

DANIELFAST2025

SEIZE

THE SEASON

guide
BOOK
LIVE OAK CHURCH

21 DAYS OF CONSECRATION
AUGUST 31 - SEPTEMBER 21

from Pastor and First Lady

Dear Friend,

We are honored that you have decided to participate in our annual Daniel Fast. There really is no better way to reset our spiritual compass and bring about refreshing in every area of our lives than through prayer and fasting. Our hope is that this time of praying and fasting will refresh us personally, but also corporately as we seek His blessing and direction.

At LOC, we look at our annual church fast a little differently than others might. While some ministries choose to fast at the beginning of a new calendar year (January), God has led us to fast at a different time for a very specific reason. As Moses led the children of Israel out of Egypt and into Mt. Sinai, God revealed a prophetic calendar that I believe aligns with the spiritual climate around us. I believe that this divine calendar serves as a signal to us that change is coming - that this is a season of preparation and setup. As we approach this time of the year, several years ago, the Holy Spirit impressed upon our hearts to call this house to a time of preparation for this spiritually charged season.

The fall feasts are unique among the appointed times of the Lord. The lessons they teach form a natural progression of thought from repentance, to redemption to rejoicing. According to the Bible, the Biblical holiday of *Rosh Hashanah*, or the Feast of Trumpets, marks the beginning of a new year. *Rosh Hashanah* literally means "the head of year". In relation to our calendar, the Feast

of Trumpets begins at sundown on Monday, September 22. I believe that *Rosh Hashanah* signals a new year for the believer, a shift in our walk with Him, and an opportunity to know Him better. *Rosh Hashanah* marks a new beginning! We already know that the Jewish system of acts doesn't work anymore (GRACE took its place!), but I will remind you that the Bible doesn't say that God is Jewish - it says He is Spirit ("*God is Spirit, and those who worship Him must worship in spirit and truth.*"). His people were



Jewish in Leviticus when He established His timetable, but when Jesus Christ came and died for us, you and I became His people. According to Genesis 3:29, *if you are Christ's, then you are Abraham's seed, and heirs according to the promise.*

We have timed this 21 day fast to **begin on Sunday, August 31st at sundown (7:51PM) and end on Sunday, September 21st at sundown (7:23PM).** The theme for the 2025 fast is "Seize The Season". If you've participated on this fast before, don't enter into *this* fast with the same mindset as years before. Don't do what's comfortable and easy. Make a greater sacrifice this year so that you can expect a greater miracle. And be specific about your expectation...what are YOU fasting for? Is it for your family, children, marriage, health, mind, soul? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation, or for a major decision? ***Whatever you are fasting for, now is the time to SEIZE this fasting season so that God can supernaturally empower you to seize every season of this next spiritual year.***



We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him over these 21 days. May you draw closer to God than ever before as you seek more of Him.

As you begin this journey, ask the Holy Spirit to clarify His leading and objectives for your Daniel Fast. This will enable you to pray more specifically and strategically. Think about the top two or three most pressing issues on your heart and hone in on those with God. Write these down somewhere and be open to hearing what God wants to show you in those areas. When praying, make your primary goal to know Jesus more and rest in Him. Focus first on what's right about Him, such as His goodness and His greatness and see everything else through that filter. Finally, make time to pray daily. Don't overcomplicate this! Just talk to God. Have that place and time where you can seek Him every day. If you don't plan to pray, you won't.

Praying expectantly with you,
Pastor Aaron & First Lady Cowart

WEEK 1: REPENTANCE AND PREPARATION

1. Joel 2:12-14.....Return to the Lord with all your heart
2. Psalm 51:1-17.....David's Prayer of Repentance
3. Isaiah 58:6-9.....True fasting that pleases God
4. Matthew 4:1-11Jesus' 40 days of fasting and temptation
5. Mark 1:14-15Jesus calls for repentance and belief in the Gospel
6. 2 Corinthians 7:9-10Godly sorrow leads to repentance
7. Romans 2:1-16God's kindness leads to repentance

