

Daniel Fast
RECIPE
BOOK

Recipes from Tom

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Introduction to Fasting

“Test your servants for ten days; let us be given vegetables to eat and water to drink...”

— Daniel 1:12–13

The Daniel Fast is rooted in a simple yet faithful act of obedience. When Daniel and his companions chose to honor the Lord rather than conform to the comforts of the king’s table, they trusted that God would sustain them. Their fast was not about restriction, but devotion—a purposeful decision to seek the Lord with humility, clarity, and dependence.

Our mission is to build up disciples of Jesus Christ, and one way we do this corporately is through the practice of spiritual disciplines. Fasting together helps promote unity in the body of Christ as we intentionally set aside time to seek the Lord. We believe that some expression of fasting is beneficial for everyone, and that God uses this discipline to strengthen our faith, sharpen our spiritual focus, and draw us closer to Him and to one another.

Fasting, as a Christian spiritual discipline, involves both abstaining from food and dedicating intentional time to prayer and seeking the Lord. The Daniel Fast is a gentle, biblical approach to fasting that invites participation without intimidation. It provides physical nourishment through simple, whole foods while creating space for spiritual renewal. Because of its flexibility, the Daniel Fast is accessible to nearly everyone—including children—making it a meaningful way for families to grow together in faith.

For families, this fast offers a unique opportunity for discipleship at home. As parents invite their children into the process - choosing recipes, preparing meals, and talking about why the family is fasting - we model what it looks like to follow Christ in everyday life. Scripture reminds us:

“These words that I command you today shall be on your heart. You shall teach them diligently to your children...” (Deuteronomy 6:6–7)

Shared meals during this fast can become moments of worship and instruction. As children help wash vegetables, stir ingredients, or set the table, they learn that honoring God includes our daily choices. These small, faithful acts plant seeds the Lord will faithfully grow.

“Train up a child in the way he should go; even when he is old he will not depart from it.” (Proverbs 22:6)

As we walk through this fast together, may it be marked not by striving, but by grace. May our homes and our church be filled with gratitude, patience, and joy as we seek the Lord in unity - trusting in the only One who is faithful to sustain all who honor Him.

Ready, set, let's fast!

Danniana

Family Discipleship During the Fast

Growing together as a family through the fast

Meal-time Prayer for Kids

Dear God,
Thank You for our food.
Thank You for taking care of our family.
Help us make choices that honor You.
Help our bodies grow strong
and our hearts love You more.
Teach us to trust You,
listen to You,
and obey Your Word.
We love You.
In Jesus' name, Amen.

Family Conversation Starters

For Younger Children

- What food are you thankful for today?
- Why are we choosing simple foods during the fast?
- How does God take care of us?

Scripture: "Give thanks to the LORD, for He is good." (Psalm 107:1)

For Older Children

- What did Daniel trust God for during the fast?
- What choice helped you honor God today?
- How can fasting help us listen to God better?

Scripture: "Trust in the LORD with all your heart." (Proverbs 3:5)

For the Whole Family

- How can we encourage one another during this fast?
- What is one prayer we can pray together today?

Scripture: "Whether you eat or drink, do all to the glory of God."
(1 Corinthians 10:31)

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A top-down view of a light blue ceramic bowl filled with a breakfast porridge. The porridge is topped with sliced kiwi, banana, blueberries, and a sprinkle of nuts. The bowl is set on a light-colored, textured surface. In the background, there are more nuts and a small blueberry. The text is overlaid on the bowl.

