

DANIELFAST2025

SEIZE

THE SEASON

recipe
BOOK

LIVE OAK CHURCH

21 DAYS OF CONSECRATION
AUGUST 31 - SEPTEMBER 21

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Notes:

- Let these recipes inspire you to play around with some traditional ideas - like Oatmeal and Cream of Wheat - Add your favorite fruit, nuts, granola
- Adding any fruit with some apple pie seasoning, or cinnamon to Oatmeal or Cream of Wheat is a great quick morning option
- Don't skip breakfast - it is important during this time
- Breakfast recipes are family servings if you are an individual you could easily cook one or two of the recipes for a weeks worth of breakfast

Breakfast

Cranberry- Orange Oatmeal

3/4 Cup Rolled Oats
1/2 TSP Ground Cinnamon
1/4 Cup Dried, Unsweetened Cranberries
1/2 Cup Frozen Blueberries
1/4 TSP Ground Turmeric
1 Pinch of Ginger
1 Cup Water
1/4 Cup 100% Orange Juice, or as needed

INSTRUCTIONS: Combine ingredients except for the orange juice, into a microwave safe bowl,. Stir to mix ingredients. Cook until water is absorbed, about 2 minutes. Stir in orange juice to desired consistency.

Orange Pecan Cream of Wheat

2 Cups 100% Orange Juice
1/2 Cup Pecan Halves
1 1/2 Cups Cream of Wheat

INSTRUCTIONS: Bring orange juice to a boil. Add 1/2 cup of pecan halves and cream of wheat. Simmer on low for 5 minutes. Turn off heat and let set.

Banana Breakfast Wrap

Whole Wheat Tortilla
Nut Butter
Apple Butter
Banana - cut in half long ways
Raisins

INSTRUCTIONS: Spread nut butter across the middle of the tortilla and top with apple butter, banana and raisins

No-Bake Macadamia Nut Bars

1 Cup Medjool Dates (12/15 Dates on Average)
3/4 Cup Macadamia Nuts
1/2 Cup Almonds

INSTRUCTIONS: Clean dates and remove seeds. Chop to help blend. Add dates, almonds, and macadamia nuts to blender. Grind until dry fruits are broken into pieces and mix together consistently. Now line parchment paper in a baking pan. Pour this mixture in the pan using a spatula to flatten. Sprinkle coconut flakes on top if desired. Set in fridge until firm ~ about 5 minutes.

Breakfast Burrito

1 LB Russet Potatoes - Diced
2 Cups Red Bell Peppers- Chopped
1 Can Chickpeas
1 Cup Corn (Fresh or Frozen)
Salt and Pepper To Taste
1 Cup Salsa
1 TSP Ground Cumin
1/4 TSP Chipotle Powder
Whole Wheat Tortillas

INSTRUCTIONS: Spread diced potatoes in an even layer on baking sheet; Season lightly with salt and pepper. Bake until potatoes are tender when pierced with a fork for 20 min. In a saucepan over medium heat, sauté bell peppers with 1/2 cup water stirring frequently, until water has evaporated and peppers are tender for 5 min. Add chickpeas, cooked potatoes, corn, salsa, cumin and chipotle (if using). Stir well to incorporate. Cook until heated through and sauce has thickened. Season with salt and pepper to taste. Place filling in the center of heated tortilla, fold sides and enjoy!

Baked Oats with Spinach & Tomatoes

3 Cups Rolled Oats
2 TSP Baking Powder
2 Cups Plant Milk
32oz Vegetable Broth
1/4 cup Flaxseed
1 TBSP Italian Seasoning
1 TSP Mustard Powder
4 Cups Baby Spinach - chopped
1 Can Diced Tomatoes
1/2 Cup Yellow Onion - Chopped
1 Cup Marinara Sauce - For Serving
4 Garlic cloves

INSTRUCTIONS: Preheat the oven to 400 Degrees. In a large bowl stir together oats and baking powder. In a separate bowl, combine plant milk, vegetable broth, flaxseed, garlic, Italian seasoning, and mustard powder. Combine wet and dry ingredients, stir in spinach and diced tomatoes with their juices and onion. Pour into casserole dish. Bake, uncovered until top is lightly browned, 35 minutes. Serve warm with marinara sauce.

Frittata with Strawberries

4 cups Red Potatoes - Diced
3 Cups Button Mushrooms - Sliced
1 Cup Yellow Onion
1 Cup Green Bell Pepper - Chopped
1 Cup Green Peas- Fresh or Frozen
2 TBSP Ground Flaxseed
1 1/2 Cup Plant Milk
1/4 TSP Cayenne Pepper
1 Cup Almond or Whole Wheat Flour
1/4 Cup Nutritional Yeast (Optional)
1 TSP Baking Powder
1 1/2 TSP Dried Dill
1/2 TSP Ground Turmeric
1/4 TSP Black Pepper

INSTRUCTIONS: Steam red potatoes until tender, about 10 min, let cool. In a small bowl, combine flaxseed with 1/4 cup water - set aside. Sauté mushrooms, onion, and bell peppers, stirring occasionally, 3 to 4 minutes. Add water as needed to keep veggies from sticking. Add potatoes and peas; cook until heated through. In a blender or food processor, puree plant milk, flour, nutritional yeast, baking powder, dill, turmeric, peppers - until smooth. Stir in flaxseed. - this is your batter. Pour batter over vegetables in skillet. Cook for 5 minutes, gently lifting around the edges and allowing the uncooked mixture to flow underneath. Place frittata in oven and cook until set for 12 to 15 minutes. Let rest for 5 minutes then serve alongside fresh strawberries.

Loaded Skillet Hash Browns

3 Cups Sweet Potatoes - Diced
2 Cups Russet Potatoes- Diced
2 Cups Bell Peppers - Chopped
1 Cup Yellow Onion - Chopped

2 TBSP Garlic - minced
2 TSP Chili Powder
1 TSP Ground Cumin
1 Cup Vegetable Broth
2 Cups Fire Roasted Corn
Salt and Pepper to taste

INSTRUCTIONS: In a large skillet over medium heat, cook potatoes, bell peppers, onions, garlic, chili powder, and cumin, stirring occasionally, until potatoes are tender, 10 to 12 minutes. Add vegetable broth, 2 to 3 tablespoons at a time as needed, to keep hash from sticking. Stir in fire-roasted corn and any remaining broth and cook, stirring occasionally, for 2 to 3 minutes. Season with salt and pepper to taste. Top hash with avocado, salsa, cilantro, lime wedges - to taste.

Lazy Morning Pancakes

1 Cup Spelt Flour
1 Cup Oat Flour
1/3 Cup Rolled Oats
2 TBSP Chia Seeds
1 TBSP Baking Powder
1 TSP Ground Cinnamon
1 Dash Salt
2 Cups Plant Milk
1 TSP Vanilla Extract
1 Banana - Diced

INSTRUCTIONS: In a bowl, whisk flours, oats, chia seeds, baking powder, cinnamon, and sea salt. Add plant milk and vanilla and whisk until well blended. Add banana and stir well. Let batter stand for a few minutes while you heat pan. Heat pan on medium heat, pour 1/4 cup of batter to pan. Cook until small bubbles form on outer edge and in the center, and pancake starts to look dry on the top. Flip pancakes and lightly cook other side. Serve with fruit of your choice and pure maple syrup or Agave * May add strawberries, blueberries or other favorite fruit toppings to this batter.

Blueberry Streusel Coffee Cake

2 TBSP Flaxseed
1 Cup Bananas- Mashed
1/2 Cup Plant Milk

1/3 Cup Date Paste
1 TBSP Apple Cider Vinegar
1 TBSP Vanilla Extract
1 1/3 Cup Frozen Blueberries
1 TSP Salt

STREUSEL TOP:

1/2 Cup Rolled Oats
1/4 Cup Millet Flour
2 TBSP Pure Maple Syrup
1/3 TSP Ground Cinnamon
2 Cups Almond or Whole Wheat Flour
1 TBSP Baking Powder

INSTRUCTIONS: In a small bowl, combine flaxseed with 1/4 cup water; set aside. In medium bowl, combine bananas, plant milk, date paste, apple cider vinegar, and vanilla extract. Stir in flaxseed. In a large bowl, combine flour, baking powder, and salt. Add wet ingredients to dry ingredients, stirring just until flour is all moistened. Stir in Blueberries ~ spread batter in lined 8X8 baking pan. To make the streusel, toss together oats, millet, syrup, and cinnamon - Sprinkle over cake in baking dish. Bake at 350 for 35-45 minutes - until toothpick comes out clean.

Vegan Banana Pancakes

1/4 Cup Oats
1/2 Cup Almond or Whole Wheat Flour
2 TSP Baking Powder
1/2 TSP Salt
1 1/2 Cup Plant Milk
2 ripe bananas

INSTRUCTIONS: Blend all ingredients, except bananas, in a blender. Add the bananas and continue to blend until bananas are smooth. Pour on a hot griddle lightly oil with olive oil and cook. Once the pancake bubbles on one side flip to the other side.

Banana Raisin Bread

1 1/3 Cup Bananas - Mashed
1/2 Cup Plant Milk
1 1/3 TBSP Apple Cider Vinegar

1 1/3 TBSP Vanilla Extract
2 Cups Almond or Whole Wheat Flour
1/2 Cup Raisins
1/4 Cane Sugar
1/4 Cup Walnuts - Chopped
1 TBSP Baking Powder
1/4 TSP Salt

INSTRUCTIONS: Preheat the oven to 350 Degrees. Line a loaf pan with parchment paper or spray with oil. In a bowl, combine mashed bananas, plant milk, apple cider vinegar, and vanilla, mix well. In a large bowl combine flour, raisins, cane sugar, chopped walnuts, baking powder, and salt - mix well. Stir wet ingredients into dry ingredients. Transfer batter to prepared pan and bake until a toothpick inserted into the center comes out clean, about 60 minutes.

