

2019

Daniel Fast Cook Book



ONE DAY JESUS
WAS PRAYING IN A
CERTAIN PLACE.
WHEN HE FINISHED,
ONE OF HIS DISCIPLES
SAID TO HIM,
"LORD, TEACH US TO PRAY"
LUKE 11:1 NIV

INTRODUCTION

Giving up food we love for a few weeks will be a sacrifice for many of us; cooking meals “from scratch” is not easy for everyone and can be time consuming. It is a perfect way to build your relationships with your family members as you have fun creating meals and sitting down together to eat them.

I would like to thank the ladies that shared their recipes with us, making this cookbook possible. These recipes are to give you delicious options during the fast, they are suggestions and you are welcome to modify them and add your own special touch.

I hope this cookbook will be helpful to you during the Daniel Fast, but also in 2019. This is an excellent opportunity to make healthy changes to your diet. I am confident that going into 2019 you will continue to use these recipes and you will be inspired to create some of your own.

Start the Daniel Fast by focusing on your faith. I would like to encourage you to fast with a purpose, prayerfully considering the focus of your fast. Reserve time with God by daily setting aside time to read your Bible and pray. Quiet time with God is important, so is a time of worship. Listening to worship music throughout the day will help develop an awareness of God's presence and it will help create a mindset that is centered on God.

Sometimes in the crush of your daily duties God seems far away, but He is not. Worship God through sacrifice, seeking Him diligently. When you earnestly seek Him, you will find Him. I look forward to what God has in store for all of us, and I pray that this cookbook will be a blessing to you and your family.

Blessings to you!

Pastor Angie Mascareno

If you have any known medical conditions or suspect such conditions, consult your doctor before beginning this or any fast.

Daniel Fast – Food List

Please make sure to READ THE LABEL when purchasing packaged, canned or bottled foods. They should be sugar-free and chemical-free. Keep this in mind as you review this list of acceptable foods.

Foods to include in your diet during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

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 nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be 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, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters, 100% juice, coffee.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Sweeteners: Agave

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

Sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to carbonated beverages, energy drinks, and alcohol.

Great Resource for more information: www.daniel-fast.com

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STRAWBERRY SMOOTHIE

INGREDIENTS

- 1 cup strawberries
- 1 cup non-dairy milk (I used unsweetened almond milk)
- 3 tablespoons uncontaminated oats
- 1 tbsp chia seed
- 1 tbsp cashews
- 1 tsp apple cider vinegar
- 1 tsp lemon juice
- ½ tsp vanilla
- Agave nectar to taste



DIRECTIONS

To be made the night before or, at least four hours in advance. Combine all ingredients in a glass container, shake and place in the refrigerator overnight. In the morning, pour ingredients into blender and blend until smooth. Garnish with cashews and strawberries.

FRUIT SMOOTHIE

INGREDIENTS

- 1 ½ cups water
- 1 pear
- 1/3 cup pineapple cut into chunks
- 2 oranges peeled and seeded
- 2-3 cups watermelon with watermelon rind
- 2 pitted dates for sweetness

DIRECTIONS

Mix in a blender and enjoy!



COCONUT BLISS

INGREDIENTS

- ½ cup water
- ½ cup unsweetened coconut milk
- 1 cup sliced fresh or frozen banana (about 1 medium banana)
- 1 cup fresh or frozen blueberries
- 1 cup frozen or fresh mango chunks
- 1 cup fresh or frozen sliced strawberries



DIRECTIONS

To freeze bananas, remove peels before placing in the freezer. Put in a plastic zip-top bag until completely frozen. Place all ingredients in a blender, and process until smooth.

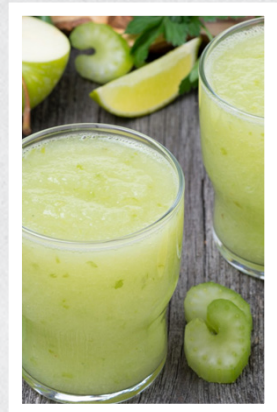
CUCUMBER DRINK

INGREDIENTS

- 1 cucumber
- 3-5 cups of water
- lemon juice (add to taste)
- Agave nectar (add to taste)
- ice

DIRECTIONS

Wash the cucumber and remove the skin. Combine ingredients, and blend. Add water to desired consistency.