WEEK 2: TRUE FASTING

1. Ezra 8:21-23.....Align with God's protection and guidance
2. Matthew 6:16-18.....Focus on God, not performance
3. Isaiah 58:6-9Fasting leads to righteous action and compassion
4. Daniel 9:1-19.....Fasting can be part of deep intercession
5. Acts 13:2-3.....Spiritual clarity and divine direction
6. Nehemiah 1:1-11Responding to spiritual burden and a cry for revival
7. Jeremiah 29:10-14.....Seek God's presence, will and voice

WEEK 3: EXPECTATION

1. Isaiah 40:27-31Expect renewed strength
2. Matthew 9:14-17Longing and expectation for His presence and return
3. 2 Chronicles 20:1-20God will deliver, guide and intervene
4. Psalm 5:1-8Confidence that our God will hear us and respond
5. Joel 2:18-19.....The promise of restoration
6. Acts 10:10-31Expect God to divinely speak and reveal
7. Hebrews 11:5-6.....God rewards those that seek Him diligently

confirmation seed offering

On Sunday, September 21, 2025 we will celebrate what we call Confirmation Sunday. Before the fast concludes at sundown that evening, we will have ONE service at 11AM to bring together our entire church to CONFIRM what we have been fasting and praying for. We will celebrate the day with Water Baptism, Communion and a special Seed Offering - a 3 fold confirmation to seal this 3-fold 21 Days of Consecration. We've been fasting, praying, and now we're going to sow according to Genesis 15.

Genesis 15:1-11

*After these things the word of the Lord came to Abram in a vision, saying, "Do not be afraid, Abram. I am your shield, your exceedingly great reward." 2 But Abram said, "Lord God, what will You give me, seeing I go childless, and the heir of my house is Eliezer of Damascus?" 3 Then Abram said, "Look, You have given me no offspring; indeed one born in my house is my heir!" 4 And behold, the word of the Lord came to him, saying, "This one shall not be your heir, but one who will come from your own body shall be your heir." 5 Then He brought him outside and said, "Look now toward heaven, and count the stars if you are able to number them." And He said to him, "So shall your descendants be." 6 And he believed in the Lord, and He accounted it to him for righteousness. 7 Then He said to him, "I am the Lord, who brought you out of Ur of the Chaldeans, to give you this land to inherit it." 8 And he said, "Lord God, **how shall I know that I will inherit it?**" 9 So He (God) said to him, "Bring Me a three-year-old heifer, a three-year-old female goat, a three-year-old ram, a turtledove, and a young pigeon." 10 Then he brought all these to Him and cut them in two, down the middle, and placed each piece opposite the other; but he did not cut the birds in two. 11 And when the vultures came down on the carcasses, Abram drove them away.*

1 Samuel 10:7 (NLT)

...when these confirming signs are accomplished, you'll know that you're ready...

There's no doubt that each one of us desire to see the things we will be praying about for 21 days come to fruition. Those possibilities can stir our spirits and motivate us to give God praise for what He's about to do. I believe that this fast is positioning us for the manifestation of those blessings. Fasting is good. Praying is

good. Giving is good. But something special happens when you weave those three actions together. Solomon said that a “threefold cord is not quickly broken.” (Ecc. 4:12). God wants us to be conformed to the truth of His word. When you “know the truth, the truth shall make you free.” When truth becomes reality, you will prioritize your life around that truth.

When Abraham was unsure of how God would bring to pass the word He had spoken over his life, he asked God how he could be assured it would come to pass. God’s response was, “bring me an offering.” In other words, establish a covenant between Me and you and that will serve as the confirmation that what I said, *I will do*. **That one offering changed the course of his future!**

I believe that as we come together at the culmination of this 21 day fast, the Confirmation Seed Offering that we are bringing could be the one seed that changes your life and confirms to God that you believe everything you’re praying for WILL come to pass. This is one of those defining moments of your faith walk, and God is looking to see what you do.