Banana Muffins

1/4 Cup Quinoa
1 Cup Bananas - Mashed
1/2 Cup Unsweetened Applesauce
1/3 Cup Pure Maple Syrup
2 TSP Vanilla Extract
2 TSP Baking Powder
1/2. TSP Baking Soda
1/2 TSP Salt
1/2 TSP Ground Cinnamon
2 Cups Oat Flour

INSTRUCTIONS: Preheat the oven to 350 Degrees. Prep muffin pan. In a saucepan over high heat, bring quinoa and 1/2 cup water to a boil. Reduce heat to low, cover and simmer for 20 minutes. Remove from heat and let cool, fluff quinoa with a fork. In a bowl, combine banana, applesauce, syrup, and vanilla. Add in oat flour, baking powder, baking soda, salt, and cinnamon. Stir until dry ingredients are moistened - don't over mix! Fold in quinoa. Spoon batter evenly into muffin tin and bake until a toothpick comes out clean, 20-25 minutes. Place on wire rack to let cool.

Pumpkin Muffins

1/2 Cup Banana - Mashed
1 Can Pumpkin Puree
1/4 Cup Agave Syrup

1 TSP Vanilla Extract
2 Cups Oat Flour
1/2 TSP Baking Soda
1/2 TSP Baking Powder
1 TSP Ground Cinnamon
1/2 TSP Ground Nutmeg
1/4 TSP Ground Ginger

INSTRUCTIONS: Preheat the oven to 375 Degrees. Prep muffin pan. In a large bowl combine mashed banana, pumpkin puree, syrup, and vanilla. In a small bowl combine dry ingredients. Add this to wet ingredients. Mix until well combined, avoid over mixing. Evenly spoon batter into muffin tin, bake for 20 minutes. Let cool for 5 minutes before serving.

Baked Oatmeal Muffins

1 1/2 Cups Rolled Oats
2 1/3 TBSP Oat Flour
1 TBSP Ground Chia Seeds
1/2 TSP Ground Cinnamon
1/4 TSP Baking Soda
1/4 Cup Banana - Mashed
1/4 Cup Brown Rice Syrup
3/4 TSP Blackstrap Molasses
1 TBSP Shelled Pumpkin Seeds
1 Dash Salt

INSTRUCTIONS: Preheat the oven to 350 Degrees. Prep muffin pan. In a large bowl combine oats, oat flour, ground chia, cinnamon, baking soda, and salt. Stir to combine. Add mashed banana, brown rice syrup, molasses, and add in your choice of (fruit, nuts) . Stir till thoroughly combined. Place up to a 1/3 cup of batter in each muffin cup. Bake for 20 min *May add strawberries, blueberries or other favorite fruit toppings to the batter.

Pineapple Citrus Muffins

1 Cup Rolled Oats
1 Cup Unsweetened Applesauce
1/2 Cup Pineapple - Diced
1/4 Cup Pecans or Walnuts - Chopped
1/4 Cup Date Honey or Nut Butter

1 Cup Oat Flour
1/4 Cup Flaxseed Meal
2 TSP Coconut Flakes
2 TSP Orange Zest
1/2 TSP Ground Ginger

INSTRUCTIONS: Preheat oven to 350 Degrees. Lightly rub 8 cups of a 12 cup muffin tin with olive oil, and set aside. Combine all ingredients in a large bowl, and stir well to combine. Spoon out mixture into muffin tin cups, allowing about 1/3 cup for each muffin. Bake 20 minutes or until muffin tops are lightly browned. Serve warm. You may spread nut butter or date honey on top.

Cinnamon Bun Muffins

3/4 Cup Spelt Flour
1/4 Cup Oat Flour
3/4 TSP Ground Cinnamon
1 Dash Salt 1 TSP Baking Powder
1/4 TSP Baking Soda
1/4 Cup Maple Syrup
1/2 cup Plant Milk
1 TSP Vanilla Extract

FOR TOPPING:

3 TBSP Dates - chopped
1 TBSP Agave Syrup
1/2 TSP Ground Cinnamon

INSTRUCTIONS: Preheat the oven to 350 Degrees. Prep muffin pan. Combine flours, cinnamon, salt, baking powder and baking soda into a bowl and mix well. In a separate bowl, combine maple syrup, plant milk, vanilla and raisins and mix well. Pour wet ingredients into dry ingredients, stirring until combined (do not over stir). Make Topping- Combine chopped dates, agave syrup, cinnamon and salt. Mix together until small clumps form. Transfer batter to prepared muffin cups, then drop a TSP or two of topping on each. Bake until set to the touch - about 20 minutes.

Chocolate Pistachio Mint Bliss Balls

1 cup Rolled Oats
2 TBSP Roasted Pistachios
1/2 Cup Date Paste

1/4 Cup Raisins
1 1/2 TBSP Unsweetened Cocoa Powder
1 TSP Vanilla Extract
1 Dash Peppermint Extract
1 Pinch Salt

INSTRUCTIONS: Roast oats in a warm skillet for 5 -10 minutes, stirring frequently, until the oats give out a toasted aroma. In a food processor or grinder, pulse the pistachios to a crumbly or coarse powdery texture. Combine roasted oats, date paste, raisins, cocoa powder, vanilla, peppermint extract, and salt. Mix well . Make 1 TBSP balls and roll in crushed pistachios until coated. Store in an airtight container in the fridge until ready to serve.

Lemon Bliss Balls

1/3 Cup Dates
8 Dried Apricots
2 TBSP Almonds
1/4 TSP Salt
1/2 Cup Rolled Oats
1 1/2 TSP Lemon Zest

INSTRUCTIONS: In a food processor, combine dates, apricots, almonds and salt. Pulse until coarsely chopped. Add rolled oats, and pulse until the mixture starts to bind. Transfer mixture to a bowl. Add lemon zest and stir to combine. Roll 1 TBSP of mixture to form each bliss ball. Transfer to prepared baking sheets, then bake for 10-15 minutes. Transfer to wire racks and let cool.

Blueberry Muffins

2 flax eggs (2T flaxseed meal to 6T water stir and let sit for a few minutes till it becomes a gel)

You will need to do the flax eggs first before you start anything else for the muffins

1c blueberries fresh or frozen
½ T arrowroot (or oat flour for coating)
Mix and set aside

In Large Bowl
1c oat flour
½ c almond flour

1t baking soda
1t baking powder
1t salt

Mix dry ingredients then add wet ingredients below:

1/3 c melted Miyoko Butter (This butter is Daniel Fast friendly and can be found at Kroger or Whole Foods)

¼ - ½ c maple syrup

1t vanilla

¼ c nut milk of choice

1 mashed ripe banana

Add flax egg

Mix well and add your blueberries

INSTRUCTIONS: Let this mixture sit a few minutes. This allows the almond flour to absorb the liquid. Add 1/4 cup to each muffin tin and Bake at 350 for 20 to 25 mins. You can add 2 mashed bananas and walnuts or mixed berries to change it up during the fast.

Smoothies

NOTES:

- May add flax seed, chia seed, hemp seeds, oatmeal, greens, raisins, agave syrup, nut butter to any smoothie
- Blend seeds or oats first to grind into powder before adding other ingredients
- Blend liquid and greens by themselves to fully dissolve greens before adding the rest of your ingredients
- You can use non frozen bananas - just add ice cubes with the room temperature ones
- Start your day with a delicious smoothie or take a break from the heat with a cool snack - recipes are written in single-serving quantities

Creamy Cocoa Smoothie

- 1 Cup Almond Milk
- 1 TBSP Honey
- 1 TBSP Unsweetened cocoa Powder
- 1 Frozen Banana
- 1/2 Avocado

INSTRUCTIONS: Combine all ingredients in a blender; blend until smooth. Serve immediately.

Apple Pie Smoothie

- 1 Cup Plant Milk
- 1 Cup Frozen Banana
- 1 Apple - Chopped
- 1/3 Cup Hemp Seed
- 2 TSP Ground Cinnamon
- 1/4 TSP Ground Allspice
- Pure Maple Syrup or Agave Syrup - to taste

INSTRUCTIONS: Combine all ingredients in a blender; blend until smooth. Add a few ice cubes if desired, serve immediately.

Fruit Smoothie

- 1 Cup Plant Milk or Water
- 1 Cup Frozen Mango Chunks
- 1 Cup Frozen Peaches
- 2 Handfuls Greens (Kale, Spinach, Chard etc)
- 2 Cups Frozen Pineapple
- 1 1/2 Cup Frozen Strawberries
- 1 1/4 cups Frozen Blueberries
- 1 Banana peeled and frozen
- 2 kiwis - skin on

INSTRUCTIONS: Combine liquid, greens and two or three fruits of your choice in a blender; blend until smooth. Serve immediately.

Banana Bliss Smoothie

1 Cup Plant Milk
1 Cup Frozen Banana
1/4 Cup Frozen Mixed Berries
3 TBSP Hemp Seeds

INSTRUCTIONS: Combine all ingredients in a blender; blend until smooth. Add a few ice cubes if desired. Serve immediately.

Strawberry Power Bowl

3/4 Cup Plant Milk
1 Cup Frozen Strawberries
1 TBSP Nut Butter
1/3 Cup Rolled Oats

INSTRUCTIONS: Combine all ingredients in a blender; blend until smooth. Add a few ice cubes if desired. Serve immediately.

Berry Granola Smoothie Bowl

3/4 Cup Plant Milk
1/2 Cup Frozen Blueberries
1/2 Cup Rolled Oats
1 Banana
1 Cup Unsweetened Granola
1 TSP Vanilla Extract

INSTRUCTIONS: Combine all ingredients; blend until smooth. Serve immediately.

Berry-Banana Smoothie Bowl

3/4 Cup Plant Milk
1/2 TBSP Maple Syrup
1/2 Cup Spinach
1/2 Cup Frozen Blueberries
1 Banana

TOPPINGS

1 Kiwi peeled and chopped
1/4 cup Roasted Walnuts

1 TBSP Chia Seeds

INSTRUCTIONS: Combine all ingredients; blend until smooth. Add your toppings of choice. Serve immediately.

