soy cheese as a substitute for regular cheese.

Many Asian and Indian restaurants offer a varied selection of vegetarian dishes.

**Complex carbohydrates** include starches and fiber and are most commonly found in whole grains and legumes. Complex carbohydrates, which are generally large chains of glucose molecules, take longer to digest and provide more nutrients than simple carbohydrates.

Complex carbohydrates should be a major part of your diet; about half of your daily calories should come from carbohydrates -- mostly from grains, cereals, fruits and vegetables. Only a few of your daily calories should come from simple carbohydrates like table sugar.

Complex carbohydrates are found in fruits, vegetables, nuts, seeds and grains. Some examples of foods high in starchy complex carbohydrates include bread, cereal, rice, pasta, potatoes, dry beans, carrots and corn. Green vegetables like green beans, broccoli and spinach contain less starch and more fiber. All grains include starchy carbohydrates. However, whole grains -- such as whole wheat pasta -- are better for you because they also have more fiber.

Complex carbohydrates are made up of foods that are vastly wholegrain in nature. These include things like certain breads, packaged organic oats (Quaker oats and others that contain flavorings are packed full of simple sugars), muesli and brown rice. These carbs are turned to glucose much like simple carbohydrates but more slowly. This allows your body to process the glucose more efficiently, and provides your body with a steady stream of energy instead of a quick burst.

The following complex carbohydrates list has foods that naturally provide the body with great sources of minerals and vitamins that our bodies need and that many simple carbohydrates lack.

- Wheat germ
- Barley
- Buckwheat
- Oatmeal
- Yams
- Peas
- Beans
- Lentils
- Brown Rice
- Quinoa
- Freekah

## DANIEL FAST – SAMPLE 7 DAY MENU

Day 1	Meal Suggestions
Breakfast	Oatmeal, 1 apple sliced, 1 glass of 100% fruit juice
Snack	Plain rice cakes, natural peanut butter
Lunch	Black bean burrito, salsa
Snack	Orange slices, pineapple chunks, almonds
Dinner	Meatless Hoppin John (see recipes), Green salad with vinaigrette dressing
Snack	Unsweetened apple sauce with fresh berries

Day 2	Meal Suggestions
Breakfast	Granola (see Recipes), 1 banana
Snack	Dried apricots, peanuts
Lunch	Hummus (see Recipes), fresh broccoli spears, brown rice cakes
Snack	Celery and mini carrots with Dip (see Recipes)
Dinner	Veggie Chili (see Recipes)
Snack	Fruit smoothie

Day 3	Meal Suggestions
Breakfast	Whole grain cereal, almond milk, 1 cup fresh berries
Snack	1 apple sliced, with natural peanut butter
Lunch	Burrito made with chili leftovers
Snack	Chickpea snacks (see Recipes), orange
Dinner	Red Beans and Brown Rice, okra and corn
Snack	Brown Rice cakes and hummus

## DANIEL FAST – SAMPLE 7 DAY MENU

Day 4	Meal Suggestions
Breakfast	Brown Rice and Raisin Breakfast Pudding (see Recipes)
Snack	Baked sweet potato chips (see Recipes), raisins
Lunch	Salsa, black beans, guacamole and whole wheat tortilla chips
Snack	Granola, orange
Dinner	Veggie Stuffed Potatoes (see Recipes), steamed broccoli
Snack	Snap peas with dip

Day 5	Meal Suggestions
Breakfast	Strawberry breakfast shake (see Recipes)
Snack	Hummus and celery sticks
Lunch	Cauliflower soup (see Recipes), plain rice cakes
Snack	Salsa and whole wheat tortilla chips
Dinner	Spicy Sesame Noodles (see Recipes), green salad with dressing
Snack	Rice Cake, Peanut Butter

Day 6	Meal Suggestions
Breakfast	Scrambled Tofu (see Recipes)
Snack	2 pieces of fruit, ½ cup nuts
Lunch	Carrot Ginger soup (see Recipes), steamed green beans
Snack	Applesauce with raisins
Dinner	Refried Beans, guacamole and whole wheat tortillas
Snack	Fruit smoothie (see Recipes)

## DANIEL FAST – SAMPLE 7 DAY MENU

Day 7	Meal Suggestions
Breakfast	Oatmeal and raisins
Snack	Hummus, plain rice cakes
Lunch	Cucumber and avocado snack (see Recipes), tortilla chips
Snack	Chickpea snacks
Dinner	Greens, Red Beans and Rice
Snack	Fruit salad

# Sample Recipes



## **BREAKFAST**

### Scrambled Tofu

1 (12.3oz) pkg. Tofu Extra Firm

Nonstick spray

Olive oil (just a few drops)

Pinch of salt

Freshly ground black pepper

Cut open the box of tofu, and slide its contents into a medium-sized saucepan. Add water to cover, and bring to a boil. Simmer for 10 minutes, and then drain in a fine-mesh strainer. Transfer to a plate, and use a dinner knife to cut the tofu into pieces the size of large cottage cheese curds.