To prepare, I want you to ask the Lord, **“what seed offering do You want to put in my hands for me to give on Confirmation Sunday?”** Please notice that this seed is not based on what you currently have, or what you think you can pull together to give. Ask the Lord to place the offering that HE wants you to give into your hands between now and September 21. I have no doubt that God will do exactly that because I’ve already heard multiple testimonies like this one...

*“On Sunday, my wife and I were wondering how much to pledge, and we both agreed that \$150 was do-able, but **I felt impressed to do something uncomfortable because of my expectation which is related to my prayer request.** So we opted for the \$250! And then while ministering, you said God does things in different ways, and he can help us get the money back by taking off a bill, or something of that nature (paraphrasing your words). So I held on to that. My wife has been working on getting her CPA qualification for about a year now. She just re-took the last exam a few weeks ago, and the result came out 3 days ago. On Monday night, I looked at how much it will cost if she didn't pass the exam, and have to re-take it. To my surprise it was \$248.12. **It felt like a confirmation**, and I said a quick prayer to that. And to the glory of God she passed, and is now officially done with all 4 exams. I know some will say it had nothing to do with it, but we have chosen to see things as God's gift to us.”*

If it's in your heart to sow in confirmation of the things you're fasting and praying about, God will put the seed in your hand!

PREPARE TO GIVE...

- 1. **PRAY** - ask the Lord what He wants to put in your hands to give
Make sure that you and your spouse (if you are married) are in agreement about what to sow.
- 2. **COMMIT** - commit to the amount the Lord puts in your heart (s) by writing it down below
- 3. **OBEY** - when the Lord puts it in your hands, set the amount aside and sow it on Confirmation Sunday.

In response to my faith, I am confirming the word over my life as Abraham did in Genesis 15:1-11 with this Confirmation Seed Offering on September 21, 2025

[My Commitment]

**FAST
PRAY
GIVE
SEIZE**



If you do not already know the power and importance of fasting, here are some very important facts:

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded 40-day periods. Jesus fasted 40 days and reminded His followers to fast, “when you fast,” not if you fast.
- Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.
- Fasting is a Biblical way to truly humble yourself in the sight of God (Psalm 35:13, Ezra 8:21). King David said, “I humble myself through fasting.”
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life and make you a channel of revival to others.

If you fast, you will find yourself being humbled. You will discover more time to pray and seek God’s face. As He leads you to recognize and repent of unconfessed sin, you will experience special blessings from God.

The Daniel **FAST**

The Daniel fast is a great model to follow and one that is extremely effective for spiritual focus, bodily discipline and purification of the body and soul. It is probably one of the most commonly referred-to fasts; however, within the Daniel fast there is room for broad interpretation.

In the book of Daniel we find two different times where the prophet Daniel fasted. Daniel 1 states that he ate only vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that he ate no rich (or choice) foods, as well as no red meat or wine. Based on these two verses, we can see that either these, or combinations of the two, constitute a Daniel fast.

It is important to mention that there is nothing inherently spiritual about one type of fast as opposed to another. The foundation of the Daniel fast is fruits and vegetables.

1. Start where you are:

We are all at different places in our walk with God. Likewise our jobs, daily schedules and health conditions are different and place various levels of demand on our energy. Whether you've fasted before or this is your first time, start where you are. Your personal fast should present a level of challenge to it. It's very important to know your own body, know your options and, most importantly, seek God in prayer and follow what the Holy Spirit leads you to do.

2. Make your commitment:

Jesus encouraged us to fast (Matthew 6:16). For Him, it was a matter of when believers fast, not if they would do it. Before you fast, we encourage you to decide up front how much time each day you will devote to prayer and reading God's word. Making these commitments ahead of time will help sustain your fast when physical temptations and life's pressures tempt you to abandon it.

3. Beginning and ending your fast well:

It may be important to prepare your body ahead of time before beginning the fast. Take a week or so to transition into your fast; otherwise it may be difficult on your body. For example, if you would like to go on a fruits and vegetables or juice fast, start eliminating meat, white grains, and refined sugars from your diet the week before. Also, you may want to start to cut back on dairy products and some of your caffeine intake.