Green Machine Breakfast Bowl

1/2 Cup Spinach

1/2 Cup Frozen Kale

1 Cup Plant Milk

1/4 Cup Frozen Blueberries

1 TSP Ground Flaxseed

1 Mini Cucumber - sliced

1 Date - Chopped

1 Banana - Sliced for Top

1/4 cup Raisins for the Top

INSTRUCTIONS: Combine all ingredients (Excluding banana and raisins); blend until smooth. Serve immediately.

Salads

- Salads can be simple or extravagant - use these to inspire different variations of mixings and dressings!
- Take your favorite salad and add chickpeas or your favorite seed instead of chicken to provide protein
- If you are used to cheesy salads grab a tofu cheese and give it a try
- If you love croutons in your salad try granola for that extra crunch
- Switch up your greens to add different flavors, textures and crunches
- Homemade 3-2-1 salad dressing: 3 Tbsp. balsamic vinegar + 2 Tbsp. Dijon mustard + 1 Tbsp. maple syrup

Cucumber and Garbanzo Bean Salad

1 Cucumber Diced
1 Can Garbanzo beans
2 Garlic Cloves
1/4 Cup Parsley
1/3 Cup Red Onion
1 TBSP Lemon Juice
1/2 Cup Olive Oil
1/8 TSP Salt
1 TBSP Stevia
3 TBSP Red Wine Vinegar
3 TBSP Vegetable Oil

INSTRUCTIONS: Chop vegetables in a medium bowl, combine beans, cucumber, onion, parsley, and olives. In another bowl or jar combine remaining ingredients, mix well. Pour over salad and toss - chill or serve immediately.

Avocado, Tomato & Corn Salad

8 Cups Lettuce - Chopped
2 Cups Tomatoes - Diced
10 oz Frozen Corn
1 Avocado - diced
1/2 Cup Scallions - Chopped
1/4 Cup Fresh Lemon Juice
1/4 TSP Paprika
1/4 Cup Cilantro - Chopped (Optional)
Salt & Pepper

INSTRUCTIONS: In a bowl toss lettuce, tomatoes, corn, avocado, scallions, and cilantro (if using). Add lemon juice and paprika, if desired. Toss gently to combine, then season with salt and pepper to taste.

Beat Salad-Maple Mustard Dressing

2/3 Cup Beets - Sliced
1 Cup Endive - Chopped
2/3 Cup Oranges - Chopped
1/4 Cup Maple Syrup
1/4 Cup Mustard
6 Cups Salad Greens

Salt & Pepper

2 TBSP Sunflower Seeds

INSTRUCTIONS: Slice and cook Beets, Chop Endive. Cut Oranges. Combine Syrup, Mustard, and 1/4 Cup water in a small bowl. Stir well and chill until ready to use. Combine beets, endive, oranges, and salad greens in a bowl; drizzle dressing, season with salt and pepper,. Add sunflower seeds.

Curried Apple Salad

2 Apples- Diced

2 Tomatoes - Diced

2 TBSP Lemon Juice

1/4 Cup Cilantro (Optional)

1 Can Chickpeas

2TBSP Curry Powder

2 TBSP Maple Syrup

Salt & Pepper

INSTRUCTIONS: Dice apple (3 1/2 Cups) and Tomato (2 Cups). Chop cilantro, if using. Toss all ingredients in a bowl; season with salt and pepper to taste. Serve immediately or chilled.

Chopped Farmer's Market Salad

3 Cups Red Potatoes - Diced

3 Cups Green Beans

3 Cans Chickpeas

6 Cups Kale - Stemmed & Chopped

4 1/2 Cup Corn

3 Cups Tomatoes - Chopped

Salt & Pepper to taste

DRESSING

3/4 Cup Aquafaba

1 1/2 Avocados

3/4 Cup Cilantro

1/3 Cup Lime Juice

1 1/2 TSP Garlic Powder

*Aquafaba = liquid from chickpeas

INSTRUCTIONS: Steam potatoes, covered, until tender when pierced with a fork, about 10 minutes. Add green beans during the last 3/4 minutes of cooking. Remove from heat and uncover skillet to let cool. Drain chickpeas, reserving 3/4 cup liquid (aquafaba) and 1/3 cup chickpeas. Rinse remaining chickpeas and place in a large bowl with kale, corn, steamed potatoes, and green beans, and tomatoes - toss gently to mix. In a blender combine reserved chickpeas and aquafaba with remaining dressing ingredients. Process until smooth. Pour dressing over salad and toss well. Season with salt and pepper to taste. Sprinkle lightly with chili powder, if desired. Serve along side with cantaloupe.

Watermelon Mint Salad

2 Cups Watermelon- Diced
2 Cups Cucumbers - Diced
1 Can Black Beans - Drained
1 Large Handful Mint - Chopped
1 Handful Basil - Chopped
1/4 cup Olive Oil
1 TBSP Honey
1 TBSP Lime or Lemon Juice

INSTRUCTIONS: Combine all ingredients and toss till coated evenly. Serve immediately or chilled.

Roasted Tahini Carrot & Chickpea

1 1/2 TBS Tahini
3/4 TSP Ground Cumin
1/3 TSP Ground Coriander
1 Can Chickpeas
2 1/4 Cups Sliced Carrots
6 Cups Baby Spinach
1 1/4 cup Pomegranate Seeds
1/3 Red Onion

DRESSING

1 1/2 TBSP Red Wine Vinegar
1 1/2 TBSP Maple Syrup
1 TBSP Mustard
Salt and Pepper to Taste

INSTRUCTIONS: Preheat oven to 400 Degrees. Line a rimmed baking sheet with parchment paper or a silicone baking mat. Combine tahini, cumin, coriander, and 1-1/2 tablespoons water. Place chickpeas on prepared baking sheet. Drizzle with half of the tahini sauce, tossing to coat. Bake for 15 minutes . Add carrots to baking sheet with chickpeas and drizzle with remaining tahini sauce. Bake until carrots are crisp-tender 10-15 minutes - let cool . Make Dressing- In a blender combine dressing ingredients ,1/3 cup of the pomegranate seeds, and 3 TBSP water. Blend until smooth. Season with Salt and Pepper. Bring it together - In a large bowl toss together spinach, 3/4 cup pomegranate seeds and red onion. Add tahini, chickpeas & carrots tossing to combine. Drizzle with the dressing and sprinkle with toasted almonds if desired.

Soups

Vegan Black Bean Soup

- 1 TBSP Olive Oil
- 1 Onion - Chopped
- 1 Stalk Celery - Chopped
- 2 Carrots - Chopped
- 4 Cloves Garlic - Chopped
- 3 TBSP Chili Powder
- 1 TBSP Ground Cumin
- 1 Pinch Pepper
- 4 Cups Vegetable Broth
- 4 Cans Black Beans
- 2 Cans Whole Kernel Corn
- 1 Can Crushed Tomatoes

INSTRUCTIONS: Heat oil in a large pot. Sauté onion, celery, carrots, and garlic for 5 minutes. Season with chili powder, cumin, and black pepper; cook for 1 minute. Stir in vegetable broth, 2 cans of beans, and corn. Bring to a boil. Meanwhile, in a food processor or blender, process remaining 2 cans beans and tomatoes until smooth. Stir into boiling soup mixture, reduce heat to medium, and simmer for 15 minutes.

Chunky Potato Soup

- 1 TBSP Olive Oil
- 1/2 Cup Onion - Chopped
- 1 Cup Carrot - Chopped
- 1 Cup Celery - Chopped
- 2 Cloves Garlic - Minced
- 4 Cups Vegetable Broth
- 5 Cups Russet Potatoes. - Cubed
- 1 Bay Leaf
- 1 TSP Salt
- 1/2 TSP Thyme
- 1/8 TSP Pepper
- 1/2 Cup Plant Milk
- 2 TBSP Fresh Parsley

INSTRUCTIONS: Heat olive oil in 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 broth, potatoes, bay leaf, salt, thyme, and pepper. Bring to a boil. Simmer covered for 30 minutes or until potatoes are soft. Discard bay leaf. Add half of potato mixture to a food processor or blender,

and process until smooth. Return to saucepan. Stir in milked parsley. Cook until heated through and serve.

Cabbage Roll Soup

1 Cup Brown Rice
3 Cups Button Mushrooms - Chopped
1 Yellow Onion - Chopped
1 Bell Pepper - Chopped
1 Cans Crushed Tomatoes
32 Oz Vegetable Broth
4 Cups Coleslaw Mix
1 TSP Thyme
1 TSP Caraway Seeds
1/2 TSP Smoked Paprika
1/4 Cup Parsley - Chopped
Salt and Pepper

INSTRUCTIONS: Bring rice and 2 cups water to a boil. Reduce heat to low, cover, and simmer for 45 minutes. Remove from heat and let cool . In a stockpot over medium heat, cook mushrooms, onions, and bell peppers, stirring occasionally, until onions start to turn translucent, 3 to 4 minutes. Add 1 to 2 TBSP water at a time as needed, to keep vegetables from sticking .Add crushed tomatoes, vegetable broth, coleslaw mix, thyme, caraway seeds, and smoked paprika to pot. Simmer till cabbage is tender . Stir in rice. Season with salt and pepper to taste. Sprinkle with parsley and serve.

Curried Coconut Pumpkin Soup

1 1/4 Cups Quinoa
3 Carrots - Chopped
3/4 Cup - Onion - Chopped
1 1/2 TBSP Minced Garlic
1 Can Diced Tomatoes
4 1/2 Cups Unsweetened Coconut Milk
1 Can Pure Pumpkin Puree
1 1/2 TBSP Red Curry Paste
3 Cups Baby Bok Choy - Thinly Sliced
1 1/2 Cup Snap Peas - Cut
1/3 Cup Cilantro - Chopped

Salt and Pepper

INSTRUCTIONS: Bring Quinoa and 2 1/4 cups water to boil - let cool. In a stockpot over medium heat, cook carrots, onions, and garlic, stirring occasionally, until onions start to turn translucent. Add water, 1 to 2 TBSP as needed, vegetables to keep from sticking. Add coconut milk, diced tomatoes with their juices, pumpkin puree, and red curry paste to aromatics. Bring to a boil. Simmer until carrots are tender. Add bok choy and sugar snap peas, cook until tender. Stir in Cilantro and season with salt and pepper to taste.