Place an 8-inch nonstick pan over medium heat and wait several minutes. Spray it lightly with nonstick spray, and add a little olive oil. Wait about 10 seconds, and then swirl to coat the pan. Add the tofu pieces, salt and a sprinkling of pepper; sauté over medium heat for about 8 minutes, or until the tofu is light golden brown. Transfer to a plate and serve right away. Scrambled Tofu Plus: Scrambled Tofu can be cooked many ways. You can add green peppers, mushrooms and onions. Enjoy it wrapped in a whole wheat tortilla with salsa.

### Strawberry Breakfast Shake

Here is a great quick, easy and nutritious breakfast or snack.

1 package soft tofu

1 1/2 cups frozen strawberries, thawed

1 ripe banana

3/4 cup water or soy milk or fruit juice

Place all ingredients in blender and mix until smooth. Any berries you have on hand can be used in place of strawberries.

### Creamy Banana-Berry Smoothie

If you like a thicker smoothie, add more berries. For a sweeter smoothie, add a little agave nectar.

8 oz. almond milk

1/2 frozen banana

1 cup frozen raspberries or berry of your choice

Put all the ingredients into a blender and purée until smooth.

### Apple Muesli

*Here's a great recipe that should leave you looking forward to breakfast.*

1-1/4 cups apple juice

1 cup rolled oats

2 tbsp. raisins or currants

chopped dates, or nuts

1/8 tsp. cinnamon pinch of any 2 of nutmeg, coriander, allspice or cloves

Combine all ingredients, cover and refrigerate overnight. For variations, add grated apple or mashed ripe banana just before serving.

### Delicious Oat Bran Cereal

- 1 cup water
- 1/4 teaspoon ground cinnamon
- 5 dried pitted prunes, chopped
- 1/4 cup oat bran

Combine water, cinnamon, prunes in a saucepan over medium heat; bring to a boil; stir in the oat bran and boil for 2 minutes.

### Brown Rice and Raisin Breakfast Pudding

- 1 cup water
- 1 cup uncooked brown rice
- 1/2 cup raisins
- 1 cup almond milk
- 1/2 cup toasted and chopped almonds
- 1 teaspoon ground cinnamon

In a medium saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 45 minutes, or until rice is tender.

In a medium saucepan, combine cooked rice, raisins, soy milk, almonds, and cinnamon. Bring to a boil over medium-high heat. Immediately reduce heat to low and simmer, stirring frequently, until thickened about 5 to 8 minutes. Spoon into bowls and serve.

### Sugar Free Granola

- 1 cup chopped dates
- 1 cup water
- 8 cups rolled oats
- 1/2 cup chopped walnuts
- 1 cup raisins
- 1 cup wheat germ
- 1/2 cup sunflower seeds
- 1/2 cup slivered almonds
- 2 cups shredded coconut
- 1/4 cup vegetable oil
- 1/4 cup frozen apple juice concentrate, thawed

Preheat the oven to 350 degrees F (175 degrees C). In a small saucepan over medium heat, combine the dates and water. Cook stirring occasionally until the mixture forms a thick paste. Remove from heat and set aside.

In a large bowl, mix together the oats, walnuts, raisins, wheat germ, sunflower seeds, and coconut. Spread out in a thin layer onto a baking sheet. If your baking sheet is small, this can be done in batches.

Bake for 7 minutes in the preheated oven, or until lightly toasted. Transfer the mixture back into the bowl, and mix in the date paste, apple juice concentrate, and oil. Return to the baking sheet and bake for an additional 7 to 10 minutes, stirring occasionally until lightly browned. Granola will become crispier as it cools. Store in an airtight container.

## MEALS AND SIDE DISHES

### Veggie Chili

- 1 cup chopped, seeded red or green sweet pepper (1 medium)
- 1/2 cup chopped onion (1 medium)
- 3 cloves garlic, minced
- 1 tablespoon cooking oil
- 2 14 1/2-ounce cans diced tomatoes with chili spices or diced tomatoes, undrained
- 1 14-ounce can vegetable broth
- 1 cup water
- 1 8-ounce can tomato sauce
- 3 to 4 teaspoons chili powder
- 1 tablespoon fresh oregano or 1 teaspoon dried oregano, crushed
- 1 teaspoon ground cumin
- 1/2 teaspoon black pepper
- Several dashes bottled hot pepper sauce (optional)
- 3 15-ounce cans pinto beans, black beans, white kidney beans, and/or red kidney beans, rinsed and drained
- 2 cups fresh or frozen whole kernel corn
- 1 cup chopped zucchini (1 medium)