The same principle applies to breaking your fast. When your fast is over, add foods back in very gradually. You won't want to break your fast with a greasy cheeseburger!

The goal for this 21-day fast is that you would experience a new intimacy in your relationship with God. As you prepare to begin, we encourage you to prepare your heart spiritually. The foundation for fasting and prayer is repentance. Unconfessed sin can hinder your prayers.

Here are several things you can do to prepare your heart:

- Remember that God is your Father and He loves you and is for you.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from people whom you have offended, and forgive those who have hurt you (Mark 11:25, Luke 11:4, 17:3, 4).
- Ask God to fill you with His Holy Spirit according to his command in Ephesians 5:18 and His promise in 1 John 5:14-15.
- Surrender your life fully to Jesus Christ as your Lord; refuse to obey your worldly nature (Romans 12:1-2).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Do not underestimate spiritual oppositions. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16-17).

Fasting **TIPS**

- Keep your fridge and pantry stocked with the items you need. Being unprepared to fast sets you up to give into temptation.
- Make it a priority to attend church during your 21-day fast. Being around other believers will encourage you to keep on going when fasting gets difficult.
- If you are fasting with others, you may want to meet together in a small-group setting. You can share what God is showing you in your devotional time as well as spend time in prayer together.

- If you mess up, don't get discouraged. Just get right back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22-23). He wants you to finish, and He will give you the grace and strength to do it!

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened and you will feel refreshed. Our prayer is that this will be a significant time in your life where you experience God's presence like never before.

Fasting **SAFELY**

As you begin your fast, you may hear from concerned loved ones and friends who urge you to protect your health, and they are right. You *should* protect your health. Nevertheless we want to encourage you that, if done properly, fasting will not only prove to be a spiritual blessing, but a physical blessing as well.

You may, however, have a physical problem that would make fasting unwise and dangerous. This could include tumors, cancer, blood diseases, diabetes or heart disease. If that is the case, include your doctor in your decision on how to fast. Also, if you are under any type of medication, you may want to talk with your doctor before changing your regime.

By nature of it's design, the LOC Daniel Fast is structured to build community and unity within our church. Just eliminating unhealthy food is not enough. God wants to do more in your spirit than in your body. This is why participating in EVERY element of this 21 Days of Consecration is important.

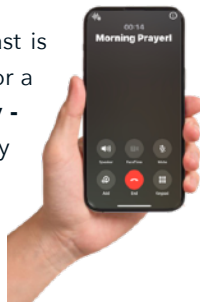
Hebrews 10:24-25 reminds us to *"...consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching."*

Morning PRAYER CALL

One of the most powerful elements of our annual Daniel Fast is the Morning Prayer Call. We invite you to Join Pastor Aaron for a special time of intercession every weekday morning **Monday - Friday, 6:30AM-7:00AM**. The goal is to begin our day praying together. Don't miss this opportunity to connect and pray as a community!

Dial-In Number: (667) 770-1268

Participant Code: 880703



Small GROUPS

WEDNESDAY D-GROUPS

6:45PM - 8:15PM

Be sure to check out all of our small groups in the Church Center App by scanning this QR code.



Sunday WORSHIP

SUNDAYS

9AM & 11AM

Something special happens every Sunday at LOC when 100's of people are fasting, praying and worshipping together!



what to eat!



Foods TO ENJOY

ALL VEGETABLES

Fresh, frozen, dried or juiced (including potatoes)

ALL FRUITS

Fresh, frozen, dried or juiced

ALL WHOLE GRAINS

Including, but not limited to, whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn

ALL LEGUMES

Canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black-eyed peas, kidney beans, black beans, cannellini beans and white beans

ALL QUALITY OILS

avocado, coconut, grape-seed, olive, peanut, sesame and walnut

BEVERAGES

Spring water, distilled water and all other pure waters

OTHER

Tofu, soy products, vinegar, seasonings, salts, herbs and spices, unsweetened almond milk, coconut milk, rice milk, soy milk,