Chick-un Barley Vegetable Soup

3/4 Cup Pearl Barley
3/4 Cup Onion - Chopped
3/4 Cup Carrots - Chopped
1 TBSP Garlic - Minced
1 32 OZ Vegetable Broth
1 Sweet Potato Chopped
4 1/2 Cup Baby Spinach
3/4 Zucchini - Sliced
Salt & Pepper

INSTRUCTIONS: Prepare barley according to package instructions. In a stockpot cook onions, carrots, and garlic, stirring occasionally, until onions start to turn translucent. Add vegetable broth and sweet potatoes. Increase heat to high, cover, and bring to a boil . Reduce heat to medium-low and simmer until sweet potatoes are tender, about 5 minutes. Add cooked barley, spinach and zucchini to pot. Cook until vegetables are tender, 3 to 4 min. Season with Salt and Pepper.

Corn Chowder

1 Cup Onion - Diced
1 TBSP Garlic Minced
6 to 7 Cups Vegetable Stock
6 Cups Frozen Corn
3 Cups Potato - Diced
1 Cup Red Bell Pepper - Diced
1 TSP Chopped Parsley
1 TSP Chopped Thyme
1/3 Cup Almond Flour
Salt and Pepper

INSTRUCTIONS: In a large pot bring onion, garlic, 1-1/2 cups vegetable stock to a boil. Reduce heat to low and simmer until onions are translucent. Add the corn, potato, 4 1/2 cups stock. Bring to a boil over medium heat. Reduce the heat and simmer until the potato is soft. Transfer half of the mixture to a blender and blend until smooth. Return to the pot and add up to 1 cup stock to adjust consistency if necessary. Add the bell pepper, parsley and thyme . Bring to a simmer and cook for another 10 minutes. In blender, blend flour and 1/3 cup water - add to chowder. Serve hot.

Black-eyed Peas and Potato Soup

1 TBSP Olive Oil
1 Cup Onion - Chopped
1 Cup carrots - Sliced
1 Cup Celery - Sliced
2 Cloves Garlic- Minced
1 Can Black-eyed peas, drained
4 Cups Vegetable Broth or Water
2 Cups Potatoes - Cubed
2 TBSP Fresh Parsley
1/2 TBSP Chives
1/2 TSP Salt
1/2 TSP Cayenne Pepper
1/8 TSP Pepper

INSTRUCTIONS: In a large stock pan heat olive oil. Add onions, carrots, and celery. Cook until vegetables are softened. Stir in garlic and cook 1 minute. Add vegetable broth, black-eyed peas, potatoes, parsley, chives, cayenne pepper, salt and pepper. Bring to a boil and simmer for 30 minutes. For creamier soup place half in a blender - blend and pour back in. You can replace Black-eyed peas with Northern Beans, Cannellini, or Navy Beans.

Zucchini, Corn & Black Bean Soup

32 Oz Plant Milk
2 Cups Potatoes - Diced
1/2 Cup Onion - Diced
1/2 Cup Celery - Chopped
2 Cloves Garlic - Minced
2 Cups Corn Kernels

1 Can Black Beans
1 Zucchini - Sliced
1 TSP Fresh Thyme
2 TBSP Sherry Vinegar
Salt and Pepper to Taste

INSTRUCTIONS: In a dutch oven or stock pot combine plant milk, potatoes, onion, celery, and garlic. Bring to a boil - reduce heat. Simmer 10-12 minutes or until potatoes are tender, stirring occasionally. Stir in corn, beans (drained), zucchini, and thyme. Return to boiling - reduce heat. Simmer 10 minutes or until zucchini is tender. Stir in vinegar and season with salt and pepper.

Lunch & Dinner

Macadamia Nut Cheese

1/2 Cup Raw Macadamia Nuts

INSTRUCTIONS : Place 1/2 cup of macadamia nuts in a food processor until finely ground like grated parmesan cheese. Sprinkle on top of pizza. (Can use lightly salted cashews for macadamia nuts).

Spicy Vegan Quinoa

3 1/2 Cups Water

2 Cups Quinoa

4 TBSP Vegetable Bouillon

2 1/2 Cups edamame

1 TBSP Olive Oil

2 Onions - Chopped

2 Bell Peppers - Chopped

2 TBSP Ginger - Minced

6 Cloves Garlic - Minced

1/4 Cup Soy Sauce

2 TBSP Cilantro - Chopped

1 TBSP Hot Chili Paste

INSTRUCTIONS Bring water, quinoa, and vegetable bouillon to a boil in a large pot; stir in edamame, cover, and simmer until quinoa is tender. Heat olive oil in a large skillet over medium heat; cook and stir onions, bell peppers until onions are translucent. Add ginger and garlic; cook and stir until fragrant, about 2 minutes. Remove from heat; stir in soy sauce, cilantro, and chili paste. Stir onion mixture into quinoa mixture; simmer, stirring occasionally, until excess broth has been absorbed.

Super Wrap

3 Portabella Mushrooms

2 Bell Peppers - Cut in Strips

1 Onion thinly Sliced

1 1/2 TBSP Steak Seasoning

2/3 Cup Hummus

2 Cups Baby Spinach

1 1/3 TBSP Yellow Mustard

1/4 TSP Dried Oregano

1/2 TSP Red wine vinegar
2 TBSP Kalamata Olives
Whole Wheat Tortillas

INSTRUCTIONS: In a large skillet over medium heat, cook portabellas, bell peppers, onions, and steak seasoning, stirring occasionally, until tender, 5-7 minutes. Add water, 1-2 TBSP at a time as needed, to keep vegetables from sticking. Spread hummus on bread. Top with spinach and sautéed vegetables. Spread mustard on top half of bread. Sprinkle sandwich with oregano red wine vinegar, and olives. Serve with cored & cut apple wedges.

Chickpea Korma

2/3 Cup Brown Rice
(2 Cups Cooked)
2/3 Cup Cashews - Soaked
1 Cup Onion - Chopped
6 Cloves Garlic - Minced
1 1/3 TBSP Ginger - Grated
2 Cans Chickpeas - Drained
2 TSP Mild Curry Powder
1 TSP Ground Cumin
1/4 TSP Cayenne Pepper
1 1/2 Cups Plant Milk
4 OZ Frozen Green Peas
1/4 Cup Cilantro - Chopped Salt & Pepper

INSTRUCTIONS: In a saucepan over high heat, bring rice and 1-1/3 cups water to a boil. Reduce heat to low. Cover, and simmer for 45 min. Meanwhile in a bowl, soak cashews in very hot water for 15 minutes. Drain and rinse. In a stockpot over medium heat, cook onions, garlic, and ginger stirring occasionally, until onions start to turn translucent. Add tomatoes with their juices, chickpeas, curry powder, cumin and cayenne. Stir well, continue to cook about 5 minutes. Blend soaked cashews and plant milk until smooth. Transfer blended cashews to stockpot, along with kale and peas. Cook until vegetables are tender, 5 to 10 minutes. Season with salt and pepper to taste.

Kung Pao Chickpea

1 Cup Brown Rice
2 TBSP Brown Rice Vinegar
2 TBSP Soy Sauce
3 TBSP Peanuts - Crushed
1 1/2 TBSP Arrowroot Powder
5 Cloves Garlic - Minced
1 TBSP Ginger - Minced
1/3 TSP Crushed Red Pepper
3 Carrots - Sliced
1 1/2 Cups Cauliflower Florets
3/4 Cup Onion - Chopped
1 1/2 Cup Bell Pepper-Chopped
1 Can Chickpeas - Drained

INSTRUCTIONS: Cook Rice and set aside - yields 3 cups of rice. In a bowl whisk together rice vinegar, soy sauce, crushed peanuts, arrowroot, garlic, ginger, pepper flakes, 1/2 cup water. Set aside. In a skillet cook carrots, cauliflower, onions, peppers, stirring occasionally. Stir in chickpeas. Add sauce, cook until thickened - serve over rice.

Mushroom Bourguignon

1 Cup Pearl Onion
1/2 Cup Carrot - Chopped
2 TSP Garlic Minced
1/2 Cup Cooking Red Wine
1 lb Portabella Mushrooms Diced
2 TBSP Tomato Paste
1 Cup Vegetable Broth
1 TSP Worcestershire Sauce
1/2 TSP Thyme
1 Dried Bay Leaf
1 TSP Cornstarch
1/2 Cup Frozen Peas

FOR THE POTATOES

1 LB Potatoes
1 Clove Garlic - Diced

1/4 Cup Plant Milk
2 TBSP Fresh Parsley

INSTRUCTIONS: In a stock pot, cook pearl onions, carrots, and garlic, stirring occasionally for 2-3 minutes. Add cooking wine slowly to keep vegetables from sticking. Add portabellas and cook, adding wine as needed, until mushrooms soften, 2/3 minutes. Stir in tomato paste and cook for 2 minutes. Add remaining wine, vegetable broth, worcestershire sauce, thyme, and bay leaf. Stir well, making sure to scrape up any brown bits from bottom of pot. Increase heat to high and bring to a boil. Reduce heat to medium-low and simmer, uncovered, for 10 minutes. Remove and discard bay leaf. Mix cornstarch with 1 TBSP water. Stir in peas and cook 1 min. Add cornstarch and cook until thickened - season with salt and pepper . Meanwhile, in a large saucepan over high heat, combine potatoes, garlic and water to cover. Boil. Reduce heat to low and simmer until potatoes are soft. Mash potatoes, add plant milk as needed. Serve mushroom bourguignon over potatoes. Sprinkle with parsley, if desired.

