



2025 Daniel Fast Guide

**Depending on God through
Prayer & Fasting**

January 5 – 25, 2025

Why, What and How?

Why Fast:

Biblical fasting takes a lot of discipline and strength: strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, say Matthew 6. When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

What to Expect:

When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomforts such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast.

Instructions:

Prayer - Spend time listening to praise and worship music. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

Fasting - We are engaging in the Daniel's Fast which includes eating the following items: fruits, nuts, vegetables, and water only. We will refrain from all other foods during this time.

Note: As with any fast, please consult your physician prior to engaging in the fast. If you are currently taking medication or have other health issues, we advise you to use wisdom throughout this fast.

What is the Daniel Fast?

Daniel 10:2-3 In those days I, Daniel, was mourning three full weeks ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

A Daniel's Fast is a fast of only vegetables, fruit, and water. It includes no bread of any type, no pasta, and no meat. This will be one of the greatest, healthiest things you will ever do. Your entire system will be healthier. But why do people do the twenty-one-day fast? What result did Daniel get? After the twenty-one-day fast, Daniel said this:

Suddenly, a hand touched me, which made me tremble on my knees and on the palms of my hands. And he said to me, "O Daniel, man great beloved, understand the words that I speak to you, and stand upright, for I have now been sent to you...Now I have come to make you understand what will happen to your people in the latter days, for the vision refers to many days yet to come."

-Daniel 10:10-11, 14

Just as God had a vision for Daniel, God has a vision for your life, a dream for you. He has ordered your life from beginning to end—whom you should marry, what you should do, and where you are supposed to go. He knows your every step—all of it. God has the vision. But notice that the twenty-one-day fast is what caused understanding of the vision to Daniel. Another word for understanding would be focus or clarity. It brought about the "know-how" to make the vision happen.

This has happened so many times in this ministry. As we have grown from one level to another, through fasting, God brought us understanding of how to make the vision we have come to pass. God is not dangling the hope out there just to torment you. Habakkuk 2:3 says, "For the vision is yet for an appointed time." But you do not just wait idly for it; you do your part. And nothing positions you better for a breakthrough than a fast. God is the God of the breakthrough. Through a twenty-one-day fast, God will give you understanding of the vision He has given to you.

Excerpt taken from Jentezen Franklin's 21 Day Fast Journal

Why do we fast?

Fasting is:

1. Strategically making space for God in your busy life.
2. Stepping into the heart of God and withdrawing from your normal everyday life. During this time, you should limit entertainment (television, media, music, and internet) because it has the ability to contaminate a fast.
3. Pulling yourself away from the normalcy of life and consciously spending more time with God than you do in your normal routine.
4. Your body talking to God for you. It is humbling yourself while expressing your hungry heart to God and it is a time when God will draw nearer to you!

How do I plan and prepare for the fast?

Examine your heart to see if there is anything standing in the way of God responding. Do you believe that God can and will perform miraculous healing, that He speaks to us today, that He does answer prayer, blesses obedience ...? If you have any doubts, meditate on Mark 9:24 and ask God to help you overcome your unbelief. Is there a broken relationship you have not tended to, a grudge you are holding on to, are you living outside of God's will in your daily life? Matthew 5:34 says *"leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift."*

Become familiar with Daniel Fast food guidelines, and "customize"- determine what foods you will include and exclude in your fasting eating plan. *Ask yourself which Daniel Fast food guidelines you can commit to and follow without legitimately compromising your health or your ability to work, serve, or relate to others in a God-honoring way.*

Make a grocery list of Daniel Fast foods you will include in your eating plan. Research recipes from websites and blogs about the Daniel Fast, or do a google search of vegan recipes and eliminate any ingredients to be avoided in the fast. Add ingredients for any recipes to your grocery list. If you work during the day, be sure to plan for meals and snacks you can take to work, and put those items on your grocery list. Wait to shop until 1 or 2 days before your fast begins so fruits & vegetables are fresh.

Cut down your food intake and start weaning yourself from sweeteners, dairy products, meats, and other non-fast foods you usually consume a large quantity of in the 3 to 5 days before your fast start date. Use the foods in your refrigerator and cabinet that will be on lock-down once the fast begins. You may find that you do not have a desire for these foods any longer after the fast ends.