Directions: In a 5- to 6-quart Dutch oven cook sweet pepper, onion, and garlic in hot oil until tender, stirring occasionally. Stir in tomatoes, broth, water, tomato sauce, chili powder, dried oregano (if using), cumin, black pepper, and, if desired, hot pepper sauce. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Stir in beans, corn, and zucchini. Return to boiling; reduce heat. Simmer, uncovered, for 10 minutes more. Stir in fresh oregano, if using. Makes 8 servings (12 cups)

### Tasty Three Bean Seitan Chili

- 1 can kidney beans, rinsed and drained
- 1/2 can pinto beans, rinsed and drained
- 1/2 can black beans, rinsed and drained
- 1/2 cup water
- 3 tablespoons olive oil
- 8 oz. package of vegan seitan finely diced
- 1 15 oz. can tomato sauce and 2 Roma tomatoes, diced
- 1/2 red bell pepper, diced
- 1/2 green bell pepper, diced
- 1 jalapeno pepper, finely chopped
- 1 medium onion, diced
- 3 cloves garlic, finely chopped
- 1 tablespoon cumin
- 1 teaspoon chili powder
- salt and pepper to taste

Directions: Lightly brown the seitan in a separate pan. Sauté onions and bell peppers in a pot until onions become a translucent gold color.

Add garlic and jalapenos to pot and cook 1-2 minutes. Combine lightly browned seitan and remaining ingredients into pot. Cover and simmer for at least 30 minutes.

### Seitan Fajitas

1 medium onion  
1 green, red or golden pepper cut in long thin slices  
1/2 pound seitan  
1/2 teaspoon cumin  
1/4 to 1/2 teaspoon chili powder  
Whole wheat or corn tortillas

Directions: Sauté onions and peppers in a little oil until tender. Add in the seitan, cumin and chili powder, and cook until seitan is hot. Fold into a hot tortilla. Serve with rice and beans. Makes 3-4 fajitas.

### Meatless Hoppin John

3/4 cup long grain brown rice  
1 cup frozen corn  
3 medium carrots, thinly sliced  
1/2 cup chopped green pepper  
1/2 cup chopped red pepper  
1/2 cup chopped yellow pepper (or orange)  
1/4 cup onion, chopped  
4 garlic cloves, minced  
1 tablespoon olive oil  
1 (15 1/2 ounce) can black-eyed peas, rinsed and drained  
1 (14 1/2 ounce) can diced tomatoes, drained  
2 tablespoons minced fresh parsley  
3 teaspoons fresh thyme, chopped or 1 teaspoon dried thyme  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon crushed red pepper flakes  
hot sauce

Directions: Cook the rice according to package directions. Meanwhile, in a large nonstick skillet, sauté the corn, carrots, peppers, onion and garlic in oil for 6 to 8 minutes or until crisp tender. Stir in the rice, peas and tomatoes; bring to a boil. Reduce heat to low, cover and simmer for 5 minutes or until heated through, stirring occasionally. Add the seasonings; cook 2 to 3 minutes longer.

Sprinkle hot sauce to taste. Servings:10

### Quick & Easy Homemade Gluten

1 cup vital wheat gluten flour (Use the Bob's Red Mill Brand)  
1 cup vegetable broth  
1 tablespoon of soy sauce  
1/2 tbs dried mushroom powder, or to taste

Additional 2 cups of vegetable broth for cooking.

Directions: Stir all ingredients together and knead for about 10 minutes. Squeeze out the excess water. (I do this right in the bowl I mixed it in, or you can use a stand mixer with dough hook) with the stand mixer it can be done in about 5 minutes.

In the meantime, bring the two cups of vegetable broth to a boil. Break the dough into desired pieces and add to the boiling broth and cook for at least 30 minutes. Note: The longer you knead and simmer the gluten, the tougher it will become, so you can pick your own texture. This recipe is a lot simpler than the old-fashioned way

Just remember to use equal parts of vital wheat gluten to vegetable broth for the mixture. And add two cups of broth per cup used for cooking.

### Fresh Marinara Sauce

1 carton grape or cherry tomatoes  
3-4 cloves fresh garlic  
2 tablespoons fresh chopped basil  
2 tablespoons olive oil

Directions: Heat the olive oil in a medium saucepan. Chop the garlic and put it in the pan, stirring until it is slightly brownish. Add the tomatoes. When they get hot enough, they will burst. After they all burst, add the basil, stir, and serve with your favorite whole wheat pasta.