Foods TO AVOID

ALL MEAT AND ANIMAL PRODUCTS

including, but not limited to, bacon, beef, eggs, fish, lamb poultry and pork

ALL PLANT BASED MEATS *Impossible Foods, Beyond Meat, etc...*

ALL DAIRY *butter, cheese, cream, milk and yogurt*

ALL LEAVENED BREAD AND YEAST
*baked goods and **Ezekiel Bread***

ALL REFINED AND PROCESSED FOOD PRODUCTS
artificial flavorings, chemicals, food additives, preservatives, white flour and white rice

BEVERAGES *alcohol, carbonated drinks, coffee, energy drinks*

Winning **ON THE DANIEL FAST**

- For packaged food, **CHECK THE INGREDIENTS LIST** (NOT THE NUTRITION FACTS) , to ensure there are no added sugars, chemicals or preservatives
- When shopping for food, remember to **READ THE LABELS** to make sure the ingredients are suitable for the Daniel Fast. You will want to be especially aware of chemicals, dairy products and artificial sweeteners- all of which are discouraged on the Daniel Fast.
- For more great recipe ideas, visit www.daniel-fast.com and www.ultimatedanielfast.com
- Be sure to like Live Oak's Daniel Fast page on Facebook at www.facebook.com/LOCDanielFast for updates on recipes, encouragement and other exciting information during the fast. **Scan this QR code to go to our Daniel Fast Page.**



Preparing **FOR THE FAST**

As you begin to eliminate food and drinks that contain caffeine, preservatives and artificial chemicals, you may experience a physical detox during the first few days. Headaches, fatigue, leg cramps and other typical symptoms are normal. You can reduce these effects by weaning yourself from these foods before the fast begins and also by drinking at least 1/2 gallon of filtered water each day before, during and after the fasting period.

Anytime you have concerns about symptoms you may experience, be sure to contact your health professional. Fasting should never be harmful to the body!

Fasting **FOR CHILDREN**

Encouraging our children to sacrifice for the Lord is an important part of their spiritual development. While they may not fully participate in the Daniel Fast like we do, there are some ways they can be included so that your entire family is drawing closer to the Lord. Eliminating things like processed sugars, candy, sodas, white flour, white rice and unhealthy snacks are a great way to start teaching your children about the importance of fasting.



The Daniel Fast is an extremely healthy way of eating, and many people with diabetes have successfully completed the Fast. One of the benefits of the Daniel Fast, from a dietary perspective, is the regular intake of nutrient-dense foods rich in vitamins, minerals, and other nutrients important for health, which help to keep your blood sugar stable. The type of diabetes a person has is important to know because it will affect how one approaches the Daniel Fast while treating the diabetes. In type 1 diabetes, the pancreas produces little to no insulin. Insulin is a hormone needed to allow glucose (sugar) to enter our cells to make energy. Approximately 5-10% of adults in the US are type 1 diabetics. In type 2 diabetes, the most common, the pancreas produces insulin but the body does not use it efficiently. Approximately 90% of adults with diabetes in the US are type 2. During the Daniel Fast, it is recommended to focus on low-glycemic index foods. The glycemic index ranks food on a scale from 0-100. The low end of the scale has foods that have little effect on blood sugar levels. A copy of the low-glycemic index is provided here for you.

During the Daniel Fast, you should continue taking your medication as prescribed. It is important to note that it is possible to eat large amounts of carbohydrates/sugars (potatoes, fruits) on the Daniel Fast, so be aware and regularly monitor your glucose, and make adjustments to your medications if and when needed. Consider consuming small but frequent meals. This means avoiding long gaps between meals by eating a small meal every two to three hours. Remember to consume nutrient-dense foods which have a high ratio of nutrients to calories. They contain the highest possible levels of quality protein, carbohydrate, fat vitamins, and minerals for the least amount of calories. Another option is to use plant-based protein powder that does not contain whey (whey is an animal-based protein).