Contributed by
Marlene Castro



SALADS

FRUIT & VEGETABLE SALAD

INGREDIENTS

- 4 cups fresh spinach, torn into bite-size pieces
- 4 cups romaine lettuce, torn into bite-size pieces
- 4 kiwifruit, peeled & cut into half-moons
- 2 cups oranges, peeled and cut into 1-inch pieces
- 1 cup blueberries
- 1 cup sliced strawberries
- ½ cup sliced or slivered almonds, toasted



DIRECTIONS: Combine ingredients in a large bowl, and toss well.

SERVING SUGGESTION: Serve with Orange-Poppy Seed Salad Dressing.

ORANGE-POPPY SEED SALAD DRESSING

INGREDIENTS

- ¼ cup extra-virgin olive oil
- ¼ cup orange juice
- 2 tablespoons fresh lemon juice
- 1 tablespoon diced red onion
- ½ teaspoon poppy seeds
- ¼ teaspoon orange zest
- 1/8 teaspoon dry mustard
- 1/8 teaspoon salt

DIRECTIONS: Combine all ingredients in a covered glass jar, and shake well. Refrigerate until ready to use.

FENNEL SALAD

INGREDIENTS

1 large fennel bulb
3 large navel oranges
4 cups arugula

DRESSING

olive oil
lemon juice
salt
pepper



DIRECTIONS

Cut off the stems and feathery fronds of the fennel bulb and remove any bruised or discolored outer layers. Cut the bulb in half lengthwise and cut out any tough core parts. Cut the bulb halves crosswise into slices $\frac{3}{8}$ inch thick and then cut the slices into 1-inch lengths.

Working with 1 orange at a time, and using a sharp knife, cut a slice off both ends of the orange to reveal the flesh. Stand the orange upright on a cutting board and thickly slice off the peel and pith in strips, following the contour of the fruit. Cut the orange in half crosswise, place each half cut side down, and thinly slice vertically to create half-moons. Repeat with the remaining oranges.

To make the dressing, in a small bowl, whisk together the lemon juice, olive oil, season with salt and pepper. Set aside.

Place the fennel and arugula in a large serving bowl. Arrange the orange slices in a pinwheel or other design on top. Drizzle the dressing just before serving. Serves 8 to 10.

Contributed by
Marlene Castro



COLESLAW SALAD

INGREDIENTS

1 bag coleslaw mix

Add ingredients to taste:

tomato

jalapeño

cilantro

onion (If you like it, I do not,
so I leave it out.)

avocado

lemon juice

sea salt

DIRECTIONS

Cut and mix tomato, jalapeño, onion and cilantro. Add to coleslaw mix and toss together. Cube avocado, then add to mixture. Add $\frac{1}{2}$ teaspoon lemon juice. Mix well.

Eat with Fresh & Easy organic blue corn chips salted with sea salt - amazing!



Contributed by
Lisa Jimenez



MAIN DISH

CAMPARI TOMATOES WITH DUEXELLS

INGREDIENTS

6 Campari tomatoes, tops
(cut off & hollow out)
1 lb of white mushroom caps
& stems, minced
¼ cup shallot, or white onion
1 tbsp garlic minced
2 tbsp olive oil
kosher salt & black pepper

DIRECTIONS: Preheat oven
to 375°.



Rinse tomatoes, slice tops off, and hollow out to make 6 mini cups. Set aside. Rinse mushrooms and pat dry with paper towels. Mince mushroom and stems, set aside. Mince garlic, set aside.

Finely dice shallots or onions and place in a hot pan with oil over medium heat. Heat shallots/onions till translucent. Add minced mushrooms and stems. Cook until mushrooms have reduced, and are almost dry, about 20 minutes. Add garlic at this point and heat through for 5 more minutes. Season with salt and pepper.

Scoop mushrooms onion mixture into tomato cups. Place on a baking sheet lined with parchment paper, or sprayed with non-stick canola spray. Bake 10 -12 minutes or until tomatoes are slightly soft but not mushy. Serve immediately and enjoy!