Decide on and gather your quiet time prayer and study tools. Plan what time and where you will meet with God daily. Purchase a journal or download a fasting prayer journal from one of the Daniel Fast blogs or websites. You will want to chronicle all that God reveals to you in this journey so find a way to capture it in print. You may have an amazing testimony to share when it comes time to break your fast.

1 Day before your fast begins, make a pot of vegetarian chili, vegetable soup, mushroom barley pilaf or other dish so something is available for a quick meal to get you started eating the right foods, or to have on hand when you cannot think of anything to eat and you are hungry.

Take inventory – a "BEFORE" picture of your physical and spiritual health. Spend some time in your journal crafting your "before" picture ... physically – how much do you weigh? how much energy do you have? how do you feel? what physical limitations do you have? what health concerns do you have? what medications do you take regularly? does your physical health support all you want to do in life, what God is asking you to do? what about stress? do you feel convicted to get more sleep, drink less alcohol, stop smoking, eat healthier foods, get some exercise, or change other habits to honor the body God gave you? ... spiritually – do you have a daily discipline of prayer and time in the Word? do you involve God in the decisions you make? do you call upon God throughout the day in even the smallest of matters? are you growing in your spiritual journey or stalled out at the same place as you were last year? how do you live out your faith in your family, at work, with friends? do you seek revelation of God's will or move forward with your own agenda? are you connected with

other believers? can you see evidence of God working in your life? are you pursuing a deeper relationship with God continually? are you serving God by serving others? do you take seriously and act on the charge to make disciples of all the nations?

Pray for this period of preparation. *Father, I want to draw closer to You. I want to know You and experience You. In a few days I will start on the Daniel Fast. I ask now that You open my heart. Prepare me. Show me the things You want me to see about myself. Teach me more about You and Your Word. Help me to see Your wisdom, Your grace, and Your purpose for my life. Amen.* (From Susan Gregory's "The Daniel Fast for the Body, Soul and Spirit").

Pray a Prayer of Dedication on your fast start date. *Father, I am starting the Daniel Fast today and dedicate this time to You. Your word says that if I will draw near to You, that You will in turn draw near to me. Father, I want to experience You. I want to increase in my relationship with You. I want to learn more about how I can delight in You and submit to You more than ever. I want You to be Lord over all my life. I thank You for bringing me to this very moment, and I look forward to being with You each day during this consecrated fasting time. Amen.* (also, from Susan Gregory's "The Daniel Fast for the Body, Soul and Spirit").

Familiarize yourselves with the HPC 2025 Target Initiatives (REAL) below:

- Rely on Christ
- Educate ourselves on the Word
- Apply what we learn in teams
- Liberate others by growing leadership

How do I supercharge during the fast?

Nehemiah 9:1-3 (KJV) Now in the twenty and fourth day of this month the children of Israel were assembled with fasting, and with sack clothes, and earth upon them. And the seed of Israel separated themselves from all strangers, and stood and confessed their sins, and the iniquities of their fathers. And they stood up in their place, and read in the book of the law of the LORD their GOD one fourth part of the day; and another fourth part they confessed, and worshipped the LORD their God

1. **Gather together with other believers for special times of prayer.** Use small groups or the buddy system to help you make it through the process. Get plugged in with all of the activities happening in the ministry during the fast and with others who are committed to consecrating themselves before God.
2. **Separate yourself from non-believing influences.** Deliberately separate yourself from ungodly influences because your spirit is open during this time. Limit your time spent on computers, watching television, excessive email, secular music, and other forms of entertainment. **THIS IS GOD'S TIME!**
3. **Confess your sins.** As you fast, repent. God will allow you to see yourself and begin to bring up and reveal your actions and attitudes that are not pleasing in His sight and the unrighteousness that is keeping you from being in right standing with God - see 1 John 1:9.
4. **Spend extra time in God's Word.** Read the Bible now more than ever. Commit to reading the entire Bible in one year.
5. **Confess the Word.** Speak the Word of God over your family, over your health, and over your finances.
6. **Worship.** Listen to CD's of preaching and teaching of God's Word. Feed your spirit only the Word of God. Be passionate about worship during your time of fasting. Set aside time to praise and worship God and dwell in His Presence.

