



DANIEL FAST

Begins February 14 | Ends March 28, 2024

RECIPES

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.

Daniel 10:3



Rev. Danté R. Quick, Ph.D., Senior Pastor

BREAKFAST

Apple-Cinnamon Hot Cereal

Serves 8

- 1 (14.5 oz) can coconut milk
- 2 cups cooked brown rice
- 1 apple, chopped, unpeeled
- 1 banana, mashed
- 1 cup roughly chopped dates
- 1 1/2 teaspoons cinnamon
- Pinch nutmeg
- 1/2 cup toasted pecans/walnuts

Add coconut milk, brown rice, apple, banana, dates, cinnamon, and nutmeg to a medium saucepan. Cook over medium-low heat about 10 minutes or until heat-ed through. Stir frequently to prevent burning on bottom of pan. Sprinkle 1 tablespoon pecans/walnuts over each serving.

Avocado Breakfast

Serves 2

Simple Berry Sauce

- 1 cup strawberries
- 1 tablespoon coconut oil
- Pinch salt

Avocado Breakfast

- 4 cups mixed berries, sliced
- 2 diced avocados
- 1 cup simply berry sauce

1. Combine all sauce ingredients in a blender and blend well. Transfer to a storage container for use for up to five days. Store in the refrigerator.
2. In a small mixing bowl, toss together half the berries and half the avocado lightly with half the berry sauce until well coated. Repeat with remaining berries, avocado, and sauce.

Optional: Serve over a half of avocado.

Baked Oatmeal

Serves 6

- 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 backing 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.

Optional: Serve with Almond Butter or Date Honey.

Creamy Banana Oatmeal

Serves 2

- 2 cups oats (Old Fashioned)
- 3 cups Silk Organic Soy Milk
- 1 whole banana
- 1/4 teaspoon of cinnamon

1. Combine Oats and soy milk in a medium pot. Cook over medium heat stirring continually until thick. Be aware that old fashioned whole oats take time to soften and thicken.
2. Add fruit.



Green Machine Smoothie

Serves 2

- 2 cups plant-based milk
- 1 banana
- 1/4 cup frozen blueberries
- 2 large leaves of kale
- 1/2 cup spinach
- 1/2 English cucumber
- 1/2 tablespoon flax seed
- 1 date, pitted

Blend all the ingredients until smooth and no chunks remain. Add more plant-based milk or water to get the preferred consistency.

Dried Fruit Bars

Serves 2

- 1 cup agave nectar
- 2 tablespoons peanut oil
- 1 tsp cinnamon
- 1 1/2 cups oats, uncooked
- 1/2 cup whole grain, whole wheat flour
- 1/2 cup sliced Almonds
- 1/2 teaspoon salt
- 2/3 cup sunflower seed
- 10 whole dried apricots
- 10 dried figs
- 10 whole dried pitted dates
- 1/2 cup dried cherries
- 1. Preheat oven to 350°.

- 2. Add agave nectar, oil, and cinnamon in small bowl and whisk together.
- 3. In a large bowl, stir together oats, flour, almonds, sunflower seeds, salt and dried fruit.
- 4. Add agave mixture to the oatmeal fruit mixture with hands.
- 5. Place in lightly oiled 8x8 pan and press ingredients down tightly.
- 6. Bake at 350° for 25 minutes.

Chocolate Smoothie

Serves 2

- 3/4 cup unsweetened almond milk
- 1/2 cup pomegranate juice
- 6 oz. baby spinach, optional
- 1 frozen banana
- Dates, to taste
- 3 tablespoons raw cocoa powder

2 cups frozen blueberries

Puree all the ingredients in a highpowered blender until smooth.

Fresh Fruits and Nuts

- | | |
|-------------------|--------------------|
| 1 apple | 1 kiwi |
| 1/2 papaya | 1 mango |
| 1 cup grapes | 1 orange/tangerine |
| 1 pink grapefruit | 1 cup berries |
| 1 peach | 1 apricot |
| 1 pear | 1 plum |
| 1 cup watermelon | 1 cup cantaloupe |
| 1 cup honeydew | 4-6 prunes |
| 1 banana | |

Choose any two fruits in season from the list above.
A great snack on the go!