Contributed by
Laura Olivia



CEVICHE DE AGUACATE

INGREDIENTS

5-6 ripe avocados, diced
3 cucumbers, diced
1 small red onion, diced
2 Serrano peppers
1 garlic clove
½ bunch of cilantro
juice of 10-15 limes,
(roughly 2/3 cup)
salt & pepper to taste

DIRECTIONS: Place diced avocados, cucumbers and red onion in a medium bowl. In a blender add Serrano peppers, garlic, cilantro, and lime juice. Blend until Serrano peppers and garlic are pureed into the juice. Pour over avocado cucumber mixture and stir all together.

Adjust seasoning with salt and pepper. Additional lime juice can be added if a more liquid consistency is desired. Serve with Pastor Angie's flat bread recipe or any Daniel Fast friendly cracker.

SERVING SUGGESTIONS: Other ingredients can be added such as diced mushrooms, for a more fulfilling meal.



Contributed by
Laura Olivia



CHILIES AND SOPES

INGREDIENTS

2 cups of whole wheat flour to 1 cup of water

olive oil

Poblano chilies

onion

tomato

garlic

sea salt

corn

GARNISH

lettuce

tomato

purple onion

soy or rice cheese



DIRECTIONS: Combine whole wheat flour and warm water. Mix, knead and make medium size balls, press down to shape it round to about three inches. Pinch the edge to create a thin ½ inch border for your filling. Warm pan and cook for about two minutes on each side. Next, bake for a few minutes to crisp on a cookie sheet with olive oil.

SERVING SUGGESTIONS: Roast Poblano chilies in the oven, grill or stove top. Place in plastic bag, sweat the skin and peel. Cut the chilies and sauté with onion, tomato, garlic, sea salt or kosher salt and corn. Add corn. You can blend corn with a bit of olive oil and add to the poblano chilies to thicken the sauce a bit. Once your sopo is ready, fill with chilies, lettuce, fresh tomato, purple onion, and soy or rice cheese.

Contributed by
Marlene Castro



GARDEN VEGETABLE SOUP

INGREDIENTS

- 4 tablespoons olive oil
- 2 cups chopped leeks, white part only (approximately 3 medium leeks)
- 2 tablespoons finely minced garlic salt
- 2 cups carrots, peeled and chopped into rounds (approximately 2 medium)
- 2 cups peeled and diced potatoes
- 2 cups fresh green beans, broken or cut into $\frac{3}{4}$ inch pieces
- 2 quarts vegetable broth
- 4 cups peeled, seeded, and chopped tomatoes
- 2 ears corn, kernels removed
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- $\frac{1}{4}$ cup packed, chopped fresh parsley leaves
- 1-2 teaspoons freshly squeezed lemon



DIRECTIONS: Heat the olive oil in a large heavy bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic and a pinch of salt until they begin to soften, approximately 7 to 8 minutes. Add carrots, potatoes and green beans, and continue to cook for 4 to 5 more minutes, stirring occasionally. Add the stock, increase the heat to high, and bring to a simmer.

Once simmering, add the tomatoes, corn kernels and pepper. Reduce heat to low, cover and cook until the vegetables are fork-tender, approximately 25 to 30 minutes.

Remove from heat and add the parsley and lemon juice. Season to taste with kosher salt. Serve immediately.

SERVING SUGGESTIONS: Boil barley and add it to the soup at the end for a hearty meal.

Contributed by Pastor Angie Mascareno



ITALIAN MARINARA SAUCE

INGREDIENTS

1 package of Campanelli
(100% semolina, or rice
pasta)

3 lbs of Roma tomatoes
(ripe, red and hard to the
touch or two large cans of
organic cooked crushed
tomatoes, unsalted)

2 cloves of garlic
(finely grated)

½ onion, finely chopped

1 container of mushrooms (sliced)

extra virgin olive oil

sea salt

pepper

sage (a couple of pinches, to taste.)

fresh basil (3 or 4 leaves)



DIRECTIONS: Make a small slice on the tomato skin and place in boiling water. Once the skin on the tomatoes begins to peel, take them and place in blender. Chop at low speed (do not puree). Save the boiling water for the pasta.