For more information reference; <https://www.higherpurposechurch.org/daniel-fast/>

HPC Daniel Fast Prayer Topics

Hi all, welcome to Week 1 of the Daniel Fast. Let's prepare for success by setting goals for the week. First, make sure you have Daniel Fast appropriate meals and snacks planned. Second, hydration is very important and at minimum you should drink half of your body weight in water. For example, if you weight 160lbs you should aim for 80oz of water a day. Finally, make sure you limit distractions and temptations that can get your off track.

Below is this week's focus for your daily devotion and prayer time:

Week 1

Day 1 - Fast

Day 2- Singles

Day 3- Married Couples

Day 4- Families

Day 5- Those Grieving & Affected by the Pandemic and Storms/For Healing in Our World

Day 6- REAL Discipleship at HPC

Day 7- Rely on Christ

Hi all, it's Week 2 of the Daniel Fast. I pray you had a fruitful first week and you have gotten into a daily routine with your devotions and meal preparation. If not, it's okay because 2 Corinthians 12:9 says "And He said to me, my grace is sufficient for you, for My strength is made perfect in weakness (NKJV)." Make sure you are eating a variety of colorful fruits and vegetables to optimize your vitamins and minerals.

Below is this week's focus for your daily devotion and prayer time:

Week 2

Day 8- Educate ourselves on the Word

Day 9- Apply what we learn in teams

Day 10- Liberate others by growing leadership

Day 11- Baptism of the Holy Spirit

Day 12- Mentorship

Day 13- Outreach

Day 14- Assimilation

Hi all, it's the final week of Daniel Fast. It's been a great 2 weeks so let's finish strong. You may even consider repeating some of your favorite Daniel Fast meals. 2 Corinthians 9:8 says "And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work (NIV)."

Here is this week's focus for your daily devotion and prayer time:

Week 3

Day 15- Worship

Day 16- Stewardship

Day 17- Fellowship

Day 18- Ministry

Day 19- Leadership

Day 20- Racism / Love

Day 21- HPC Growth

HPC Daniel Fast Shopping List

Vegetables

1. Reds
 - a. Beets
 - b. Radish
 - c. Red cabbage
 - d. Rhubarb
 - e. Tomato
 - f. Red leaf lettuce
 - g. Red peppers
 - h. Red onions
2. Orange/Yellow
 - a. Pumpkin
 - b. Orange peppers
 - c. Yellow peppers
 - d. Squash (Acorn, Butternut, Summer)
 - e. Carrots
 - f. Yellow beets
3. Purple
 - a. Turnip
 - b. Eggplant
 - c. Purple cabbage
4. White
 - a. Shallots
 - b. Cauliflower
 - c. Onion
 - d. Garlic
 - e. Mushroom
 - f. Artichoke
5. Green
 - a. Cabbage
 - b. Kale
 - c. Green beans
 - d. Arugula
 - e. Brussel sprouts
 - f. Celery
 - g. Peas
 - h. Asparagus
 - i. Broccoli
 - j. Lettuce
 - k. Cucumbers/Zucchini
 - l. Spinach
 - m. Green peppers

Fruit

1. Berries (Cherry, Strawberry, Raspberry, Blueberry)
2. Apples
3. Pears

4. Peaches
5. Plums
6. Bananas
7. Oranges
8. Grapefruit
9. Lemons
10. Mango
11. Cantaloupe
12. Honeydew
13. Watermelon
14. Avocado

Legumes/Beans

1. Black beans
2. Black eyed peas
3. Chickpeas/Garbanzo beans
4. Kidney beans
5. Pinto beans
6. Lentils
7. Navy Beans
8. Split Peas
9. White Beans

Rice/Grains

1. Jasmine Rice
2. Brown Rice
3. Wild Rice
4. Quinoa
5. Corn Tortillas
6. Oatmeal (Steel cut, Rolled, Old Fashioned)
7. Farro
8. Buckwheat
9. Corn
10. Potatoes