Cajun Red Beans & Rice

1/2 TBSP Olive Oil
1/2 Cup Green Pepper - Chopped
1/2 Cup Red Onion - Chopped
1/2 Cup Celery - Sliced
1/4 Cup Water
1 Can Red kidney beans - Drained
2 Cups Brown Rice - Cooked
2 TBSP Creole Seasoning

CREOLE SEASONING

2 TBSP Paprika
1 TSP Onion Powder
1 TSP Garlic Powder
1 TSP Salt
1/2 TSP Pepper
1/2 TSP Thyme
1/2 TSP Basil
1/2 TSP Oregano
1/2 TSP Cayenne Pepper

INSTRUCTIONS: In a skillet, heat olive oil over medium heat. Add green peppers, onions, and celery. Cook until vegetables are soft. Add water and creole Seasoning.

Stir well. Mix in kidney beans and rice. Lower heat and cook another 5 minutes or until heated through * Makes 8 servings

Cuban Black Beans and Cilantro Lime Rice

1 LB Dried Black Beans - Soaked

2 TSP Ground Cumin

1 Onion - Chopped

2 Bay Leaves

3 Cloves of Garlic - Minced

3 Celery Stalks - Chopped

3 Carrots- Diced

1 Bell Pepper - Diced

2 TSP Oregano

1 Cup - Cilantro- Chopped

2 TSP Apple Cider Vinegar

1 Tomato - Chopped

Salt and Pepper

1 Cup Brown Rice

1 Lime

INSTRUCTIONS: Cook rice per instructions on packaging. With olive oil and salt after rice is cooked, add in 1/3 Cup cilantro, 1 TSP lime zest, 1 TSP lime juice. In a large pot, combine the beans, cumin, onion, bay leaves, garlic, carrots, pepper, oregano, cilantro and 5 cups of water and bring to a boil. Reduce the heat to a simmer and cook for 90 minutes. Remove and mash 1/4 of the beans and return to pot. Add apple cider vinegar, salt & pepper, tomato, cilantro. Remove bay leaves.

Almost Butter Chick-un

1/4 Cup Cashews - Soaked

1 1/4 Cups onion - Chopped

6 oz Tempeh - Crumbled

1 1/2 TBSP Garlic - Minced

1 TBSP Fresh Ginger - Grated

1 1/2 TBSP Tomato Paste

2 1/4 TSP Garam Masala (More to Taste)

3/4 TSP Ground Coriander

3/4 TSP Ground Turmeric

2 Cans Fire-Roasted Tomatoes with juices

1/2 Cup Plant Milk

1 Can Chickpeas - Drained

10 Cups Baby Spinach - Chopped
Salt and Pepper

INSTRUCTIONS: In a bowl, soak cashews in very hot water for 15 minutes. Drain the water and rinse the nuts. In a stockpot over medium heat, cook 3/4 cup onions, tempeh, 1 tbsp garlic, and fresh ginger, stirring occasionally, until onions start to turn translucent, 3/4 minutes. Add water, 1/2 TBSP at a time as needed, to keep vegetables from sticking. Add tomato paste, garam masala, coriander, and turmeric; cook 1 minute. Meanwhile, in a high-powered blender, puree fire roasted tomatoes with their juices, plant milk, and soaked cashews until smooth. Add tomato paste, cashew sauce and chickpeas to tempeh, increase heat to high, and bring to a boil. Reduce heat to medium/low and simmer until flavors mend, about 10 minutes. If sauce is too thick, stir in 3/4 TBSP water to reach desired consistency. Season with salt and pepper. In a large skillet over medium heat, cook remaining onions and garlic for 2/3 minutes, stirring occasionally and adding water as needed to prevent sticking. Add spinach, stirring frequently, until spinach has wilted. Serve over spinach.

Greek- Style Stuffed Peppers

1 TBSP Olive Oil
1/2 Cup Onion - Chopped
1/2 Cup Zucchini - Diced
1 Clove Garlic- Minced
8 OZ Tomato Sauce
3 Canned Artichokes, Chopped
1/2 Cup Black Olives - Chopped
1 TSP Oregano
6 Medium Bell Peppers
2 Cups Quinoa - Cooked
1 1/2 TBSP Pine Nuts

INSTRUCTIONS: Preheat oven to 350 degrees. In a blender or food processor pulse artichokes until chopped well. In a skillet heat olive oil over medium heat. Add onion and zucchini. Cook 3-5 minutes - until vegetables are softened. Lower heat and add garlic - stir constantly. Add tomato sauce, artichokes, olives, oregano, parsley, and salt. Cook 15 minutes - sauce will thicken. Prepare peppers by: cutting in half lengthwise and cleaning. Place peppers in boiling water for 5 minutes - drain and place in baking dish. Mix quinoa and pine nuts into sauce - add mixture to pepper half. Add hot water to bottom of baking dish 1/2 Inch. Bake 20 minutes.

Black Bean & Corn Stuffed Peppers

2 Cans Black Beans - Drained
3 Cups Cooked Brown Rice
1 Cup Frozen Corn
2 Scallions- Sliced
1/4 Cup Cilantro - Chopped
2 TBSP Olive Oil
2 TBSP Lime Juice
1 Clove Garlic- Minced
3 Large Bell Peppers
2 Cups Vegetable or Tomato juice
Salt and Pepper to Taste

INSTRUCTIONS: Preheat oven to 350 degrees. In a large bowl combine, beans, 1 cup rice, corn, scallions, cilantro, olive oil, lime juice, and garlic. Season with salt and pepper . Place pepper halves in a large baking dish and stuff them with mixture. Spoon some of the juice over the peppers, pour the rest of the juice into the dish. Bake 14-60 minutes . Serve with extra rice.

Mediterranean Bean Burgers with Potatoes

3 LBS New Potatoes - Halved
1 Clove Garlic - Chopped
1/2 Cup Fresh Parsley - Chopped
2 TBSP Fresh Oregano - Chopped
1/2 Cup Kalamata Olives - Slivered (Optional)
2 Cans kidney Beans - Drained
2 TBSP Tomato Paste
1 TSP Dijon Mustard
1 1/3 Cups Rolled Oats

FOR SERVING:

Lettuce Leaves
Tomato - Sliced
Avocado - Sliced
Red onion - Sliced

INSTRUCTIONS: Potatoes: Steam until tender - transfer to a bowl to cool. In the microwave place potatoes in a bowl with water - cook 6-12 minutes. Chop garlic, scallions, parsley, and oregano- olives if using. Combine kidney beans, garlic,

tomato paste, vinegar, and dijon mustard in a food processor and puree until smooth. Add chopped ingredients to mixture and season with salt and pepper - process until well blended. Add oats and pulse until mixture starts to combine. Remove blade and mix in olives. If possible chill mixture in fridge 20-30 minutes. Shape the mixture into 3/4 Inch thick. Place patties on baking sheet and bake for 20 minutes on 400 degrees - flipping once .

Chipotle Black Bean Burger

1 Can Black Beans - Drained
1 Cup Sweet Potatoes - Mashed
1/4 Cup Brown Rice Flour
1/2 TBSP Parsley
1/4 TSP Chipotle Chili Pepper Seasoning
1/4 TSP Garlic Powder
Salt and Pepper

INSTRUCTIONS: Preheat oven to broiling setting. Mash black beans in a large bowl, leaving about 1/4 of the beans whole. Mix in sweet potatoes, brown rice flour, parsley, chipotle chili pepper seasoning, garlic powder, salt and pepper. Spoon out 1/3 cup of bean mixture, and place on an 11x17 inch baking sheet that has been rubbed with olive oil. Flatten and shape into a circle with spatula - Repeat with the remaining bean mixture to make 6 burgers. Broil about 7-8 minutes or until golden brown. Flip burgers. Broil 2-3 more minutes. Serve.

Spicy Sesame Orange Stir Fry

1 Cup Brown Rice
2 TSP Orange Zest
1 Cup 100% Orange Juice
1/4 Cup Soy Sauce
2 TBSP Brown Rice Vinegar
4 Cloves Garlic - Minced
1 TBSP Fresh Ginger- Minced
1/4 TSP Crushed red pepper
2 TBSP Cornstarch
2 LBS Frozen Stir-fry Vegetables
2 TBSP Toasted Sesame Seeds

INSTRUCTIONS: In a saucepan over high heat, bring rice and 2 cups water to a boil. Reduce heat to low, cover and simmer for 45 minutes. Remove from heat and let

cool. In a small bowl, stir together orange zest, orange juice, soy sauce, brown rice vinegar, garlic, ginger, and pepper flakes with 1/4 cup water. Whisk in arrowroot (cornstarch) and set aside. In skillet over high heat cook stir-fry vegetables, stirring constantly, until almost tender, 5 to 7 minutes. Stir in orange-soy sauce and cook until thickened, adding additional water if needed. Serve stir-fry over rice and sprinkle with toasted sesame seeds.

Broccoli & Barley Bowl

1 1/4 Cups Barley
5 1/4 Cups Broccoli Florets
1 1/2 Cups Carrots
2 Cups Red Bell Peppers - Chopped
1 1/2 Cups Onion - Cut
3/4 TSP Smoked Paprika
1 Can Kidney Beans

FOR LEMON DRIZZLE:

1 1/2 TSP Lemon Zest
1/3 Cup Lemon Juice
1 TBSP Agave Syrup
1 1/2 TSP Mustard Powder
3/4 TSP Garlic Powder
2 1/4 TSP Cornstarch

INSTRUCTIONS: Preheat the oven to 400 Degrees. Line rimmed baking sheets with parchment paper or silicone baking mats. Prepare barley according to package instructions. Remove from heat, keep warm. Meanwhile, in saucepan over medium heat, combine lemon zest and juice, agave syrup, mustard powder, garlic powder, and cayenne (if using) and bring to a boil. Whisk in cornstarch and 1/3 cup water, reduce heat to low, and cook until thickened and bubbly. Season with salt and pepper to taste. Divide broccoli, carrots, bell peppers and onions evenly between the prepared baking sheets and spread in an even layer (you may have to do this in batches) Sprinkle with smoked paprika. Bake until vegetables are crisp- tender, 15-20 minutes. Lightly brush with water if vegetables look dry while they are cooking. Stir half of the drizzle into barley. To assemble bowls, layer barley, kidney beans, and roasted vegetables. Top with remaining lemon drizzle and toasted almonds.