Breakfast
**SIMPLE
DELICIOUS
NUTRITIOUS
FILLING**

01

Mango and Banana Smoothie

INGREDIENTS

- 1/2 cup frozen mango chunks
- 1/2 banana
- 1/2 cup unsweetened almond milk
- 1 tablespoon chia seeds
- 1 tablespoon shredded coconut (Optional)
- Nutritional Information: $\pm 10\%$
- Calories: 250 kcal
- Protein: 5g
- Carbohydrates: 35g
- Fat: 10g
- Fiber: 9g

RECIPE

- In a blender, combine frozen mango chunks, banana, almond milk, and chia seeds. Blend until smooth.
- Pour the smoothie into a glass and top with shredded coconut.
- Serve in a glass

Quantity: 1 serving



Whole Grain Pancakes

INGREDIENTS

- 1/2 cup whole grain flour (Spelt or Oats)
- 1/2 cup unsweetened almond milk
- 1/2 banana, mashed
- 1/4 teaspoon cinnamon
- 1 tablespoon pureed fruit (such as applesauce)
- 1 teaspoon coconut oil for cooking
- Nutritional Information: $\pm 10\%$
- Calories: 300 kcal
- Protein: 8g
- Carbohydrates: 45g
- Fat: 10g
- Fiber: 6g

RECIPE

- In a bowl, mix whole grain flour, almond milk, mashed banana, cinnamon, and pureed fruit until well combined.
- Heat coconut oil in a skillet over medium heat. Pour batter onto the skillet to form pancakes.
- Cook until bubbles form on the surface, then flip and cook until golden brown on both sides

Quantity: 1 serving



INGREDIENTS

- 1/2 block firm tofu, crumbled
- 1/4 cup diced bell peppers
- 1/4 cup diced onions
- 1/4 cup chopped spinach
- 1/4 teaspoon turmeric
- Pinch of sea salt and black pepper
- 1 teaspoon olive oil
- Nutritional Information: $\pm 10\%$
- Calories: 220 kcal
- Protein: 15g
- Carbohydrates: 10g
- Fat: 12g
- Fiber: 5g

RECIPE

- Heat olive oil in a skillet over medium heat. Add diced bell peppers and onions, sauté until softened.
- Add crumbled tofu, chopped spinach, turmeric, sea salt, and black pepper. Cook until tofu is heated through and slightly golden.

Quantity: 1 serving



INGREDIENTS

- 1 whole grain, corn spelt tortilla (See homemade recipe in appendix)
- 1/4 cup black beans, drained and rinsed
- 2 tablespoons diced tomatoes
- 2 tablespoons diced avocado
- 1 tablespoon chopped cilantro
- Pinch of sea salt and black pepper
- Nutritional Information: $\pm 10\%$
- Calories: 280 kcal
- Protein: 10g
- Carbohydrates: 40g
- Fat: 8g
- Fiber: 10g

RECIPE

- Warm the tortilla in a skillet over medium heat.
- Fill the tortilla with black beans, diced tomatoes, diced avocado, salsa, chopped cilantro, sea salt, and black pepper.
- Fold the sides of the tortilla over the filling to form a burrito

Quantity: 1 serving



06

Quinoa Breakfast Bowl

INGREDIENTS

- 1/2 cup cooked quinoa
- 1/2 cup mixed berries (such as strawberries, blueberries, raspberries)
- 1 tablespoon chopped nuts (almonds, walnuts, or pecans)
- 1 tablespoon unsweetened coconut flakes
- 1 teaspoon cinnamon
- 1 spoon greek yogurt
- Nutritional Information: $\pm 10\%$
- Calories: 300 kcal
- Protein: 8g
- Carbohydrates: 45g
- Fat: 10g
- Fiber: 7g

RECIPE

- Combine Quinoa and 700ml water in a medium pot .
- Bring to boil and simmer for 15 minutes.
- In a bowl, combine cooked quinoa, mixed berries, chopped nuts, coconut flakes, and cinnamon.

Quantity: 1 serving



INGREDIENTS

- 1 frozen banana, sliced
- 1 cup spinach or kale
- 1/2 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1 tablespoon chia seeds
- 1 tablespoon shredded coconut
- Nutritional Information: $\pm 10\%$
- Calories: 350 kcal
- Protein: 10g
- Carbohydrates: 45g
- Fat: 15g
- Fiber: 10g

RECIPE

- In a blender, combine frozen banana, spinach or kale, almond milk, and almond butter. Blend until smooth.
- Pour the smoothie into a bowl and top with chia seeds and shredded coconut.