In another pot, add olive oil (a couple swirls) at a low temperature. Allow the oil to heat up and add the chopped onion and sliced mushrooms and sauté until onions are transparent and mushrooms are brown. Add grated garlic. Do not allow the garlic to burn or it can make the sauce bitter. Once the garlic is light brown, add the tomatoes (canned or boiled), add sage. At this point you can add sea salt and pepper to taste. Once the sauce is ready, turn off the flame/ fire and add the freshly chopped basil and let sit.

Once the pasta is cooked, add the marinara sauce and serve hot. It is delicious, enjoy!

Contributed by Brenda Borquez



ANGIE'S MUESLI RECIPE (COLD CEREAL)

INGREDIENTS

2 cups European hot cereal
(you can purchase it at Sprouts)
4 cups soy milk or almond milk
1 cup of sliced strawberries
1 cup sliced grapes
½ cup blueberries
1 tablespoon cinnamon
Agave nectar to taste



DIRECTIONS: In a large bowl add European hot cereal, fruit, cinnamon, agave nectar and soy or almond milk. Mix well and serve cold. If it looks too dry add more milk. If you save it for the next day, I would suggest adding more milk, mix and serve.

Note: Try any fruit with this recipe. I like to make it fresh every day, but some people like to soak it all night and then eat it in the morning. Whichever you prefer!

Contributed by
Pastor Angie Mascareno



PAD THAI

INGREDIENTS

½ lb dried rice noodles
2 tsp olive oil
3 cloves garlic, minced
1 to 2 tsp. peeled, minced fresh ginger
1 medium carrot peeled and cut into narrow strips
celery (optional to taste)
8 to 10 green onions, halved lengthwise, then cut into 2-inch lengths
1 cup bean sprouts



¾ cup chopped dry-roasted peanuts
1 lime sliced (optional)
¼ cup chopped fresh cilantro
add chili flakes to taste
add white diced onion to taste (optional)
add Agave nectar to taste
add salt to taste

DIRECTIONS:

PAD THAI SAUCE

tamarind
1/4 cup vegetable stock
3/4 tsp chili flakes
freshly-ground black pepper (add to taste)
sea salt (add to taste)
Agave nectar (add taste)
Blend all these ingredients together.

Bring a pot of water to boil over high heat. Dunk in rice noodles and stir with a fork to separate. Cook 4-6 minutes, just until noodles are limp but still too firm to eat (a little firmer than al dente). Drain and rinse with cold water. Tip: Noodles should be slightly under-cooked at this stage in order to come out right when they are stir-fried.

Combine Pad Thai sauce ingredients stirring well to dissolve the tamarind. Note that this sauce should have a strong-tasting flavor: sour-sweet first, followed by salty and spicy. Set aside.

Warm a large frying pan over medium-high heat. Add 1-2 tbsp olive oil, garlic and onion. Stir-fry for 1 minute.

If pan is dry, push ingredients aside and add a little more oil to the middle. Add the drained noodles and 1/3 of the sauce. Stir-fry everything together 1-2 minutes using 2 utensils and a gently tossing motion (like tossing a salad). Keep heat between medium-high and high, reducing if noodles begin to stick or burn. Keep adding sauce and continue stir-frying 3-6 more minutes, or until all sauce is added and noodles are soft but still chewy and deliciously sticky.

Switch off heat and add bean sprouts, green onion, and 3/4 of the nuts. If it is too salty or sweet for your taste, add a good squeeze of lime juice. If it is too sour, add Agave nectar.

To serve, scoop noodles onto a serving platter. Sprinkle with remaining peanuts and cilantro. Add wedges of fresh-cut lime on the side to be squeezed over just before eating. Enjoy!

Serve and add cilantro, more sprouts, squeeze some fresh lemon juice and peanuts. Add wedges of lemon on the side for presentation. Done. Enjoy!

Pad Thai is one of the most popular noodle dishes on Thai restaurant menus. In Thailand, each street vendor sells a unique version of this wonderfully aromatic dish. Please feel free to add your own touch to this recipe to suit your taste!