### Polenta Roasted Potatoes

2 pounds potatoes  
4 T olive oil  
4T polenta or cornmeal  
½ tsp finely chopped rosemary  
Salt and pepper

Directions: Preheat oven to 375 degrees. Peel the potatoes and cut into quarters and rinse under running water. Bring 6 cups of water to boil in a saucepan, add 2 teaspoons of salt and the potatoes. Allow water to come back to boil, reduce heat, cover and simmer gently for 5-6 minutes. Add the oil to a roasting pan and place in the oven to preheat also. In a small bowl, combine polenta, rosemary and ¼ tsp salt and a couple of pinches of black pepper. Drain the potatoes. Roll each potato in the rosemary polenta mixture to coat and place in the heated roasting pan (Careful! Oil will spatter!). Cook for 45-60 minutes turning several times until browned and nicely crisped.

### Steamed Broccoli

8 cups broccoli florets  
¾ cup vegetable broth  
¼ cup water  
1 tablespoon lemon juice  
1 cloves garlic, crushed  
2 tablespoons fresh parsley, chopped

Directions: In a large pot, add about one inch of water. Place steam basket inside pot. Add broccoli, cover and steam 2 - 3 minutes. Remove from steamer to large bowl. Whisk together vegetable broth and next four ingredients. Pour over broccoli and mix thoroughly. Serve hot.

### Spanish Rice

1 1/2 cups brown rice, cooked  
2 tablespoons oil  
1 onion, chopped finely  
1 green pepper, chopped finely  
1 small can tomato sauce  
3 tomatoes, cubed  
pepper, cumin, and chili powder to taste

Directions: In an oiled frying pan sauté onion and green pepper. Add cooked rice, tomatoes, tomato sauce and seasonings. Cook 10 more minutes.

### Refried Beans

1 pound dry pinto beans, rinsed  
2 tablespoons minced garlic, divided  
1 medium tomato, diced  
2 tablespoons ground cumin  
1 tablespoon chili powder  
2 tablespoons olive oil

Directions: Place the beans in a large saucepan, and cover with an inch of water. Place over high heat and bring to a boil. When the beans have come to a boil, drain, and return them to the same pot. Cover the beans with 2 inches of water, and stir in 1 tablespoon of garlic, the tomato, cumin, and chili powder. Bring to a boil over high heat, and then reduce heat to low, and simmer until the beans are very soft, about 3 hours and 45 minutes, adding water as needed. Once the beans have cooked, mash them with the remaining tablespoon of garlic, the oil, and salt to taste; use additional water as needed to achieve desired consistency. Place over low heat for 30 minutes, stirring occasionally. Serve.

### Quick Black Bean Burritos

8 whole wheat tortillas  
2 15-ounce cans fat-free refried black beans  
2 - 3 cups shredded lettuce  
4 - 5 tomatoes, sliced  
6 green onions, sliced  
1 cup salsa

Directions: Heat a tortilla in a large, ungreased skillet until it is warm and soft. Spread a line of black beans down the center of the tortilla, then top with lettuce, tomatoes, onions, and salsa. Fold the bottom end toward the center, and then roll the tortilla around the filling. Repeat with the remaining tortillas.

### Roasted Cauliflower

1 head of fresh cauliflower, rinsed well and cut into medium florets  
2 tablespoons of olive oil  
¼ teaspoon salt

Directions: Preheat oven to 450 degrees. In a large bowl toss cauliflowers pieces with salt and oil. Mix well. Spread in one layer on a baking sheet. Roast in the oven stirring and turning frequently to prevent burning. Continue to roast until tender and golden about 30 minutes.

### Curried Tofu with Peanuts

¾ cup chopped peanuts, whole or chopped  
1 pound firm tofu, drained and cubed  
3 tablespoons oil  
1 onion, chopped  
1 teaspoon salt  
2 cloves garlic, minced  
1 teaspoon curry powder  
1 cup peas (fresh, frozen, or canned)  
1 carrot, diced

Directions: Sauté the onions and garlic in oiled frying pan. Add remaining ingredients and cook over medium heat for 10-20 minutes. Add a little water if needed.

Variations: Use garlic powder or ginger instead of garlic. Use different nuts or vegetables.

### CaliTato Mash

½ medium cauliflower, chopped  
6 medium potatoes, peeled and chopped  
1 clove garlic, crushed  
2 tablespoons olive oil  
¼ cup soy milk  
2 tablespoons chopped parsley

Directions: Boil cauliflower and potato (together) until soft. Mash until really nice and smooth. Add garlic, parsley, olive oil and salt and pepper. Serve with some veggies.

### Spicy Sesame Noodles

A quick-and-easy peanut butter sauce over noodles makes a tasty meal.

⅔ cup natural peanut butter  
4 Tbsp. soy sauce  
2 garlic cloves, minced  
1 green onion, chopped  
2 Tbsp. sesame oil  
1 tsp. cayenne pepper  
½ lb. whole wheat linguine or other wheat pasta  
2 Tbsp. toasted sesame seeds

Directions: In a saucepan, combine the peanut butter, soy sauce, garlic, and green onion and mix well. Add the sesame oil and the cayenne pepper. Heat slowly over medium-low heat, whisking until smooth. Meanwhile, cook the linguine according to the package directions. Drain. Place in a large bowl, add the peanut sauce, and toss to coat. Garnish with the toasted sesame seeds. Serve hot or cold.