Quantity: 1 serving



Sweet Potato and Avocado Grill

INGREDIENTS

- 1/2 medium sweet potato, (200g).
- 1/4 avocado, sliced
- 1 small tomato, sliced
- Sprinkle of sea salt and black pepper
- 1 teaspoon chopped fresh cilantro (optional)
- Nutritional Information: $\pm 10\%$
- Calories: 312 kcal
- Protein: 8g
- Carbohydrates: 45g
- Fat: 10g
- Fiber: 7g

RECIPE

- Cut sweet potato into wide slices as shown below
- Grill until until golden brown.
- Mash up sliced avocado and slice tomatoes
- Spread mashed avocado evenly over the potatoe.
- Top with sliced tomatoes, sea salt, black pepper, and cilantro if using.

Quantity: 1 serving



INGREDIENTS

- 2 tablespoons chia seeds
- 1/2 cup unsweetened almond milk
- 1/2 teaspoon vanilla extract
- 1 tablespoon chopped mixed nuts (almonds, walnuts, or pecans)
- 1/4 cup mixed berries
- Nutritional Information: $\pm 10\%$
- Calories: 220 kcal
- Protein: 6g
- Carbohydrates: 25g
- Fat: 11g
- Fiber: 12g

RECIPE

- In a bowl, mix chia seeds, almond milk, and vanilla extract. Let it sit for 10 minutes, stirring occasionally.
- Once the mixture has thickened, layer it with mixed nuts, berries, and voila, breakfast is served!

Quantity: 1 serving



INGREDIENTS

- 1/2 cup rolled oats
- 1 cup water or unsweetened almond milk
- 1/2 banana, sliced
- 2 tablespoons mixed nuts (almonds, walnuts, or pecans)
- 1/4 cup mixed berries
- Nutritional Information: $\pm 10\%$
- Calories: 300 kcal
- Protein: 8g
- Carbohydrates: 45g
- Fat: 10g
- Fiber: 7g

RECIPE

- In a saucepan, bring water or almond milk to a boil. Add rolled oats and cook until creamy, about 5 minutes.
- Transfer oatmeal to a bowl and top with sliced banana, mixed nuts, mixed berries, and drizzle with honey or maple syrup if desired.

Quantity: 1 serving





Lunch
FRESH
SATISFYING
ENERGIZING
NOURISHING

Quinoa and Black Bean Salad

INGREDIENTS

- 1/2 cup cooked quinoa
- 1/2 cup black beans, drained and rinsed
- 1/4 cup diced bell peppers
- 1/4 cup diced cucumber
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 250
- Fat: 7g
- Sugar: 2g
- Protein: 10g
- Fiber: 8g

RECIPE

- Mix all ingredients in a bowl.
- Serve chilled.

Quantity: 1 serving



Brown Rice & Vegetables

INGREDIENTS

- 1 cup mixed vegetables (such as broccoli, bell peppers, carrots)
- 1/2 cup cooked brown rice
- 1 tablespoon soy sauce (check for no added sugar)
- 1 teaspoon olive oil
- 1/2 teaspoon minced garlic
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 280
- Fat: 5g
- Sugar: 3g
- Protein: 7g
- Fiber: 7g

RECIPE

- Heat olive oil in a pan.
- Add garlic and vegetables, stir-fry until tender.
- Add cooked brown rice and soy sauce, mix well..

Quantity: 1 serving



Vegetable Lentil Soup

INGREDIENTS

- 1/2 cup cooked lentils
- 1 cup mixed vegetables (such as onions, carrots, celery)
- 1 cup vegetable broth
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 220
- Fat: 1g
- Sugar: 4g
- Protein: 15g
- Fiber: 10g

RECIPE

- In a pot, combine all ingredients and simmer for 15-20 minutes
- Serve hot or cool.