Nuts/Seeds

1. Almonds
2. Peanuts
3. Cashews
4. Pistachios
5. Pine nuts
6. Walnuts
7. Chia Seeds
8. Flax Seeds
9. Pumpkin Seeds
10. Sunflower Seeds
11. Hemp Seeds

Cooking Oils

1. Olive Oil
2. Coconut Oil

3. Flaxseed Oil
4. Grapeseed Oil
5. Vegetable Oil
6. Sesame Oil
7. Avocado Oil

Salad Dressing Options

- a. Olive Oil
- b. Balsamic vinegar
- c. Lemon or Lime Juice

Beverages

1. Water
2. Sparkling Water (no artificial sweeteners)
3. Almond Milk (unsweetened)
4. Soy Milk (unsweetened)
5. Herbal Tea (caffeine-free, no artificial sweeteners)
6. Coconut Water (unsweetened)

PLEASE NOTE: This list is not exhaustive. Eat a variety of foods to make sure you are getting adequate amounts of nutrients.

DANIEL FAST MEAL PLANNER

WEEK 1

Breakfast

SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

Lunch

SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

Dinner

SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

Snacks

SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

DANIEL FAST MEAL PLANNER

WEEK 2

Breakfast

SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

Lunch

SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

Dinner

SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

Snacks

SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

DANIEL FAST MEAL PLANNER

WEEK 3

Breakfast

SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

Lunch

SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

Dinner

SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

Snacks

SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

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Baked Oatmeal

1 1/2 cups old-fashioned rolled oats
1 1/2 cups unsweetened almond milk
1/2 cup unsweetened applesauce
1/4 cup chopped dried apricots
1/4 cup chopped dates or raisins
1/4 cup chopped pecans or walnuts
1/2 teaspoon cinnamon
1/4 teaspoon salt

Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top.

Yield: 6 servings (serving size: 2 squares)

Recipe Notes:

- Spread almond butter or Date Honey on each serving.
- This recipe can be doubled and baked in a 9 by 13-inch casserole dish.
- To make this soup chunky instead of smooth, put only half the zucchini and half the chickpeas in the food processor.
- Use oregano instead of basil.
- Double the recipe, and freeze half for later use.

Berry Blast Smoothie

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

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

Recipe Notes:

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

Coconut Fig Bars

1/2 cup coconut flour
1/2 cup old-fashioned rolled oats
1 cup unsweetened applesauce

1/4 cup Date Honey
1 cup chopped dried figs
2 tablespoons chopped pecans
1 tablespoon flaxseed meal (optional)
1 tablespoon unsweetened shredded coconut
1/2 teaspoon cinnamon

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

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

Yield: 12 servings (serving size: 1 bar)

Recipe Notes:

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

Tropical Fruit Salad

2 cups sliced strawberries
3 kiwifruits, peeled and quartered
1 1/2 cups orange segments, cut into 1-inch pieces
1 cup red seedless grapes, halved
1 cup fresh pineapple chunks, cut into tidbits

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

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

Recipe Notes:

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

White Bean Salad

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

2 tablespoons chopped fresh parsley

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

Recipe Notes:

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

Italian Salad Dressing

1/2 cup extra-virgin olive oil

2 tablespoons fresh lemon juice

1 clove garlic, minced

1 teaspoon dried basil

1/2 teaspoon dried oregano

1/4 teaspoon salt

Combine all ingredients in a blender. Refrigerate until chilled.

Yield: 8 servings (serving size: 1 tablespoon)

Recipe Notes:

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

Roasted Potato Salad

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

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

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

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

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

Marinated Vegetable Salad

1 Marinated Zucchini recipe

2 cups broccoli florets, cut into bite-size pieces

1 1/2 cups diced carrots

2 tablespoons chopped fresh parsley, optional

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

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

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

Marinated Zucchini:

2 pounds zucchini, unpeeled

1 ½ tablespoons extra-virgin olive oil

1 clove garlic, minced

1 1/2 teaspoons dried oregano flakes

1/2 teaspoon salt

1/8 teaspoon pepper

1 teaspoon fresh lemon juice

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

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

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

Yield: 8 servings (serving size: about ½ cup)