Korean - Style Rice Bowl

- 1 Cup Brown Rice
- 1 1/2 Sweet Potatoes- Diced
- 3 Cups Broccoli Florets
- 3 Cups Steamed Kale

PEAR SAUCE:

- 3/4 Cup Pear - Chopped
- 1 Yellow Onion - Chopped
- 6 Cloves Garlic - Minced
- 1 TBSP Ginger - Grated
- 1 1/2 TBSP Soy Sauce
- 1 1/2 TBSP Apple Cider Vinegar
- 1 1/2 TBSP Agave Syrup

INSTRUCTIONS: Prepare the rice according to instructions - fluff with fork. In a sauce-pan over medium heat, cook pears, onions, garlic, ginger, and 3/4 cup water, stirring occasionally, until pears are very tender, 5 to 7 minutes. Transfer pears and aromatics to a high powdered blender, along with soy sauce, cider vinegar, and agave syrup. Blend until smooth. Meanwhile, in a steamer insert set in a stockpot over high heat, steam diced sweet potatoes for 2 minutes, then add broccoli and cook both for 5 minutes. Add kale and cook until all vegetables are tender, 3 minutes more. (You can also steam vegetables separately) For each bowl, first place some rice, then top with half of the pear sauce, followed by vegetables. Drizzle with remaining pear sauce and serve with sriracha, if desired.

Chinese Rice Salad

- 1 Cup Black Rice (Rinsed & Drained)
- 7 Cups Napa Cabbage - Chopped
- 2 Cups Shelled Edamame (Can use frozen)
- 1 Cup Carrots - Shredded

DRESSING:

- 1/4 Cup Brown Rice Vinegar
- 2 TBSP Soy Sauce
- 2 TBSP Maple Syrup
- 1 1/3 TBSP Fresh Ginger - Grated
- 2 TBSP Mustard Powder
- 2 TSP Lime Zest

Salt and Pepper

INSTRUCTIONS: Prepare rice according to instructions. In a large bowl, toss cabbage, cooked black rice, thawed edamame, and carrots. In a bowl, whisk together brown rice vinegar, soy sauce, maple syrup, grated ginger, mustard powder, lime zest, and 1/4 cup water. Pour ginger-maple dressing over vegetables and toss to mix. Season with salt and pepper to taste. Serve with lime wedges.

Black Bean Quesadillas

1 Can Great Northern Beans
3/4 Cup Diced Tomatoes
1 Clove Garlic
1/3 Cup Nutritional Yeast
1 TSP Ground Cumin
1/4 TSP Chili Powder
1 Pinch Cayenne Pepper
1/2 Cup Black Beans
1/4 Cup Diced Tomatoes
1 TBSP Whole Wheat Tortillas
Salt to Taste

INSTRUCTIONS: Blend great northern beans, 3/4 cup tomatoes, and garlic in a food processor until smooth; add nutritional yeast, cumin, chili powder, salt, and red pepper flakes and blend again. Transfer bean mixture to a bowl. Stir black beans and 1/4 cup tomatoes into bean mixture. Heat olive oil in a skillet over medium-high heat. Place a tortilla in the hot oil. Spread 1/4 cup bean mixture on tortilla. Place another tortilla on top - cook about 10 minutes. Spray top with cooking spray and flip - finish cooking.

Couscous Fajita Bowl

1 1/2 TSP Chili Powder
3/4 TSP Ground Cumin
1 Cup Couscous
1 1/2 Cups Fire-Roasted Corn
1 Can Kidney Beans
Salt & Pepper

FOR THE VEGETABLES:

2 1/4 Cups Button Mushrooms - Sliced

1 1/2 Cups Bell Peppers - Cut
3/4 Cup Onion - Chopped
1 1/2 TSP Chili Powder
3/4 TSP Ground Cumin
3 Cups Kale
1 1/2 Cups Zucchini -Sliced
Jalapeno - Diced - Optional

INSTRUCTIONS: In medium saucepan over high heat, bring 1-1/2 TSP Chili Powder, 3/4 TSP Cumin, and 1 1/2 cups water to a boil. Add couscous and cook according to package instructions. Stir in fire roasted corn and kidney beans. Season with salt and pepper. In a large skillet over medium heat, cook mushrooms, bell peppers, onions, jalapeños (if using), 1-1/2 TSP Chili Powder, and 3/4 TSP Cumin, stirring occasionally, for 3 to 4 minutes. Add water, 1-2 TBSP at a time as needed, to keep vegetables from sticking. Add kale and zucchini and cook until kale has wilted, 2-3 minutes. Portion couscous into bowls, then top with sautéed vegetables, salsa, and cilantro. Serve with lime wedges.

Ginger- Lime Lentil Tacos

1 Cup Brown Lentils
3 Cups Shiitake Mushrooms
3/4 Cup Onion - Chopped
3 TBSP Soy Sauce
1 1/2 TBSP Maple Syrup
1 TBSP Cornstarch
1 TBSP Minced Garlic
1 1/2 TBSP Fresh Lime Juice
1 1/2 TSP Fresh Ginger - Grated
Whole Wheat Tortillas
Sriracha and Peanuts - Optional

BROCCOLI SLAW:

3/4 Cup Broccoli Florets
1/3 Cup Bell Pepper
1/3 Cup Carrots - Shredded
1 1/2 Scallions - sliced

INSTRUCTIONS: In a saucepan over high heat, combine lentils with 2 cups water and bring to a boil. Reduce heat to medium- low, cover, and simmer until tender, 15-20. Minutes. Drain, if necessary. Let cool. In a bowl, combine broccoli, bell

peppers, shredded carrots, scallions, cilantro, and 1-1/2 TBSP lime juice. In a skillet over medium heat, cook mushrooms and onions, stirring occasionally, for 5 minutes. Add lentils to skillet over medium heat, adding water as needed to keep from sticking. In a small bowl, combine soy sauce, maple syrup, cornstarch, garlic, lime juice, ginger, sriracha if using, and 1/3 cup water. Add to lentils and cook until thickened. Portion lentils into tortillas and top with broccoli slaw and chopped peanuts if using.

Bean Tacos with Melon Salsa

3/4 Cup Onion- Chopped

2 Cans Black Beans

1 1/2 Cups Tomatoes - Chopped

3 TBSP Taco Seasoning

Salt and Pepper

Whole Wheat Tortillas

Salad Greens

SALSA:

4 1/2 Cups Cantaloupe - Chopped

3 Scallions - Sliced

3/4 Jalapeno - Chopped

3 TBSP Fresh Cilantro - Chopped

1 1/2 TBSP Lime Juice

INSTRUCTIONS: In a skillet over medium heat, cook onions, stirring occasionally, until they start to turn translucent, 2 to 3 minutes. Add black beans, chopped tomatoes, and taco seasoning to skillet. Reduce heat to medium-low and cook, uncovered, stirring occasionally, for 5 minutes. Add a few TBSP of water to keep from sticking. In a bowl, combine cantaloupe, scallions, jalapeños (if using) cilantro, and lime juice. Top each tortilla with slaw greens, followed by black bean filling and melon salsa. Eat tacos joyfully!

Meatless Zucchini Boats

1 tbsp olive oil, plus more to grease baking dish

4 large zucchinis (Or 6 medium)

1 red bell pepper, diced

1/2 yellow onion, diced

1 jalapeño, seeds removed and finely diced

2 cloves garlic, minced

1 - 15oz can low sodium black beans, drained and rinsed
1 cup brown rice, cooked
1/2 cup corn kernels
1/2 tsp sea salt
2 tsp ground cumin
1 tsp chili powder
1 tsp dried oregano
1/2 cup fresh cilantro, finely chopped
1/4 cup shredded vegan cheese (optional)

INSTRUCTIONS: Preheat oven to 400. Grease a 9x13 casserole dish and set aside. Slice each zucchini in half, lengthwise. Using a spoon or melon baler, hollow out the center of each zucchini. Place them skin side down in the casserole dish. Heat a tablespoon of olive oil in a large skillet over medium-heat. Add the onions, bell pepper, garlic, and jalapeno, and cook for 1-2 minutes or until soft. Add the rice, corn, beans, and spices; cook for another 2-3 minutes. Turn off heat and mix in cilantro. Spoon the filling inside of each zucchini until they are all full. Sprinkle with vegan cheese. Bake in the oven for 25-30 minutes.

Vegan Black Bean Quesadillas

1 (15 ounce) can great Northern beans, drained and rinsed
3/4 cup diced tomatoes
1 clove garlic
1/3 cup nutritional yeast
1 tsp ground cumin
1/4 tsp chili powder
Salt to taste
1 pinch cayenne pepper, or to taste
1/2 cup black beans, drained and rinsed
1/4 cup diced tomatoes
1 tbsp olive oil, or as needed
8 whole grain tortillas
Cooking spray

INSTRUCTIONS: Blend great Northern beans, 3/4 cup tomatoes, and garlic in a food processor until smooth; add nutritional yeast, cumin, chili powder, salt, and red pepper flakes and blend again. Transfer bean mixture to a bowl. Stir black beans and 1/4 cup tomatoes into bean mixture. Heat olive oil in a skillet over medium-high heat. Place a tortilla in the hot oil. Spread about 1/4 cup onto the tortilla. Place

another tortilla on top; cook until filling is warmed, about 10 minutes. Spray the top tortilla with cooking spray and flip quesadilla to cook the second side until lightly browned, 3 to 5 minutes. Repeat with remaining tortillas and filling.

Eggroll Stir Fry

- 1 small head of cabbage
- 2 carrots
- 4 cloves garlic
- 1 tbsp ginger
- 1 onion, large
- 1/4 cup soy sauce
- 1/2 tsp black pepper
- 2 tbsp sesame oil
- 1 tbs. vegetable oil

INSTRUCTIONS: Cut up cabbage and onions. Dice carrots small or peel them thin. Combine garlic, ginger, pepper, sesame oil, vegetable oil, and soy sauce in a small bowl and stir to combine. Set aside. Put cabbage, carrots and onions into pan and cook over medium-high heat for 3-4 minutes. Add soy sauce mixture. Stir well. Reduce heat to medium and cook additional 5-10 minutes or until cabbage is tender.