Fruit Salad

Serves 2-4

- 1 cup strawberries
- 1 cup raspberries
- 1 cup blueberries
- 1 cup blackberries
- 2 oranges
- 2 tangerines
- 1 pink grapefruit
- 4-6 kiwi (peeled)
- 1 mango (where available)
- 2 cup seedless grapes
- 1 papaya (where available)
- 4-8 mint leaves (optional)
- 1 lemon (optional)

1. Wash strawberries, raspberries, blueberries, and blackberries. Remove stems from strawberries, cut them in half, and add to a large bowl.
2. Peel oranges, tangerines, grapefruit, and kiwi. Cut away the flesh of the mango from the seed and thinly slice the mango lengthwise. Scoop the slices out of the peel and add them to bowl.
3. Section oranges, tangerines, and grapefruit and add to the bowl. Cut grapes in half and add to bowl.
4. Cut peeled kiwi crosswise and add to bowl.
5. Cut papaya in half, remove the black seeds, scoop out flesh, and add to bowl.
6. Add raspberries, blueberries, and blackberries to bowl.
7. Mix all fruits together and enjoy!

MID-MORNING SNACK

Antioxidant Smoothie

Serves 2

- 2 cups mixed frozen berries
- 1 cup unsweetened pomegranate juice
- 1 cup water

Combine all ingredients in a blender and mix until smooth.

Almond Butter Bites

- 1/2 cup almond butter
- 1/4 cup raw sunflower seeds
- 1/4 cup raisins
- 1/4 cup chopped almonds
- 2 tablespoons unsweetened shredded coconut
- 1/4 teaspoon cinnamon

Mix all ingredients in a bowl until well combined. Use a 1/2 tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8-inch baking dish and freeze until firm. Serve frozen or slightly thawed.

Beet Juice

Serves 2

- 2-3 beets
- 2 carrots
- 1 apple
- 1/2 inch ginger root
- 1/2 lemons

1. Wash beets, carrots, apple, and gingerroot, and cut in quarters.
2. Cut lemon in half.
3. Add the ingredients to juicer and juice.



Apple Crisps

3 large apples

cinnamon

1. Preheat oven to 275°.
2. Place apple strips in a single layer without overlapping on two large baking sheets lined with parchment paper.
3. Bake 2 hours or until apples are dry and crisp. For chewier crisps, remove from oven at 1 1/2 hours.
4. Using a spatula, transfer crisps to wire rack to cool.

Awesome Smoothie

Serves 2

2 mangoes

5-6 bananas

Peel and chop the mangoes and bananas. Put all the ingredients in a blender and puree, adding water as needed.

Carrot Juice

Serves 2

2 large carrots

1/4 inch ginger root

1 lemon

1 apple

1. Wash carrots and ginger root.
2. Cut lemon in half or quarter.
3. Cut apple in quarters.
4. Add all ingredients to juicer and juice.

Apricot Fruit Pop'ems

2 cups dried apricots

1 cup pecans

1 tablespoon orange juice

1. Put all of the ingredients in a food processor and pulse for about 30 seconds.
2. Then make into small balls about the size of a quarter.
3. Refrigerate in tight container



LUNCH

Black Bean Minestrone

Serves 6

- 1 tablespoon extra-virgin olive oil
- ½ cup chopped onion
- 1 cup chopped carrots
- 2 stalks celery, sliced
- 2 cloves garlic, minced
- 4 cups water or vegetable broth
- 1 (15-oz) can black beans, rinsed and drained
- 1 cup fresh or frozen green beans, cut into 1-inch pieces
- 1 cup chopped tomatoes, unpeeled, unseeded
- 1 cup chopped fresh spinach or ½ cup frozen spinach, thawed
- 2 tablespoons chopped fresh basil or 1 ½ teaspoons dried basil
- 2 tablespoons chopped fresh parsley or 1 ½ teaspoons dried parsley
- ½ teaspoon salt
- 1/8 teaspoon pepper

Heat olive oil in a large saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.

Add water or broth, black beans, green beans, tomatoes, spinach, basil, salt and pepper. Bring to a boil. Simmer, un-covered, over low heat about 20 minutes to allow the flavors to blend. Stir in parsley before serving.



Cucumber and Sweet Onion Salad

- 2 cucumbers, thinly sliced
 - 1 large sweet onion, thinly sliced 3-4 tbsp. cilantro, chopped
 - 4 tbsp. garlic
 - 3-5 tbsp. scallions, chopped Juice of 2 lemons
 - Sea salt and black pepper Louisiana Hot Sauce (optional)
 - ¼ cup olive oil
1. Place cucumber and onion slices in large bowl. Add cilantro, garlic, and scallions to mixture.
 2. Pour lemon juice over the entire mixture and sprinkle with sea salt and pepper to taste.
 3. Add Louisiana Hot Sauce to taste, if desired.
 4. Toss with olive oil and mix until all ingredients are evenly coated. Add more seasoning if needed and serve.