Contributed by
Marlene Castro



PEANUT SAUCE AND VEGETABLES

INGREDIENTS

1 cup smooth peanut butter
1 cup hot water
1/4 cup cilantro, finely chopped
2 tablespoons soy sauce
2 teaspoons cider vinegar
2 cloves garlic, minced
pinch cayenne pepper
salt to taste



DIRECTIONS: First, steam whatever vegetables you want to serve including broccoli, green beans, carrots, cauliflower or potatoes. Whisk peanut butter and hot water in bowl. Stir in remaining ingredients. Season with salt. Serve in bowl for dipping or use as sauce with vegetables and brown rice.

SERVING SUGGESTIONS: You can serve the vegetables hot or at room temperature. The dish can be served as a side dish, with vegetables and brown rice for a main course.

After the fast... This recipe is good with a little sugar or honey. Add about 2-3 tablespoons of honey or sugar when you whisk the peanut butter with the water.

POTATO AND GREEN ONION FRITTATA

INGREDIENTS

- ¼ cup olive oil
- 1 onion, finely chopped
- 4-5 green onions, chopped with the green and white parts separated
- 4 cloves garlic, minced
- 2 medium potatoes, shredded (or 2 cups of frozen shredded potatoes)
- 2 tsp salt, divided
- 1/2 tsp pepper, divided
- 2 lb firm tofu
- 2-3 tbsp soy sauce, to taste



DIRECTIONS: In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes. Add the garlic and heat for another 30 seconds.

Increase the heat to medium-high and add the potatoes, 1 tsp of the salt, and ¼ tsp of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned. Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy.

Pour creamy mixture and the green part of the green onions over the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan.

Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes, then invert onto a serving plate.

Contributed by
Marlene Castro



RECIPES FROM FRIENDS

FLATBREAD PIZZA

Follow the directions for Pastor Angie's flatbread recipe and the directions from Brenda's marinara sauce. Purchase Trader Joe's Vegan Mozzarella Shreds.

Spread the marinara sauce onto the cooked flatbread, sprinkle the Mozzarella Shreds and place it on a cookie sheet and cook at put it in a pre-heated oven at 350 degrees, just until the cheese melts. (The vegan mozzarella does not melt like mozzarella cheese.) I make sure the sauce is hot when I spread it on the flatbread. Add your favorite toppings!



SOPES WITH SOYRIZO

Purchase soyrizo from any grocery store, follow the cooking directions on the package. Make Marlene's sopes as directed and add soyrizo. Garnish with lettuce, tomatoes and shredded rice cheese.



FLATBREAD WITH PEANUT BUTTER AND FRUIT

My son Dave makes this snack. First, follow Pastor Angie's recipe for flatbread. (Dave makes the flatbread for our family. He makes a dozen at a time for us and puts them in a plastic bag and places them in the refrigerator.) If the flatbread has been in the refrigerator, he warms it on a skillet and then spreads peanut butter, sprinkles raisins and adds rice cheese or your favorite toppings. Fold it in half and eat it!



Contributed by Aileen Rodriguez



ULTIMATE DANIEL FAST BREAKFAST

INGREDIENTS

3 oz. firm tofu
2 oz. soyrito
3 red potatoes, diced
with skin on
1/3 cup garbanzo beans,
cooked
1 oz. white onion, diced
1 garlic clove, minced
¼ cup red & green bell
peppers, diced
salt & pepper to taste



DIRECTIONS: Heat a medium sauté pan with 1 tbsp olive oil. Heat the soyrito for about 2 minutes. Add tofu. Using a rubber spatula combine the tofu & soyrito together as it cooks, for about 3-5 minutes. Season with salt and pepper.

Heat a large non-stick or cast iron pan with oil over medium heat. Add onion, and sauté till slightly translucent. Add potatoes, garbanzos and bell peppers. Cook, tossing potatoes gently until cooked through. Season with salt and pepper.

Serve with fresh homemade salsa, and flat bread.