*Substitute two bags of coleslaw for cabbage and carrots if desired

Hearty Vegan Slow-Cooker Chili

- 1 tablespoon olive oil
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 2 onions, chopped
- 4 cloves garlic, minced
- 1 (10 ounce) package frozen chopped spinach thawed and drained
- 1 cup frozen corn kernels, thawed
- 1 zucchini, chopped,
- 1 yellow squash, chopped
- 6 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

1 (14.5 ounce) cans diced tomatoes with juice
1 (15 ounce) can black beans, drained and rinsed
1 (15 ounce) can garbanzo beans, drained
1 (15 ounce) can kidney beans, rinsed and drained
2 (6 ounce) cans tomato paste
1 (8 ounce) can tomato sauce or more if needed
1 cup vegetable broth or more if needed

INSTRUCTIONS: Heat olive oil in a large skillet over medium heat, and cook the green, red, and yellow bell peppers, onions, and garlic until the onions start to brown, 8 to 10 minutes. Place the mixture in a slow cooker. Stir in spinach, corn, zucchini, yellow squash, chili powder, cumin, oregano, parsley, salt, black pepper, tomatoes, black beans, garbanzo beans, kidney beans, and tomato paste until thoroughly mixed. Pour tomato sauce and vegetable broth over the ingredients. Set the cooker on low and cook until all vegetables are tender, 4 to 5 hours. Check seasoning; if chili is too thick, add more tomato sauce and vegetable broth to desired thickness. Cook an additional 1-2 hours to blend the flavors.

Corn Chowder

½ tablespoon extra-virgin olive oil
½ 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
½ teaspoon salt
1/8 teaspoon pepper
3 ½ cups fresh corn kernels
½ cup unsweetened almond or rice milk

INSTRUCTIONS: 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.

Chunky Potato Soup

1 tablespoon extra-virgin olive oil
1/2 cup chopped onions
1 cup chopped carrots
1 cup sliced celery
2 cloves garlic, minced
4 cups water or vegetable broth
3 large Russet potatoes, peeled and cubed (about 5 cups)
1 bay leaf
1 teaspoon salt
1/2 teaspoon thyme
1/8 teaspoon pepper
1/2 cup almond, rice, or soy milk
2 tablespoons chopped fresh parsley or 1 teaspoon dried parsley

INSTRUCTIONS: Heat olive oil in 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 broth, potatoes, bay leaf, salt, thyme, and pepper. Bring to a boil. Simmer covered, for 30 minutes or until potatoes are soft. Discard bay leaf. Add half of potato mixture to a food processor or blender, and process until smooth. Return to saucepan. Stir in almond milk, and parsley. Cook until heated through, and serve.

Shepherds Pie

FILLING

1/2t olive oil
1 onion diced
2 cloves of garlic minced (or more if you love garlic)
2 medium carrots diced
1 stalk celery diced

SPICES FOR FILLING

1t onion powder
1t dried thyme
1/2t dried rosemary
1/2t maple syrup
Salt to taste
Pepper to taste

ADDITIONAL INGREDIENTS FOR FILLING

2T tomato paste
2T coconut amino
1T balsamic vinegar
1/2c veggie stock or broth
2c lentils cooked from dry
1/2c peas (frozen or canned)
1/2c corn (fresh, frozen or canned)

MASHED POTATOES

2lbs of potatoes
1/4c plant-base milk (I use veggie broth)
2T olive oil or vegan butter
Salt to taste
Pepper to taste

INSTRUCTIONS: Peel and chop potatoes, transfer them to a pot with salted water and bring to a boil. Cook on medium heat for 15 minutes or until tender, drain. Transfer back to the pot, add vegan butter or olive oil, your plant based milk or veggie stock, black pepper and salt to taste and mash with a potato masher. Do not use a food processor or a blender. While potatoes are cooking, Heat oil in a skillet over medium heat, add onion, garlic, carrot, celery, and all spices. Fry for about 3 minutes. Add tomato paste, coconut aminos, balsamic vinegar and stir to combine.

Garden Chili and Cornbread

2c veggie broth, divided
1 onion, diced
4 cloves of garlic minced
1 green bell pepper, seeded and diced
1 15oz can diced tomatoes (undrained)
1c slices mushrooms (optional)
2 celery stalks, sliced
2 carrots, peeled and diced
1/4c tomato paste
2T chili powder
1/2t ground cumin
1T yellow mustard
15oz can pinto or kidney beans, drained and rinsed

INSTRUCTIONS: Line a large pot with a thin layer of broth, and saute onion and garlic over high heat until the onion is translucent, about one minute. Add bell peppers, tomatoes with juice, mushrooms, celery, carrots, tomato paste, remaining broth, spices and condiments. Stir, cover, and bring to a boil once boiling, reduce to low and simmer until the vegetables are fork-tender, about 10 minutes. Add water or tomato sauce to make it more chilli-like if necessary. Add beans and serve.

Classic cornbread

1c yellow corn meal

1c whole wheat (or oat flour)

1T baking powder

1c plant milk

1/4c unsweetened applesauce

1/4c maple syrup

INSTRUCTIONS: Preheat oven to 400 degrees and set aside a 9" glass dish or non stick square baking pan. In a mixing bowl whisk cornmeal, flour and baking powder together. Add milk, applesauce, maple syrup. Stir a few times, until just combined. Pour batter into pan and bake approximately 20 minutes -- you want it to be golden, starting to crack, and firm to the touch. When a toothpick is inserted in the center, it should come out clean.

Desserts & Frozen Treats

Blueberry Lemon Oatmeal Cookies

1 TBSP Ground Flaxseed
1/4 Cup Unsweetened Applesauce
2 TBSP Maple Syrup
1 TSP Lemon Zest
1 TSP Fresh Lemon Juice
1/2 TSP Vanilla Extract
2/3 Cup Rolled Oats - Ground
1/4 Cup Almond or Oat Flour
1/4 TSP Ground Ginger
1/4 TSP Baking Soda
Dash Sea Salt
1/3 Cup Dried Blueberries
2 TBSP Millet Flour

INSTRUCTIONS: Preheat the oven to 350 degrees. Line a baking sheet with parchment paper or a silicone baking mat. In a large bowl, combine ground flaxseed and 1/4 cup water. Set aside for 5 minutes. Stir applesauce, maple syrup, lemon zest, lemon juice, and vanilla extract into flaxseed. In a bowl, combine oat flour, millet flour, ground ginger, baking soda, and sea salt. Add dry ingredients to wet ingredients and mix well. Stir in blueberries and millet. Using a TBSP, drop round portions of batter 2 inches apart on prepared sheet. Bake until cookies are lightly golden- brown and set, 9 to 12 minutes. Transfer baking sheet to a wire rack to let cookies cool.

Spiced Oatmeal Cookies

1/4 Cup. Plant Milk
1 TSP Apple Cider Vinegar
1 1/2 TSP Ground Ginger
1 1/2 TSP Allspice
1/2 Cup Unsweetened Applesauce
1/4 Cup Almond Butter
1 Cup Flour
1 Cup Rolled Oats
1/4 Cup Agave Syrup
2 TSP Baking Powder

INSTRUCTIONS: Preheat the oven to 350 Degrees. Line a baking sheet with parchment paper. In a bowl, whisk together plant milk, cider vinegar, ginger, all-spice, applesauce, and almond butter. In a large bowl combine flour, oats, syrup, baking powder and a dash of salt. Pour wet ingredients into dry ingredients; mix well. For each cookie, scoop 2 TBSP of dough onto prepared baking sheet, spacing cookies about 2 inches apart. Flatten cookies into thick disks (they won't spread much during baking) Bake until golden brown, about 20 minutes. Remove from oven and let cool on sheet for 5 minutes, then transfer cookies to a wire rack to let cool completely.

Cucumber Lime Mint Refreshers

1/3 Cup. Pure Maple Syrup
2 TBSP Lime Juice
1/2 TSP Lime Zest
2 TBSP Fresh Mint - Chopped
1 Cucumber - Peeled and cut

INSTRUCTIONS: In a saucepan over high heat, bring maple syrup, lime juice, lime zest and 2/3 cup water to a boil. Remove from heat; stir in mint. Let cool for 10 minutes. In a high-powered blender, puree cucumber and mint syrup until smooth. Pour into 6 ice pop molds. Freeze until pops are completely frozen - about 4 hours.

Apple Pear Crisp

2 Apples - Peeled & Sliced
2 Pears - Peeled & Sliced
1/4 Cup Dates- Chopped
1/2 Cup Apple Juice
2 TSP Cornstarch
1 TSP Ground Cinnamon
1/2 TSP Ground Ginger

FOR TOPPING:

3/4 Cup rolled Oats
2 TBSP Quinoa - Rinsed and Drained
2 TBSP Maple Syrup
1 TBSP Apple Juice
Dash Sea Salt

INSTRUCTIONS: Preheat the oven to 350 Degrees. Place apples, pears, and dates in a 2 quart baking dish. In a small bowl, combine 1/2 cup apple juice, cornstarch, cinnamon, ginger, and 1/4 cup water. Pour over fruit and gently toss. In a medium bowl, mix oats, quinoa, maple syrup, 1 TBSP apple juice and salt. Sprinkle topping over fruit. Bake until fruit is tender and topping is lightly browned, about 45 min. Transfer to a wire rack to let cool slightly. Serve Warm.

Blueberry Banana Nice Cream

8 Bananas Sliced & Frozen

1 Cup Frozen Blueberries

1/2 TSP Vanilla Extract

INSTRUCTIONS: Line a baking sheet with parchment paper. Freeze sliced Bananas on prepared sheet for at least 2 hours. In a food processor, puree frozen bananas, frozen blueberries, and vanilla extract until smooth and creamy, stopping processor a few times to scrape down sides. Either enjoy immediately, or transfer to an airtight freezer safe container and place in freezer.