Quinoa with Fresh Veggies

- 4 cloves of garlic, minced
- 1 cup quinoa
- 1-2 tablespoons olive oil
- 2 small cucumbers
- 1 bunch mint
- A few green onions
- 1 package cherry tomatoes
- 1 small red onion
- 1 lemon zested
- A bunch of pea sprouts
- 1/2 lemon, juiced
- 1 tablespoon olive oil
- 2 tablespoons pesto

Heat oil over medium heat in a pot and add garlic. Cook until just aromatic and add quinoa. Lightly cook until just toasted. Add 1 1/2 cups water or stock to the quinoa, bring to a boil, add salt, reduce heat and simmer, covered until cooked through (15-20 minutes). In a small bowl combine pesto, lemon juice and 1 tablespoon olive oil. Once quinoa is cooked add all remaining ingredients to the quinoa pot and stir until mixed through. Serve hot.

Sweet Potato Quinoa Patties

2 cups baked sweet potato
2 cups cooked quinoa
Medium yellow onion
3 cloves of crushed garlic
1 tablespoon finely chopped fresh thyme
1 tablespoon olive oil
Sea salt
Fresh cracked pepper
Earth Balance vegan butter or coconut oil for cooking

1. Prepare quinoa according to package instructions.
2. Preheat oven to 400°, pierce sweet potatoes with fork and bake for 45 minutes or until soft. Remove skins, mash with a fork to remove all chunks and place in large mixing bowl.
3. In a saute pain combine onions, olive oil, a hearty pinch of sea salt and cook over medium-low heat until onions are translucent. Add garlic and cook an additional minute, stirring continually to prevent the garlic from burning. Add thyme at the very end and mix well.
4. Add onions, quinoa, 1/4 teaspoon sea salt, a bit of fresh cracked pepper to large mixing bowl with sweet potatoes and stir until well combined.

Eggplant Pecan Pesto

1/2 cup water
1 medium onion, diced
1/2 teaspoon crushed garlic
1 large eggplant, peeled
1 cup pecans
1/2 cup fresh basil, firmly packed
2-3 tablespoon fresh lemon juice
2-4 tablespoon light miso

1. Heat water in a large nonstick skillet. Add onion and garlic and cook over medium-high heat for 5 minutes.
2. Cut eggplant into 1/2-inch cubes. Add to onion, cover, and reduce heat to medium. Cook, stirring often, until eggplant is very soft, about 25-30 minutes.
3. When tender, transfer eggplant mixture to blender. Add remaining ingredients and process until completely smooth.
4. Serve immediately while warm or at room temperature. Store leftovers in refrigerator and reheat to serve.



SNACK

Spicy Veggie Sticks

Spicy House Seasoning to taste

2 tablespoons olive oil

6 carrots, washed

4 potatoes, washed

1 .Preheat oven to 450°.

2. Clean and peel the above vegetables. Cut them into thick sticks resembling fries.

3. Toss them in the olive oil until coated evenly.

4. Place them in a single layer on a cookie sheet and bake them on the top rack for 20 minutes, turning every 5 minutes.

5. While hot, sprinkle with Seasoning mix, to taste.

Pesto Spaghetti Squash

1 spaghetti squash (about 2 pounds)

1 Pesto recipe

Preheat oven to 375°. With a fork, prick squash all over and place in baking dish. Cook 1 hour and remove from oven.

Let squash cool 10-15 minutes before cutting in half and removing the seeds. Discard seeds. Pull a fork lengthwise through the flesh to separate it into long strands. Place strands in a large bowl. Add Pesto to spaghetti squash and stir to coat. Mix well and serve.



DINNER

Cabbage Wraps

1/4 cup and 5 tablespoons olive oil

3 tablespoons minced garlic

1 medium cabbage

1 bag chopped spinach

2 zucchini, cubed

1 small sweet onion, chopped

1/2 cup scallions

1/4 cup leek, chopped

1/2 cup cilantro

1/4 fennel, sliced

2-3 tablespoon fresh dill, chopped

Sea salt and black pepper, to taste

1. In a 4-quart pot boil 3-4 cups salted water, adding 3-4 tablespoons olive oil and 1 tablespoon garlic.

2. As the water comes to a boil, peel 6-8 cabbage leaves gently off and rinse.

3. Use a pair of tongs to dip one leaf at a time in the boiling water. Hold each leaf for 1 minute on one side, then turn over and hold for 1 minute on the other side. Do this until the leaf is tender and pliable to the touch. Dip the remaining leaves one at a time and set each aside.