LOW GI FOODS (20-49)

BREAKFAST CEREALS:

Oatmeal (not instant)

FRUITS:

(Limit 1-2 Fruits/Day)

Apples	Apple Juice
Apricots	Blackberries
Blueberries	Cherries
Cranberries	Grapefruits
Grapefruit Juice	Peaches
Pears	Prunes
Plums	Raspberries
Tangerines	Strawberries
Tomato Juice	

BEANS AND LEGUMES:

Black-eyed peas, butter beans, chick peas, green beans, lentils, lima beans, navy beans, snow peas, hummus

NON-STARCHY VEGETABLES:

Asparagus, artichoke, avocado, broccoli, cabbage, cauliflower, celery, cucumber, eggplant, greens, lettuce, mushrooms, peppers, tomatoes, okra, onions, spinach, summer squash, zucchini, turnips

GRAINS:

Barley, rye, bulgur, wild rice, wheat tortilla, wheat pasta

NUTS, OLIVES AND OILS:

Almonds, peanuts, pecans, sunflower seeds, hazelnuts, olives, walnuts, oils that are liquid at room temperature

MODERATE GI FOODS (50-69)

FRUITS:

Banana (under ripe), grapes, mango, raisins, figs, kiwi, oranges

BEANS AND LEGUMES:

Pinto, kidney, navy beans, green peas

VEGETABLES:

Beets, carrots, sweet potatoes, yams, corn on the cob

GRAINS:

Cornmeal, white and brown rice, couscous

NUTS:

Cashews, macadamia

Suggested BRANDS

Some approved brands include, but are not limited to these options...

Califia Farms Organic Almond Milk

(unsweetened)

Califia Farms Organic Oatmilk

Dr. Praeger's Cauliflower Veggie Burgers

Dr. Praeger's Black Bean Quinoa Burger

Good Foods Plant Based Tzatziki Style Dip

Ithaca Hummus

Lara Bars

Miyoko's European Style Cultured Vegan

Butter

Miyoko's Plant Milk Cream Cheese

Newmans Own classic Oil and Vinegar
Dressing

Rao's Homemade Marinara Sauce

Rao's Homemate Tomato Basil Sauce

Triscuit Crackers Cracked Pepper & Olive
Oil

Triscuit Then Crisps Original Crackers

Tostitos Oven Baked Scoops Tortilla Chips

** Most items can be purchased at Kroger, Walmart or Whole Foods*

Restaurant OPTIONS

While these restaurants have vegan options, they also serve other items. It's important to ask if a dish is vegan or not, and as always, follow the "What To Eat" list.

HUNGRY VEGAN

2 E Lathrop Ave
Savannah, Ga

KAYAK KAFE BROUGHTON

1 E Broughton St
Savannah, Ga

THE SENTIENT BEAN

13 E Park Ave
Savannah, Ga

CAVA

1821 E Victory Dr.
Savannah, Ga

SHUK

1313 Habersham St.
Savannah, Ga

recipe guide



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.

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

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

Listed below are just a few of our favorite Daniel Fast friendly recipes. **For a digital pdf of our COMPLETE LOC Cookbook, scan this QR code.**



Scan me!

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.

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

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.

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.

Blueberry Muffins

2 flax eggs (2TBS flaxseed meal to 6TBS 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

1/2 TBS arrowroot (or oat flour for coating) Mix and set aside

In Large Bowl

1c oat flour

1/2 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)

1/4 - 1/2 c maple syrup 1t vanilla

1/4 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.

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 of 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.

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.

Lunch & Dinner

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.

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

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 them 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 in 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.

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.

Meatless Zucchini Boats

1 tbsp olive oil, plus more to grease baking dish
4 large zucchinis (0r 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 baller, 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.

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

1/2 TSP 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

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

ADDITIONAL INGREDIENTS FOR FILLING

2 TBS tomato paste 2T coconut amino
1 TBS 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)
2 TBS 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, salary, 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
2TBS chili powder
1/2 TSP ground cumin
1TBS 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)
1 TBS 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

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.

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.

Bursting with Berries Cobbler

This recipe calls for dry sweetener. Dry sweetener that is LOC Daniel Fast friendly as 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, or 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.



LIVE OAK

C H U R C H

Real people. Real issues. Real God.

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