Basil Zucchini Soup

1 1/2 pounds zucchini, peeled

2 tablespoons extra-virgin olive oil, divided

1/2 cup chopped onions

2 cloves garlic, minced

4 cups water

1 (15-ounce) can chickpeas, rinsed & drained

1/2 tablespoon dried basil

1 teaspoon salt

Toasted sunflower and/or pumpkin seeds

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

Yield: 6 servings (serving size = 1 cup)

Recipe Notes:

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

Corn Chowder

1/2 tablespoon extra-virgin olive oil

1/2 cup diced onion

4 cups water

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

1 clove garlic, minced

1 teaspoon dried parsley flakes

1/2 teaspoon salt

1/8 teaspoon pepper

3 1/2 cups fresh corn kernels

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

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

Yield: 8 servings (serving size: 1 cup)

Recipe Notes:

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

Rosemary Split Pea Soup

1 tablespoon extra-virgin olive oil

1 cup sliced carrots

1 cup diced onion

2 cloves garlic, minced

6 cups water or Vegetable Broth

2 cups dry split peas

1 teaspoon dried crushed rosemary

1 bay leaf

1 teaspoon salt

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

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

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

Rice & Cabbage Casserole

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

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

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

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

Brown Rice Stir-fry with Orange Sauce

1 tablespoon extra-virgin olive oil
2 cups chopped broccoli (stems and florets) or 1/2 16-ounce bag cut broccoli, cooked
1 cup chopped carrots
1/2 cup chopped onion
1/4 cup Bragg's Liquid Aminos or soy sauce
1/4 cup unsweetened orange juice
1 clove garlic, minced
1 teaspoon fresh grated ginger root or 1/4 teaspoon ground ginger
3 cups cooked brown rice
>1/4 cup toasted chopped walnuts
2 tablespoons chopped green onion

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

Yield: 4 servings (serving size: about 1 1/4 cups)

Recipe Notes:

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

Sesame Vegetables with Rice and Tofu

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

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

Marinated Tofu:

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

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

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

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

Cinnamon Baked Apples

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

1 cup unsweetened apple juice

1/8 teaspoon cinnamon

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

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

Recipe Notes:

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

Oatmeal Raisin Cookies

1 cup old-fashioned rolled oats

1 cup almond flour or oat flour

1 cup creamy cashew butter, almond butter, or peanut butter

1/2 cup applesauce

1/3 cup Date Honey

1/2 cup raisins

2 tablespoons chopped walnuts

1 teaspoon cinnamon

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

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

Recipe Notes:

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

Coconut-Date Cookies

1/2 cup unsweetened coconut milk

1/2 cup coconut flour

1/2 cup roughly chopped dates

1/4 cup Date Honey

1/4 cup whole almonds

1/4 cup walnut halves and pieces

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

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

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

Recipe Notes:

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

Corn Muffins

1 1/2 cups yellow cornmeal
1/2 cup unsweetened almond or rice milk
1/4 cup water
1 tablespoon Date Honey (optional)
1 tablespoon extra-virgin olive oil
3/4 cup fresh or frozen corn kernels
1/4 cup chopped green onions (green parts only)
1/2 teaspoon salt

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

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

Recipe Notes:

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

Great Northern Bean Dip

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

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

Yield: 8 servings (serving size: 2 tablespoons)

Spinach Artichoke Dip

8 ounces firm tofu, drained

*1 cup chopped canned artichokes, drained, reserve 2
tablespoons canned juices*

*1/2 (10-ounce) package frozen chopped spinach, thawed,
squeezed dry*

1 teaspoon dried basil

1 teaspoon salt

1/8 teaspoon pepper

2 teaspoons extra-virgin olive oil

1/4 cup diced onion

2 cloves garlic, minced

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

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

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

Sesame Seed Rice Crackers

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

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

Yield: 6 servings (serving size: 9 crackers)

Recipe Notes:

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

Crunchy Kale Chips

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

Preheat oven to 400 degrees. Lightly oil an 11 x 17-inch baking sheet. Place kale in a large bowl, and add olive oil, garlic powder, and salt. Use your hands to incorporate into leaves so that they are well coated. Spread leaves on baking sheet. Bake 12-15 minutes or until crispy.

Recipe Notes:

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

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