4. In a saucepan heat 1/4 cup olive oil and remaining garlic. Add spinach, zucchini, onion, scallions, leek, cilantro, fennel, dill, salt and pepper. Saute for approximately 5 minutes. Remove from heat.

5. Take a cabbage leaf and fill it with spinach-zucchini mixture. Depending on the size of the leaf, you will use 1 or 2 tablespoons of mixture per leaf.

6. As you fill each leaf, fold the leaves in and place the seams downward on the serving plate.



Lentil-Spinach “Meatballs”

- 1/2 cup dry lentils
- 1 1/2 cups vegetable broth/water
- 1/2 cup diced onion
- 1 clove garlic
- 1 1/2 teaspoons olive oil
- 1 cup finely chopped white button mushrooms
- 1/2 package frozen chopped spinach
- 1/2 cup brown rice flour
- 2 tablespoons finely chopped walnuts
- 2 tablespoons flaxseed meal
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1/2 teaspoon garlic powder

Place lentils and broth in a medium saucepan and bring to a boil. Lower heat and add 1/4 cup onions and garlic. Cover, and simmer with lid tilted for 45 minutes. Preheat oven to 350°. While lentils cook, heat olive oil over medium-low heat in a large skillet. Add remaining 1/4 cup onions, mushrooms, and spinach. Cook 5 minutes, stirring frequently. Set aside. When lentils are done cooking, drain and stir into onion-mushroom-spinach mixture. Add flour, walnuts, flaxseed meal, basil, parsley, garlic powder, and salt. Stir well. Transfer to a food processor or blender and process 10-15 seconds or until smooth. Form mixture into balls and place on an 11x17-inch baking dish that has been rubbed with olive oil. Bake 30 minutes.

Creamy Corn Chowder

- 2 1/2 cups plain, unsweetened almond milk, chilled
 - 2 1/2 cups fresh or frozen corn kernels
 - 1 small shallot
 - 1 ripe avocado
 - Scallions or fresh cilantro
- Puree all ingredients in a blender until smooth. Ladle into bowls and sprinkle with scallions, diced avocado,

and corn kernels.

Stir-Fry Vegetables with Brown Rice

- 1 tablespoon sesame oil
- 3 green onions
- 3 tablespoons fresh ginger
- 4 cups fresh broccoli
- 1/2 a pound fresh green beans
- 2 carrots
- 2 cloves garlic, minced
- 4 cups greens, chopped
- 1 can sliced water chestnuts
- 3 cups cooked brown rice
- 2 tablespoons soy sauce
- 1 1/2 cups peas
- 1/2 cup toasted sliced almonds

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

Avocado and Kale Salad

- 1 bundle of kale
 - 1 small red onion, thinly sliced
 - 2 avocados, cubed
 - 1/4 cup scallions
 - 1/4 cup scallions
1. Soak kale in cold water and wash leaves individually.
 2. Cut kale leaves thinly and place in salad spinner, then transfer to large bowl.
 3. Place red onion slices into bowl.
 4. Place avocado cubes in bowl.
 5. Toss the scallions and cilantro in bowl.

6. Toss and serve with an approved dressing.

Black Bean and Avocado Salad

- 1 15-oz. can black beans, drained and rinsed
- 1 cup red bell peppers
- ½ cup red onion, chopped
- 1 whole jalapeno pepper seeded, chopped
- 1 whole avocado, diced
- ¼ cup chopped fresh cilantro
- 4 tablespoons lime juice
- 2 tablespoons olive oil
- ½ teaspoon garlic powder
- ¼ teaspoon pepper
- ½ teaspoon salt
- 6 cups mixed greens

1. Place the first six ingredients in a bowl.
2. Then in a separate bowl whisk together the lime juice, olive oil and seasonings.
3. Pour the mixture over the black bean mixture. Mound mixture over greens. May add more salt or lime juice to taste

Hummus-Cilantro & Scallions

- 1 15-oz. can garbanzo beans
- 5 tbsp. garlic
- ¼ cup tahini
- ½ cup olive oil
- Juice of 2 lemons
- ¼ cup cilantro
- ¼ cup scallions
- 1 large carrot
- 4 celery stalks
- Sea salt and ground black pepper

1. Place garbanzo beans, garlic, tahini, olive oil, and the juice of 1 lemon in a food processor and blend until all items are chopped.
2. Add remaining ingredients and process until well

blended. Sprinkle with salt and pepper. Process again to make sure all ingredients are well blended.