### Chana Masala

This is adapted from Madhur Jaffrey's classic.

1 tablespoon vegetable oil  
1 half medium onion peeled and minced  
2 peeled and minced cloves garlic  
1 tablespoon ground coriander  
2 teaspoons ground cumin  
1/2 teaspoon ground cayenne pepper  
1 teaspoon ground turmeric  
6 tablespoons chopped tomatoes  
1 cup water  
4 cups cooked chickpeas or 2 (15 ounce) cans chickpeas, rinsed and drained (change to 2 cups of chickpeas – 1 cup uncooked)  
1 teaspoons ground roasted cumin seeds  
1 tablespoon amchoor powder (substitute lemon juice)  
1 teaspoons paprika  
1 teaspoon garam masala  
1/2 teaspoon salt  
2-3 tablespoons of lemon juice  
1 fresh, hot green chili pepper, minced (substitute chili flakes)

Directions - Heat oil in a large skillet. Add onions and garlic and sauté over a medium heat until browned (3-5 minutes). Turn heat to medium-low. Add the coriander, cumin (not the roasted cumin), cayenne and turmeric. Stir for a few seconds. Add the tomatoes. Cook the tomatoes until browned lightly. Add chickpeas and a cup of water and stir. Add the roasted cumin, amchoor, paprika, garam masala, salt and lemon juice. Cook covered for 10 minutes. Remove the cover add the minced chili. Serve with brown rice.

## **BREADS**

### Whole Wheat Chapati

"Similar to a wheat pita, it is bread made of whole wheat flour. Serve these with your favorite vegetable dish."

1 cup whole wheat flour  
1 pinch salt  
1 tablespoon olive oil  
1/4 cup water

Directions: Sift together flour and salt in a bowl. Stir in olive oil and water, and then knead until firm and elastic. Divide into four balls and roll as flat as possible with a rolling pin. Heat a frying pan over medium-high heat. Cook the chapati on both sides

until golden brown, about 1 minute per side. If desired, sprinkle with additional olive oil before serving.

### Corn Tortillas

"This is the real thing! A simple mixture of masa harina and water results in the most wonderful corn tortillas you ever tasted. The secret is to use a cast iron pan! You can buy masa harina at Mexican grocery stores or in the ethnic food aisle of large supermarkets."

1 3/4 cups masa harina

1 1/8 cups water

Directions: In a medium bowl, mix together masa harina and hot water until thoroughly combined. Turn dough onto a clean surface and knead until pliable and smooth. If dough is too sticky, add more masa harina; if it begins to dry out, sprinkle with water. Cover dough tightly with plastic wrap and allow to stand for 30 minutes.

Preheat a cast iron skillet or griddle to medium-high.

Divide dough into 15 equal-size balls. Using a tortilla press, a rolling pin, or your hands, press each ball of dough flat between two sheets of plastic wrap. Immediately place tortilla in preheated pan and allow to cook for approximately 30 seconds, or until browned and slightly puffy. Turn tortilla over to brown on second side for approximately 30 seconds more, and then transfer to a plate. Repeat process with each ball of dough. Keep tortillas covered with a towel to stay warm and moist until ready to serve.

### Hot Water Cornbread

2 cups yellow cornmeal

1 teaspoon salt, to taste

1 cup boiling water

Oil (for frying)

Directions: Combine cornmeal and salt in a large mixing bowl. Stir in hot water. Dough should be moist enough to hold a shape. Allow dough to cool enough to shape with your hands. Spoon 1 heaping tablespoon of dough into the palm of one hand. Using both hands, shape the dough into a 1/2-inch thick oval and place on wax paper.

Heat 1/2 inch oil in a skillet over medium-high heat. Slide cornbread patties into hot oil and cook until golden and crisp, 3 to 5 minutes. Turn and cook until golden, about 3 minutes longer. Drain on paper towels. Keep warm. Makes 2 dozen.

### Whole Wheat Tortillas

10 cups whole wheat flour

1 TB. and 1 tsp. salt

1 1/4 to 1 1/3 cup olive oil

4 cups water

Directions: Mix flour and salt together in a large bowl. Then, pour in olive oil and use pastry cutter to cut the oil in. Add water and mix well. Try not adding all the water, only as much as needed to make a soft dough, but not too gooey. Let the dough sit on the counter for an hour or two and then portion dough into 2 or 3 ounce balls. Using a rolling

pin, roll balls as flat as possible. Cook tortillas on one side until it has light brown spots and then flip it to the other side. Stack the tortillas on a plate and cover with a towel. With leftover tortillas, we lay ours out on cooling racks and then stack in a bag and place in the refrigerator.