Quantity: 1 serving



Chickpea and Vegetable Stir-Fry

INGREDIENTS

- 1/2 cup cooked chickpeas
- 1 cup mixed vegetables (such as bell peppers, snow peas, carrots)
- 1 tablespoon soy sauce (check for no added sugar)
- 1 teaspoon olive oil
- 1/2 teaspoon minced ginger
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 270
- Fat: 5g
- Sugar: 5g
- Protein: 10g
- Fiber: 10g

RECIPE

- Heat olive oil in a pan.
- Add ginger and vegetables, stir-fry until tender.
- Add cooked chickpeas and soy sauce, stir for 2 minutes.
- Mix well and serve.

Quantity: 1 serving



14

Baked Sweet Potato with Steamed Broccoli

INGREDIENTS

- 1 medium sweet potato
- 1 cup steamed broccoli
- 1 teaspoon olive oil
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 230
- Fat: 4g
- Sugar: 7g
- Protein: 5g
- Fiber: 8g

RECIPE

- Preheat oven to 400°F (200°C).
- Cut sweet potato into strips, bake for 25-30 minutes.
- Serve with steamed broccoli, drizzle with olive oil, salt, and pepper.

Quantity: 1 serving



Black Bean and Corn Salad

INGREDIENTS

- 1 1/2 cup black beans, drained and rinsed
- 1/2 cup corn kernels (fresh or frozen, thawed)
- 1/4 cup diced tomatoes
- 1/4 cup diced red onions
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon lime juice
- 1 tablespoon olive oil
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 240
- Fat: 6g
- Sugar: 4g
- Protein: 9g
- Fiber: 8g

RECIPE

- Mix all ingredients in a bowl.
- Serve chilled

Quantity: 1 serving



Roasted Vegetable Quinoa Bowl

INGREDIENTS

- 1/2 cup cooked chickpeas
- 1 cup mixed vegetables (such as bell peppers, snow peas, carrots)
- 1 tablespoon soy sauce (check for no added sugar)
- 1 teaspoon olive oil
- 1/2 teaspoon minced ginger
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 270
- Fat: 5g
- Sugar: 5g
- Protein: 10g
- Fiber: 10g

RECIPE

- Heat olive oil in a pan.
- Add ginger and vegetables, stir-fry until tender.
- Add cooked chickpeas and soy sauce, stir for 2 minutes.
- Mix well and serve.

Quantity: 1 serving



Vegetable and Tofu Stir-Fry

INGREDIENTS

- 1 1/2 cup tofu, diced
- 1 cup mixed vegetables (such as broccoli, bell peppers, mushrooms)
- 1 tablespoon soy sauce (check for no added sugar)
- 1 teaspoon olive oil
- 1/2 teaspoon minced garlic
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 260
- Fat: 9g
- Sugar: 4g
- Protein: 12g
- Fiber: 8g

RECIPE

- Heat olive oil in a pan
- Add garlic and tofu, stir-fry until tofu is golden.
- Add mixed vegetables and soy sauce, stir-fry until tender.

Quantity: 1 serving



Mushroom and Spinach Stuffed Portobello Mushrooms

INGREDIENTS

- 2 large portobello mushrooms
- 1/2 cup diced mushrooms
- 1 cup chopped spinach
- 1/4 cup diced onions
- 1/2 teaspoon minced garlic
- 1 teaspoon olive oil
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 270
- Fat: 8g
- Sugar: 5g
- Protein: 10g
- Fiber: 9g

RECIPE

- Preheat oven to 375°F (190°C).
- Remove stems and gills from portobello mushrooms.
- Heat olive oil in a pan, add garlic and onions, sauté until translucent.
- Add diced mushrooms and spinach, cook until tender.
- Stuff the portobello mushrooms with the mixture, place in a baking dish, and bake for 20-25 minutes.

