

“Daniel Fast” Recipes



Baked Oatmeal

Preheat oven to 350 degrees

- 4 cups old fashioned oats (do not use instant or quick cooking)
- 1 cup chopped apples
- ½ cup chopped walnuts
- 4 cups water
- 1 teaspoon vanilla
- ½ cup chopped dates – ¾ cup if you like dates

Combine oats, walnuts and a pinch of salt in a bowl – mix well.

In a separate container combine water and vanilla.

Combine all ingredients (except the dates) and stir gently.

Pour into a lightly oiled 8” X 8” dish.

Bake at 350 degrees for 30 to 60 minutes – keep an eye on this after 30 minutes; the recipe said 60 minutes, but it was done before that.

When done, take out of oven, stir in the dates, and serve.

Serve with soy milk for this Fast. If you like it sweeter use honey or raw sugar– found in most grocery stores with the other sugars.

Strawberry Smoothie

- 1½ cups soy milk
- 1 bag (10 oz) frozen, organic strawberries, partially thawed
- 1 medium banana, cut into chunks
- 1/3 cup orange juice
- Honey, if desired
- Vanilla, if desired

In blender, blend all for about 1 minute. Sweeten to taste with honey

Experiment with different fruit and juices

- 1 bag (10 oz) mixed fruit
- Banana
- 1/3 cup orange pineapple juice

Scarlott potatoes

White potatoes boiled with onions cut up in them, pepper, garlic, seasoning salt.

Hot water cornbread

White or yellow corn meal, hot water, raw sugar stir it up very well. Put in skillet with olive oil.

Student mix

Nuts, seeds and raisins mixed together

Rice, Green Beans and Lentils

1 cup rice

1/2 cup lentils rinsed

1 tsp. cinnamon

1 tsp. salt

1 TBSP tomato paste

1 can green beans not drained

1 cup of water

Rice cooked in rice cooker. The rest of the ingredients go in crock pot for five hours on medium to high.

Rice and Lentils

1 cup rice

1/2 cup of lentils

1 tsp salt

2 cups water

Rice cooked in rice cooker. The rest of the ingredients go in crock pot for five hours on high.

Vegetable soup and navy beans

1 cup puree spinach

1 cup puree green beans

1 can navy beans rinsed and drained

1 tsp salt

1 cup water

Put all ingredient in crock pot for four hours on medium

Rice and Chick Peas

1 cup rice

1 can chick peas drained and rinsed

1 cup water

1 tsp salt

1 TBSP raisins

Cook rice in a rice cooker. Put rest of ingredients in crock pot and cook four hours at medium

Cantaloupe Tonight Melon Smoothie

1/2 medium-size cantaloupe, seeded and cut from the rind.

1/2 cup orange juice

Juice of 2 limes (taste before you add all the juice at once)

1 medium-size, banana, peeled and cut into chunks

Fresh mint leaves for garnish (optional)

our addition: 2 cups of ice cubes - makes it like a frozen ice drink.

Mix all in a blender, and serve. Serves 2

Mrs. Jones' Brown Rice Dinner

1 cup of Brown Rice

2.5 cups water

Bring to rolling boil, reduce heat and simmer/steam for 45 minutes.

Half way through the cooking time, add:

1/2 cup of fresh salsa

1 cup of frozen corn

1/2 of a chopped red bell pepper

3/4 cup of cooked black beans

a pinch of pepper to taste

Stir and replace cover for remainder of cooking time. Serve with fresh sliced avocado.