## **SOUPS**

### Lentil Soup (adapted from PureWow Recipes)

2 tablespoons extra-virgin olive oil  
1 onion, finely chopped  
1 garlic clove, minced  
1 serrano chile, seeded and minced  
½ teaspoon ground coriander  
1 teaspoon ground cumin  
¼ cup water  
Kosher salt  
Freshly ground black pepper  
2 cups golden lentils (available at gourmet markets and specialty grocers), rinsed and sorted for stones  
8 cups vegetable broth (or water)  
Roughly chopped cilantro, as garnish  
Pinch of smoked paprika, as garnish

Directions: In a large pot, warm the olive oil over medium heat. Add the onion and sauté until translucent, 5 to 6 minutes. Add the garlic and serrano chile and continue to cook, stirring frequently, until the onion is caramelized, 8 to 10 minutes more. Season the onion with coriander, cumin, salt and pepper, and cook until fragrant, 1 minute more. Add ¼ cup of water, bring to a simmer and cook until the liquid is almost completely reduced. Add the lentils and stir well to combine. Add the broth and bring to a simmer over medium heat. Reduce the heat to low, then cover and cook until the lentils are just tender, 25 to 30 minutes. The soup can be served immediately or refrigerated in an airtight container for up to four days. To serve, ladle the soup into bowls and top with a sprinkling of cilantro and a pinch of smoked paprika.

### Blender Black Bean Soup

2 cans black beans – drained and rinsed  
2 cups vegetable stock  
½ cup prepared salsa  
1 teaspoon ground cumin  
Salt & Pepper  
1 lime – optional  
Garnish:  
Salsa  
Juice of ½ a lime (more or less)  
Sliced green onion tops (green part) or cilantro

Directions: Put 1 can of black beans in a blender with the vegetable stock, salsa and ground cumin. Blend until smooth. Put into a saucepan with the other can of beans and heat over medium heat. Taste and add salt and pepper if needed. Add the lime juice.

### Cauliflower Soup

1 head cauliflower  
1 onion  
2 carrots  
2 leaves spinach  
water  
salt and pepper to taste

Directions: Cut cauliflower into flowerets. Add cauliflower and remaining vegetables to pot. Add enough water to only cover vegetables in pot. Bring to boil and continue boiling until all are very tender, usually about 15 minutes.

Drain, reserving cooking water. Put vegetables in blender and blend until smooth adding more cooking water as needed for desired consistency. Add salt and pepper to taste. Soup has milky consistency without the milk! Serves: 4. Preparation time: 20 minutes

### Carrot-Ginger Soup

Fragrant dill and ginger bring out the mild sweetness of the carrots in this delicious dish.

1 onion, chopped  
1 Tbsp. olive oil  
1 1/2 lbs. diced carrots  
1 tsp. grated fresh ginger  
2 tsp. crushed coriander seeds  
4 cups vegetable stock or water  
Salt and pepper, to taste

Directions: Fry the onion over medium-high heat in the oil for approximately 5 minutes, until transparent. Add the carrots, ginger, and coriander seeds and cook for 5 minutes more. Add the stock or water and bring to a boil. Cover and cook until the carrots are tender. Purée in a blender, then strain through a sieve. Reheat and season with the salt and pepper.

### Creamy Chickpea Soup (adapted from The Silver Spoon Cookbook)

1.5 cups cooked chickpeas  
1/2 cup cooking water from chickpeas (or 1/2 cup vegetable stock)  
1.5 cups vegetable stock  
1 tablespoon olive oil  
half large onion, chopped finely  
2 large carrots, chopped finely  
2 cloves garlic, chopped finely  
1/2 tablespoon minced rosemary

salt and pepper to taste

Directions: Place chickpeas and 1/2 cup cooking liquid (or vegetable broth) in a blender or food processor and blend until chickpeas reach a creamy consistency. This is not hummus, so add more liquid if you need to.

Heat olive oil over medium heat in a medium sized pot and add the rosemary and garlic. Sauté for a few minutes and then add the carrots and onion. Cover and let the mixture sweat for about 5 minutes over low heat. Add the chickpea puree and bring mixture to a boil. If it seems too thick, add more vegetable stock until it becomes the soup-like consistency you desire. Add salt and pepper to taste, cover and simmer for a few minutes.

## **SNACKS**

### Oven Baked Potato Chips

Pam spray olive oil

1 russet (baking) potato, about 8 ounces, scrubbed

1 teaspoon crumbled dried rosemary (optional)

Salt to taste

Directions: Spray two baking sheets lightly with some of the oil. Using a mandoline or hand-held slicing machine slice the potatoes crosswise 1/8-inch thick and arrange them in one layer on the baking sheets. Spray slices lightly with the oil and bake in a preheated 375 degree oven for 25-30 minutes or until they are golden throughout. (They will brown at different rates.) Transfer them to paper towels and sprinkle them with salt and rosemary, if desired, while they are still hot.