Quantity: 1 serving



Cauliflower Rice Stir Fry

INGREDIENTS

- Cauliflower.
- mixed vegetables (peppers, peas, carrots, etc.).
- tofu or tempeh.
- soy sauce.
- garlic ginger, sesame oil.
- Nutritional Information: $\pm 10\%$
- Calories: 200-250
- Protein: 10-12g
- Fat: 10-12g
- Carbohydrates: 15-20g
- Fiber: 6-8g

RECIPE

- Pulse cauliflower in a food processor to rice-like texture
- stir-fry with vegetables, protein, and seasonings until cooked through

Quantity: 1 serving



Acorn Squash with Lentils and Vegetables

INGREDIENTS

- 1 acorn squash
- 1/2 cup cooked lentils
- 1/2 cup mixed vegetables (such as carrots, celery, onions)
- 1/4 cup diced tomatoes
- 1/2 teaspoon minced garlic
- 1 teaspoon olive oil
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 290
- Fat: 7g
- Sugar: 5g
- Protein: 11g
- Fiber: 10g

RECIPE

- Preheat oven to 375°F (190°C).
- Cut the acorn squash in half and remove seeds.
- Place face down on a baking sheet and bake for 30-35 minutes until tender.
- Meanwhile, heat olive oil in a pan, add garlic and mixed vegetables, sauté until tender.
- Stir in cooked lentils and diced tomatoes, cook until heated through. Stuff the acorn squash halves with the lentil mixture.

Quantity: 1 serving





Dinner
**HEARTY
COMFORTING
WHOLESOME
RESTORING**

INGREDIENTS

- 2 cups chopped mushrooms
 - 1 cup mixed vegetables (such as broccoli, bell peppers, mushrooms)
 - 1 tablespoon soy sauce (check for no added sugar)
 - 1 teaspoon olive oil
 - 1/2 teaspoon minced garlic
 - 1 small chopped onions
 - Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
 - Calories: 290
 - Fat: 8g
 - Sugar: 5g
 - Protein: 13g
 - Fiber: 12g

RECIPE

- Heat olive oil in a pan.
- Add garlic and onions.
- Sauté until translucent.
- Stir in salt and pepper and cook for 1 minute.
- Add mixed vegetables and pan fry until vegetables are tender.

Quantity: 1 serving



Lentil and Vegetable Curry

INGREDIENTS

- 1/2 cup cooked lentils
- 1 cup mixed vegetables (such as cauliflower, peas, carrots)
- 1/4 cup diced onions
- 1/2 teaspoon minced garlic
- 1 tablespoon curry powder
- 1/2 cup coconut milk (unsweetened)
- 1 teaspoon olive oil
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 290
- Fat: 8g
- Sugar: 5g
- Protein: 13g
- Fiber: 12g

RECIPE

- Heat olive oil in a pan.
- add garlic and onions.
- sauté until translucent.
- Stir in curry powder and cook for 1 minute.
- Add mixed vegetables, cooked lentils, and coconut milk.
- Simmer until vegetables are tender.

Quantity: 1 serving



Grilled Vegetable Skewers with Baked Sweet Potatoes

INGREDIENTS

- 1 cup mixed vegetables (such as cherry tomatoes, zucchini, mushrooms, bell peppers)
- 1 medium sweet potato
- 1 tablespoon olive oil
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 280
- Fat: 7g
- Sugar: 7g
- Protein: 5g
- Fiber: 8g

RECIPE

- Preheat grill or grill pan.
- Thread mixed vegetables onto skewers.
- Drizzle with olive oil, season with salt and pepper.
- Grill skewers until vegetables are tender and slightly charred.
- Serve with baked sweet potato.

Quantity: 1 serving



Chickpea and Vegetable Salad

INGREDIENTS

- 1/2 cup cooked chickpeas
- Avocado
- Tomatoes
- Cucumber
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 270
- Fat: 5g
- Sugar: 5g
- Protein: 10g
- Fiber: 10g

RECIPE

- Mix all ingredients in a bowl.
- Serve chilled.