Black Bean and Poblano Corn Chowder

- 2 whole poblano peppers
- 2 15 oz. can black beans, drained
- 2 tablespoons olive oil
- 1 tablespoon ground cumin
- 1 teaspoon pepper
- 1 teaspoon salt
- 2 tablespoons dried parsley
- 2 14.5 oz. can diced tomatoes
- 2 cup frozen corn
- 1 large onion, chopped

1. Place poblano peppers under the broiler to char on all sides.
2. Place peppers in a bowl and cover tightly with wrap, after 5-6 minutes, remove skin, stem, seeds.
3. Drop in food processor or blender and blend.
4. In a large pot, put the olive oil, onions, garlic and sauté for about 5 minutes.
5. Add the can of tomatoes, juice and all, along with black beans, corn, poblano peppers and all the seasonings.
6. Cover with lid and simmer for 20 minutes



Avocado Chickpea Salad with Vegan Pesto

1 can chickpeas, rinsed and drained

1 avocado, cubed

lemon juice

salt, pepper

2 scallions, chopped

2 handfuls spring mix or arugula, chopped

4 tablespoons vegan basil arugula pesto

Squeeze lemon juice over cubed avocado. Combine ingredients in a large bowl and enjoy (mash chickpeas beforehand if using this as sandwich filling).



Raw Vegan Collard Wraps

4 large collard leaves

1 red bell pepper

1 avocado

2-3 ounces alfalfa sprouts

1/2 lime

1 cup raw pecans

1 tablespoon Tamari soy sauce

1 teaspoon cumin (or 1/2 teaspoon minced garlic and 1/2 teaspoon grated ginger)

1 teaspoon olive oil

1. To prepare collard leaves wash leaves, cut off white stem at the bottom that has no leaves and place them in a bath of warm water with juice of half a lemon. Let soak for 10 minutes. Dry the leaves off with paper towels and using a knife thinly slice down the central root.
2. Slice avocado and pepper.
3. In a food processor combine pecans, Tamari, cumin and olive oil. Pulse until combined and mixture clumps together.
4. Place a collard leaf in front of you and layer nut mix, red pepper slices, avocado slices, a drizzle of lime juice and alfalfa sprouts. Fold over the top and bottom and then wrap up the sides. Slice in half and serve.

Cajun Red Beans and Rice

1/2 tablespoon olive oil

1/2 cup chopped green pepper

1/2 cup chopped red onion

1/2 cup sliced celery

1/4 cup water

2 teaspoons Creole Seasoning

1 can red kidney beans

2 cups cooked brown rice

Heat olive oil in a large, deep skillet over medium heat. Add green peppers, onions, and celery. Cook until vegetables are softened, about 3-5 minutes.

Add water and Creole Seasoning. Stir well. Mix in kidney beans and rice. Lower heat and cook another 5 minutes or until heated through.

Stovetop Rice Directions

Saute vegetables as directed. While vegetables are cooking, bring 2 cups water to a boil. Lower heat, and add vegetables, 1 cup uncooked brown rice, and beans. Cover, and simmer about 45 minutes, or until rice is light and fluffy.

Greek-style Stuffed Peppers

- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 1/2 cup diced zucchini
- 1 clove garlic, minced
- 1 can tomato sauce
- 3 chopped canned artichokes
- 1/2 cup chopped black olives
- 1 teaspoon dried oregano flakes
- 1 teaspoon dried parsley
- 1/2 teaspoon salt
- 6 medium bell peppers
- 2 cups cooked quinoa
- 1 1/2 tablespoons pine nuts

Preheat oven to 350°. Place artichokes in a food processor, and pulse until artichokes are chopped well. Set aside. Heat olive oil over medium heat.

Add onion and zucchini. Cook 3-5 minutes or until vegetables are softened. Lower heat, and add garlic. Cook 1 minute, stirring constantly so garlic doesn't burn. Add tomato sauce, artichokes, olives, oregano, parsley and salt. Cook 15 minutes, or until sauce is thickened.

While sauce is cooking, prepare peppers. Cut in half lengthwise, and remove stems and seeds. Place peppers in boiling water for 5 minutes. Drain in colander, and place in a large baking dish.

When sauce is finished, mix in the quinoa and pine nuts. Stir well. Spoon mixture evenly into pepper halves. Add hot water to dish to a depth of 1/2-inch. Bake uncovered for 20 minutes.