### Kale Chips

1 bunch organic kale, torn into 1-2" pieces

3 tbsp organic olive oil

1 tbsp organic apple cider vinegar

salt

Directions: Preheat oven to 400 degrees. Whisk oil and vinegar and toss kale in the dressing until thoroughly coated. Line a baking sheet with parchment paper. Place kale on sheet in a single layer and sprinkle with salt. Bake for 15 minutes or so, until crispy. Enjoy.

### Chickpea Snacks

Chick peas

a bit of olive or other oil

favorite spices

Directions: Drain the chickpeas well, and then toss with enough oil to coat and sprinkle with spices. Anything you like with chickpeas should work well. Spread the chickpeas on a baking sheet and bake at 400 degrees for 45 minutes. Stir midway through the cooking time.

### Hummus

1 15-ounce can garbanzo beans (chick peas)  
3 tablespoons tahini (sesame seed butter)  
2 tablespoons lemon juice  
1 - 2 garlic cloves, minced  
1 tablespoon finely chopped parsley  
1/4 teaspoon each cumin and paprika  
1/4 teaspoon salt

Directions: Drain the beans and reserve the liquid. Process the beans until smooth in a food processor using the steel knife, or mash them well with a potato masher or fork. Add the remaining ingredients and mix well. The mixture should be moist and spreadable. If it is too dry, add enough of the reserved bean liquid to achieve the desired consistency.

### Sweet Rainbow Delight

2 apples, grated  
2 carrots, grated  
2/3 cup shredded unsweetened coconut  
1/2 cup raisins  
1/2 cup chopped walnuts

Directions: Toss all ingredients together in a bowl and serve. Variation: Add chopped dates instead of raisins.

### Baked Sweet Potato Chips

sweet potato  
vegetable cooking spray  
favorite spice

Directions: Heat oven to 350. Peel sweet potato and slice thin, as if for a thick potato chip. Cover a cookie sheet or baking pan with foil, sprayed lightly with vegetable spray. Lay sweet potato chips on the foil, rubbing each one slightly in the veggie spray. Then lightly spray the tops with veggie spray, sprinkle with your favorite spice. Bake for 20 minutes, turn, sprinkle that side, and bake for another 10 minutes.

### Starr's Cucumber and Avocado Snack

1 cucumber skinned and sliced. Cut slices in half.  
2 avocados cut into squares.  
1/2 lime  
salt to taste  
pepper to taste

Directions: Mix cucumber and avocados in a bowl. Squeeze lime over them, salt, pepper.

### Three Bean Salsa

1 (16 ounce) can kidney beans, rinsed and drained  
1 (15.25 ounce) can whole kernel corn, drained

1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained  
1 (15 ounce) can black beans, rinsed and drained  
2 cups chopped fresh tomatoes  
2 jalapeno peppers, seeded and chopped  
1/4 cup chopped green onions  
1/4 cup lime juice  
2 tablespoons minced fresh cilantro  
2 teaspoons ground cumin  
1 teaspoon salt  
1/4 teaspoon pepper

Directions: In a large bowl, combine the first 12 ingredients; toss to coat. Chill for at least 30 minutes before serving.

### Guacamole

2 avocados  
1 lime, juiced  
2 tablespoons chopped red onion  
1/2 cup chopped tomato  
1/2 teaspoon salt  
1/4 cup chopped cilantro leaves

Directions: Cut the avocados into halves. Remove the seeds and scoop out the pulp into a small bowl. Use a fork to mash the avocado. Stir in lime juice, tomato, onion, salt, and cilantro. Cover the bowl and refrigerate for 1 hour before serving.

## **SALADS AND DRESSINGS**

### Moro's Warm Squash & Chickpea Salad with Tahini

2 pounds pumpkin or other winter squash, peeled, seeded, and cut into 1-inch cubes  
1 garlic clove, crushed  
1/2 teaspoon ground allspice  
2 tablespoons olive oil  
Sea salt and black pepper  
14 ounces canned or home-cooked chickpeas, drained  
1/2 small red onion, finely chopped (soaked in cold water for 15 minutes if you want to soften the bite)  
4 tablespoons roughly chopped fresh cilantro  
1 garlic clove, crushed to a paste with a pinch of salt  
3 1/2 tablespoons lemon juice  
3 tablespoons tahini paste  
2 tablespoons water, to taste  
2 tablespoons extra virgin olive oil

Directions: Heat the oven to 425°F. Toss the squash with the garlic, allspice, olive oil, and some salt and pepper. Place on a tray, optionally lined with parchment, in the oven for 20 to 25 minutes, or until soft. Remove and allow to cool slightly. While the squash is cooking, make the tahini sauce. Mix the crushed garlic with lemon juice and add the tahini. Now thin with the water and olive oil, and check for seasoning. You should taste a

balance between the nutty tahini and lemon. To assemble the salad, place the squash, chickpeas, red onion, and cilantro in a mixing bowl. Pour on the tahini sauce and remaining oil and toss carefully. Season with salt and pepper.