Quantity: 1 serving



Vegetable and Hummus Wrap

INGREDIENTS

- 1 whole grain, corn or spelt tortilla
- 1/2 cup mixed vegetables (such as zucchini, eggplant, bell peppers)
- 2 tablespoons hummus
- 1 tablespoon chopped fresh parsley
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 290
- Fat: 8g
- Sugar: 4g
- Protein: 9g
- Fiber: 10g

RECIPE

- Heat olive oil in a pan.
- Add garlic and onions.
- Sauté until translucent.
- Stir in salt and pepper and cook for 1 minute.
- Add mixed vegetables and pan fry until vegetables are tender.
- Spread hummus evenly over the tortilla.
- Roll up the tortilla and serve.

Quantity: 1 serving



Cabbage Wrap

INGREDIENTS

- 2 large cabbage leaves
- 1/2 cup cooked quinoa
- 1/4 cup shredded carrots
- 1/4 cup diced bell peppers
- 1/4 cup sliced cucumber
- 2 tablespoons hummus
- Salt and pepper to taste
- Nutritional Information: +10%
- Calories: 290
- Fat: 8g
- Sugar: 4g
- Protein: 9g
- Fiber: 10g

RECIPE

- Blanch cabbage leaves in boiling water for 1-2 minutes. Remove and pat dry with paper towels.
- Lay cabbage leaves flat and spread hummus evenly over each leaf.
- Layer with cooked quinoa, shredded carrots, diced bell peppers, and sliced cucumber.
- Season with salt and pepper to taste.
- Roll up the cabbage leaves tightly, tucking in the sides as you go.
- Cut the rolls in half and serve

Quantity: 1 serving



Coconut Vegetable Curry

INGREDIENTS

- 1/2 cup diced mixed vegetables (such as carrots, cauliflower, peas)
- 1/4 cup diced onions
- 1/2 teaspoon minced garlic
- 1/2 cup coconut milk (unsweetened)
- 1 teaspoon curry powder
- 1 teaspoon olive oil
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 280-350
- Fat: 15g
- Sugar: 5g
- Protein: 6g
- Fiber: 8g

RECIPE

- Heat olive oil in a pan over medium heat.
- Add minced garlic and diced onions, sauté until onions are translucent.
- Stir in diced mixed vegetables and cook until slightly tender.
- Add coconut milk and curry powder, simmer for 10-12 minutes until vegetables are cooked through and the sauce thickens.
- Season with salt and pepper to taste.

Quantity: 1 serving



Cauliflower and tomato curry

INGREDIENTS

- 1 cup cauliflower florets
- 1/2 cup diced tomatoes
- 1/4 cup diced onions
- 1/2 teaspoon minced garlic
- 1 teaspoon curry powder
- 1 teaspoon olive oil
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 290
- Fat: 8g
- Sugar: 4g
- Protein: 9g
- Fiber: 10g

RECIPE

- Heat olive oil in a pan over medium heat.
- Add minced garlic and diced onions, sauté until onions are translucent.
- Add cauliflower florets and diced tomatoes, cook until cauliflower is tender.
- Stir in curry powder and simmer for an additional 5-7 minutes.
- Season with salt and pepper to taste.

Quantity: 1 serving



Chickpea curry

INGREDIENTS

- 1/2 cup cooked chickpeas
- 1/4 cup diced tomatoes
- 1/4 cup diced onions
- 1/2 teaspoon minced garlic
- 1 teaspoon curry powder
- 1/2 cup vegetable broth
- 1 teaspoon olive oil
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 250
- Fat: 5g
- Sugar: 4g
- Protein: 9g
- Fiber: 8g

RECIPE

- Heat olive oil in a pan over medium heat.
- Add minced garlic and diced onions, sauté until onions are translucent.
- Stir in diced tomatoes and cook until softened.
- Add cooked chickpeas, curry powder, and vegetable broth. Simmer for 10-12 minutes until the flavors meld together and the sauce thickens slightly.
- Season with salt and pepper to taste

Quantity: 1 serving



White beans and Potato Stew

INGREDIENTS

- 1/2 cup cooked chickpeas
- 1/2 cup diced potatoes
- 1/4 cup diced tomatoes
- 1/4 cup diced onions
- 1/2 teaspoon minced garlic
- 1/2 teaspoon ground curry, paprika and cinnamon
- 1 cup vegetable broth
- 1 teaspoon olive oil
- Salt and pepper to taste
- Nutritional Information: $\pm 10\%$
- Calories: 280
- Fat: 6g
- Sugar: 5g
- Protein: 9g
- Fiber: 10g