Peach Cobbler

4 Peaches - Sliced

2 2/3 TBS Maple Syrup

1 1/3 TBSP Cornstarch

1 TBSP Fresh Lemon Juice

TOPPING:

1/2 Cup Unsweetened Applesauce

2 TBSP Maple Syrup

1 1/3 TBSP Almond Butter

1/2 TSP Apple Cider Vinegar

1/2 TSP Vanilla Extract

2/3 Cup Oat Flour

1 1/2 TSP Baking Powder

INSTRUCTIONS: Preheat oven to 425 Degrees. In a bowl, combine sliced peaches, maple syrup, cornstarch and lemon juice. Mix well, then season with salt to taste. Transfer mixture to a baking dish. Cover with aluminum foil and bake for 20 minutes. Meanwhile in a bowl, combine applesauce, maple syrup, almond butter, cider

vinegar, and vanilla. Into a large bowl, sift oat flour, baking powder, and salt. Transfer wet ingredients to dry ingredients and stir gently, just to combine. Do not over mix. Remove baking dish from the oven and remove foil. Drop spoonfuls of biscuit dough over peaches. Reduce the oven temperature to 350 Degrees. Return baking dish to the oven and bake, until golden brown, 20-30. minutes. Let cool and serve warm.

Blueberry Mango Sorbet

2 Cups Frozen Blueberries

2 Cups Frozen Mango Chunks

1/8 TSP Salt

INSTRUCTIONS: Mix blueberries and mango in a blender until smooth. Serve immediately or freeze.

Snacks & Desserts

Spinach Artichoke Dip

8 Oz Firm Tofu - Drained
1 Cup Chopped Canned Artichokes, Drained
Reserve 2 TBSP Juice
5 Oz Frozen Spinach - Thawed, Squeezed
Dried 1 TSP Basil
2 TSP Olive Oil
1/4 Cup Onion - Diced
2 Cloves Garlic
Minced Salt and Pepper

INSTRUCTIONS: Preheat oven to 375 Degrees. Place tofu, artichokes, artichoke juice, and spinach 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 and with flat bread recipe.

Black Bean Salsa

2 Cans Black Beans
1 Bag Frozen Corn
1 Large Red Bell Pepper - Chopped
1 1/2 Limes, Juiced
3 TBSP Olive Oil
3 TBSP Balsamic Vinegar
3/4 TSP Cumin
1/2 TSP Salt

INSTRUCTIONS: Combine all ingredients in a large bowl. Store in airtight container and chill for at least an hour.

Peach Salsa

1 Cup Peaches - Chopped
1 Can Green Chiles
2 TBSP Red Onion - Chopped
2 TBSP Lime Juice
1 TBSP Cilantro or Parsley - Chopped

1/8 TSP Salt

INSTRUCTIONS: Mix ingredients in a medium-sized bowl, and stir well. Refrigerate about two hours or until chilled. This would be an amazing topping for a rice bowl. Add black beans and peach salsa to a bowl of rice.

“Chips” Whole Wheat Tortillas and Olive Oil of your choice

INSTRUCTIONS: Brush the tortilla lightly with olive oil. Top with your favorite combination of flavors, i.e., Paprika, Garlic Powder, Italian Seasoning etc. Bake in Oven or Air Fryer until desired crispiness.

Cinnamon Roasted Almonds

2 Cups Whole Almonds

1/2 TBSP Olive Oil

1/2 TSP Cinnamon

1/4 TSP Salt

INSTRUCTIONS: Preheat oven to 250 degrees. Line a 11x17 inch baking sheet with parchment paper or lightly rub with olive oil and set aside. Put almonds in a large bowl, add olive oil and stir well. Sprinkle in cinnamon and salt, and toss to coat. Spread almonds evenly on baking sheet. Bake 1 hour, stirring occasionally. Cool and serve, or store in an airtight container.

Black Bean Salsa

2 cans black beans, rinsed

1 bag frozen white corn, thawed and rinsed

1 large red bell pepper, finely chopped

1/2 red onion, finely chopped

1 small bunch cilantro, finely chopped

1 1/2 limes, juiced

3 tablespoons olive oil

3 tablespoons balsamic vinegar

3/4 teaspoon cumin

1/2 teaspoon seasoning salt

INSTRUCTIONS: Combine all ingredients in a large bowl. Store in airtight container and chill for at least an hour.

Fried Bananas and Nutmeg

6 firm bananas

Nutmeg (to taste)

1/4 cup olive oil

INSTRUCTIONS: Cut bananas in half lengthwise and roll in the nutmeg.

Heat olive oil in a large skillet, keep on medium high heat. Fry bananas until brown on both sides and serve while hot.

Bursting with Berries Cobbler

This recipe calls for dry sweetener. Dry sweetener that is LOC Daniel Fast friendly is coconut sugar or cane sugar. But it is still sugar and should be limited especially during the fast. This could be a once a week, a close out the week treat.

FOR THE FILLING

5 C Mixed berries such as strawberries, raspberries, blueberries and raspberries.

2 T fresh lemon juice

1/3 c dry sweetener such as coconut sugar or cane sugar

3T arrowroot or cornstarch

Pinch of salt

FOR THE BISCUIT TOPPING

1/2c unsweetened plant-based milk

1t apple cider vinegar

1t pure vanilla extract

1 and 1/2 c oat flour

1T baking powder

1/4c dry sweetener

1/4 t salt

3T unsweetened applesauce

2T almond butter

FOR SPRINKLING ON TOP

1T dry sweetener

2T cinnamon

Preheat the oven to 425 degrees. Line 8 by 8" pan with parchment paper, making sure that the parchment goes all the way up the sides of the pan.

TO MAKE THE FILLING

In a large bowl, mix together the berries, lemon juice, sweetener, corn starch or arrow root and salt until well combined. Place the mixture in the prepared pan. Cover the pan with aluminum foil and bake for 25 minutes.

TO MAKE THE BISCUIT TOPPING

In a large measuring cup, whisk together the plant-based milk and apple cider vinegar. Set aside to let kernel for a few minutes and then add the vanilla.

In a large bowl, sift together the oat flour, baking powder, sweetener, and salt.

In a small bowl, mix together the apple sauce and almond butter.

Cut the applesauce mixture into the flour mixture with the fork, until crumbly. Add the milk mixture and stir until just moistened. Do not over mix.

TO ASSEMBLE THE COBBLER

Reduce the oven temperature to 350 degrees. Remove berries from oven and remove foil from pan and plop spoonfuls of the batter over the berry filling.

Combine the sweetener and cinnamon and sprinkle evenly over the top of the batter.

Return the pan to the oven, uncovered, and bake for 20 to 30 more minutes.

Remove the pan from the oven and transfer it to a cooling rack - serve the cobbler warm.

Snack Options

Rice Cakes *Add nut butter and your favorite fruit

Add hummus and your favorite veggie

Add avocado almonds - mix with berries

Unsweetened dried fruit Apples and nut butter

Air popped popcorn

Trail mix fruit kabobs - drizzled with honey

Frozen fruit including grapes, blueberries, strawberries, watermelon, bananas

Blue tortilla chips & Salsa

Pantry tips for this cookbook: If using most of these recipes for your Daniel Fast, here are some Pantry Prep Tips to help ensure your pantry is set up for success!

1. Purchase two large tubs of Old Fashioned Rolled Oats. You will want one for blending into your Oat Flour and one for oatmeal/oats. You can also purchase oat flour already blended. We will just say Rolled Oats in recipes but Old Fashioned Rolled Oats or Steel Cut Oats are your best options.

2. Grab a bag of Dates - If you would like, also grab date paste, this is an easy quick sweetener. You may make your own date paste.
3. You will want to grab whatever alternative flour you prefer - the options are endless. We prefer whole wheat flour -Coconut flour, chickpea flour, and nut flour.
4. A bag of Nutritional Yeast - Nutritional Yeast is a great source of vitamins and minerals. It also contains all nine essential amino acids, making it a complete protein like those found in animal products. You will see this added in several recipes in this book. You may also add it to any soup, sauce, or other dishes you are making.
5. Agave Syrup - replacement to things like syrup or honey. It is a vegan sweetener and also aids in holding baked goods together without an egg - you may also choose to use pure maple syrup instead of Agave. *In recipes, Agave and Pure Maple Syrup are interchangeable
6. Soy Sauce / Coconut Aminos. These are interchangeable. Coconut Aminos are gluten-free and soy free. It does not taste like coconut. It is a milder version of soy sauce that has less salt
7. No coffee, tea, or soda can be hard! If you are used to a hot drink in the morning, you can boil water over a piece of ginger and lemon wedge. Diffuse your water with your favorite fruit/vegetable/herb mix to ensure you don't grow weary of simple water.

Tips Being prepared is going to be the key to thriving through this years Daniel Fast. Below you will find some planning points that have helped us in the past.

1. Make sure you have some quick grab and go snacks handy because your diet change will require a habit change. This can be a bag of nuts. Taking some time one day a week and throwing some veggies and hummus or avocado in a container or baggy so you don't have to think, "what can I snack on?" There are a ton of grab and go vegan bars now - check out a few different ones till you find one you enjoy.
2. Choose 2/3 meals for Breakfast Lunch and Dinner. Make sure you have the grocery items you need for at least those meals that week. Also, have quick meal options such as Daniel Fast friendly pasta and red sauce, or brown rice and beans.
3. Cooking without meat can be a challenge at first. Give your self time to adjust.
4. Tips for Eating Out: *Skip to the sides- Often, restaurants will have mushrooms for topping steaks, lots of veggies and greens on their side list. * Download the app "HappyCow" to locate vegan restaurants.

Food & Website References

www.facebook.com/LOCdanielfast

www.ultimatedanielfast.com

www.daniel-fast.com

www.forksoverknives.com

"The Daniel Fast" by Susan Gregory

"The Ultimate Guide to the Daniel Fast" by Kristen Feola

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Real people. Real issues. Real God.
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