#### Sweet & Savory Sweet Potato Salad

1 sweet potato (yam), diced with skin on  
2 tablespoons Dijon Veganaise (or use Veganaise with Dijon Mustard)  
1 1/2 tablespoons pickle juice  
1 tablespoon minced purple onion  
1 tablespoon garlic chives, minced  
1 grind sea salt  
1 grind black pepper

Directions: Boil sweet potato until tender. Drain.  
Mix with Dijon Veganaise, pickle juice, purple onion, garlic chives, sea salt and pepper.  
Smooch potatoes as much as desired to consistency enjoyed.

#### Curried Chickpea Salad (tastes like egg salad)

1 15 ounce can chickpeas, rinsed well (2 cups soaked boiled and cooled)  
1/4 cup Veganaise or another vegan mayo  
1/4 red onion, finely diced  
1/8-1/4 cup carrots, shredded  
1 clove garlic, minced  
2 tablespoons or more curry powder  
1 teaspoon garam masala  
a few dashes hot sauce, or to taste (I use a habanero salsa, it isn't too vinegary)  
salt  
pepper

Directions: Mash chickpeas well, leave some texture to it, add carrots and onion.  
In a second bowl, combine vegan mayo, garlic and seasonings, re-season to taste.

Add to chickpea mixture and chill 2 or more hours.

#### Ranch Dip/Dressing

1 12 oz pack silken tofu, drained  
2 teaspoons lemon juice  
1 teaspoon salt  
1/8 teaspoon pepper  
1 teaspoon parsley  
1 teaspoon onion powder  
1/2 teaspoon garlic powder

Directions: Put tofu in food processor and whirl until smooth. Use firm for a stiffer dip, soft for something drippier. Add in the rest of the ingredients and whirl to blend. To make dressing, whirl in a little soy milk, how much depends on how thick you like your dressing.

### Vinaigrette Dressing

1/2 olive oil  
1 minced garlic clove  
1/4 cup fresh lemon or lime juice  
1/4 teaspoon salt  
1/4 freshly ground pepper  
1/4 leaf thyme (dried)

Directions: Combine all of the ingredients in a covered container. Shake well. Let stand for about 30 minutes before using.

### Caesar Salad Dressing

2 cloves garlic  
1 tbsp lemon juice  
1 tsp vegetarian Worcestershire sauce  
1 tsp onion powder  
1 tsp Dijon mustard  
1/2 cup olive oil  
dash salt (optional)

Directions: Place all ingredients except oil in a blender or food processor. Turn the machine on, and slowly add the oil, processing until dressing is smooth and creamy.

### Spicy Citrus Dressing

1/2 cup orange juice, fresh-squeezed  
1/2 cup lime juice, fresh-squeezed  
2 tsp. tamari (soy sauce)  
freshly ground pepper, to taste  
1 Tbsp. minced chilies, pref. serrano or jalapeño  
2 tsp. minced garlic  
1 tsp. minced ginger  
3 Tbsp. vegetable oil

Directions: In a jar with a lid, combine the first 4 dressing ingredients. Cover and shake well. Add the rest of the dressing ingredients and shake well.

## **FRESH JUICE BLENDS (from Jay Kordich)**

### Body Cleanser

Use this to flush toxins from your system

2 to 3 carrots  
1/2 cucumber  
1/2 beet with greens

Process vegetables in juicer. Drink immediately.

### The Champ

Start your day with this drink. The complex carbohydrates in carrots will give you energy and vitamin A. The potassium and phosphorus in apples help flush the kidneys and control digestive upsets.

4 carrots  
2 apples

Process in juicer. Drink immediately.

### Lung Tonic

This helps to clean lungs of toxins caused by air pollution and secondhand smoke.

5 carrots  
4 springs of parsley  
¼ potato  
4 sprigs of watercress

Process in juicer. Drink immediately.

### Pacific Prize

The high-mineral and magnesium content of this drink enhances endurance and stamina. Drink it if you work out regularly.

4 carrots  
2 to 3 cauliflower florets with stems  
½ leaf bok choy

Process in juicer. Drink immediately.

### Satin Skin Juice

This combo is good for colds and nausea, and it also contributes to smooth skin.

5 carrots  
1 apple  
½ inch gingerroot

Process in juicer. Drink immediately.

### Hair Growth-Hair Loss Prevention

5 to 6 carrots  
Handful of alfalfa sprouts  
4 lettuce leaves

Process in juicer. Drink immediately.