RECIPE

- Heat olive oil in a pot over medium heat.
- Add minced garlic and diced onions, sauté until onions are translucent.
- Stir in diced potatoes and cook for 5 minutes.
- Add diced tomatoes, cooked chickpeas, ground cumin, paprika, and ground cinnamon, stir to combine.
- Pour in vegetable broth and bring to a simmer. Cook for 15-20 minutes until potatoes are tender and the stew thickens.
- Season with salt and pepper to taste.
- Serve hot, optionally garnish with chopped fresh parsley.

Quantity: 1 serving



#1

Homemade Tortilla (Wholegrain or Corn)

INGREDIENTS

- 2 cups whole grain flour (choose from corn flour, whole wheat flour, or spelt flour)
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/4 cup olive oil
- 3/4 - 1 cup warm water (adjust as needed)
- Nutritional Information: ~+10%
- Calories: 150
- Total Fat: 6g
- Saturated Fat: 1g
- Trans Fat: 0g
- Cholesterol: 0mg
- Sodium: 295mg
- Total Carbohydrates: 21g
- Dietary Fiber: 3g
- Sugars: 0g
- Protein: 4g

RECIPE

Prepare the Dough:

- In a large mixing bowl, combine the whole grain flour, salt, and baking powder.
- Make a well in the center and pour in the olive oil.
- Gradually add warm water while stirring with a spoon until a dough forms.
- Once the dough comes together, knead it on a lightly floured surface for about 5 minutes until it becomes smooth and elastic.

Rest the Dough:

- Form the dough into a ball and place it back into the mixing bowl.
- Cover the bowl with a clean kitchen towel or plastic wrap and let the dough rest for 15-20 minutes. This allows the gluten to relax and makes the dough easier to roll out.
- Divide and Shape:
- After resting, divide the dough into 8 equal portions.
- Roll each portion into a ball and then flatten slightly with your palm.
- Roll Out the Tortillas:

On a lightly floured surface, use a rolling pin to roll out each dough portion into a thin circle, about 6-8 inches in diameter. Rotate the dough as you roll to ensure an even thickness.

Cook the Tortillas:

Heat a non-stick skillet or griddle over medium-high heat.

Place one rolled-out tortilla onto the hot skillet and cook for about 1 minute on each side, or until bubbles start to form and it begins to brown slightly.

Repeat with the remaining dough portions, stacking cooked tortillas on a plate and covering them with a clean kitchen towel to keep them warm and soft.

Serve:

Serve the homemade whole grain tortillas warm with your favorite Daniel Fast-friendly fillings such as beans, vegetables, or salsa.

SMACK IDEAS

MONDAY

Apple & Peanut butter



Roasted spicy Chickpeas



Raisins



TUESDAY

Crispy Mango slides



Mixed Nuts



Sliced Radish & cucumber



WEDNESDAY

Dates stuffed with nuts



Vegetable sticks and Houmous



Roasted Tofu



THURSDAY

Crispy Kale



Sliced cucumbers



Coconut and berries

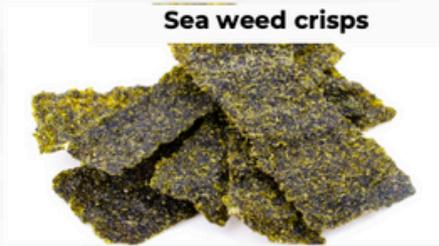


FRIDAY

Grilled tomatoes



Sea weed crisps



Banana chips



SATURDAY

Edamame beans



Sweet Potato Chip



Sea weed crisps



SUNDAY

Peanuts



Spiced pumpkin seeds



Mixed Berries





Credits/Attribution

Written and Compiled by

Dawniqua Bass

Devotional Content

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Recipes

Recipes provided by Tolu