Created and
Contributed by Laura Olivia



WHOLE WHEAT CREPES

INGREDIENTS

1 cup whole wheat flour

¼ tspb salt

1 ¼ almond milk (soy milk, or rice milk also work fine)

DIRECTIONS: Lightly oil a pan - or a griddle - and heat. Pour some batter in and spread it with a spoon

so that it is wider and very thin (much thinner than a pancake). When the edges of your crepe begin to look dry, flip it.

FRUIT SAUCE: Cut, wash and drain the berries, (strawberries, blue berries, raspberries – whatever you like). Place cut berries in a large microwave-safe bowl. Cook for 2 minutes, stirring after 1 minute.

While the berries are cooking, pour the Agave nectar into a small saucepan on low heat. Add strawberries to saucepan and crush, using a potato masher or ladle. Increase heat to medium, until mixture begins to boil and foam, approximately 5 to 7 minutes. Reduce heat and simmer for 10 minutes. Strain mixture using a mesh strainer, working with the back of a spoon to remove as much liquid as possible. Serve over the crepes.

FILLING: Nut spread (You can purchase it at Fresh & Easy)

You can use berries, bananas, or any fruit you like.

Spread the nut spread on the crepe and fill with fruit.

Once you have stuffed the crepes, pour the fruit sauce over it and serve warm.



Contributed by
Marlene Castro



SIDE DISHES

BEANS

INGREDIENTS

1 pound pinto or
Peruvian Beans
½ onion
¼ bushel cilantro
(add to taste)
1 Serrano chili
1 tomato
salt
pepper



DIRECTIONS: In large pot add about 6-10 cups of water (fill the water to cover all the beans.) Add the onion and bring to a boil.

Once water is boiling add the beans. Bring the flame to medium and boil for about 1 ½ - 2 hours. Be sure to check the beans from time to time. If at any point they look like they are starting to dry out, add hot water. If the beans are soft and light brown they are ready. Bring to a low simmer.

Chop cilantro, tomato and a Serrano chili (the chili is optional) and add it to the boiling beans. Add salt and pepper. Then cook for about 10-15 minutes. The beans should be ready to serve. Enjoy!

SERVING SUGGESTION: For a spicy flavor, purchase soyrito at any grocery store. Follow the directions on the back of the package and add it to the beans as they are simmering.

NOTE: Do not be afraid to make changes to the recipe. You can make it your own by adding any other ingredients.

Contributed by
Pastor Angie Mascareno



BROWN RICE

Minute Brown Rice can be purchased at any grocery. Follow the directions on the back of the box and enjoy.



FLAT BREAD

INGREDIENTS

1 ½ cups unbleached white flour (you will need extra for kneading the dough.)

½ to ¾ cups water

½ teaspoon sea salt

extra virgin olive oil



DIRECTIONS: Combine flour, water and salt in a large mixing bowl. Mix together with a wooden spoon. Next, knead the dough with your hands in the bowl for 3 minutes or until the mixture forms a heavy, slightly sticky ball. Add more water if needed, but be careful not to overdo it; the dough should be dense and slightly tacky.

Turn the dough out on a slightly floured surface. Knead another minute. The dough should be mostly dry to the touch. If not, sprinkle 1 tablespoon of flour on the work surface and knead the dough an additional 30 seconds.

Shape the dough into a log about 6 inches long. Cut into 6 pieces. Flatten each piece with a rolling pin into an 8-inch round about ¼ inch thick. Use additional flour on the work surface to prevent sticking.

Lightly coat a large skillet or griddle with oil and heat over a medium flame.

Place a dough round in the skillet and cook until it begins to puff and is golden on the bottom, approximately 1 to 2 minutes. Flip and cook the bread on the other side for 1 minute. Repeat with remaining rounds.

These can also be cooked on the grill!

Contributed by
Pastor Angie Mascareno



ZUCCHINI WITH TOMATO BASIL RELISH

INGREDIENTS

zucchini
olive oil
sea salt
red pepper flakes
2 Roma tomatoes
fresh chopped basil
1-2 tbsp fresh lime juice
1 tbsp. diced onion



DIRECTIONS: Cut zucchini in half lengthwise, then cut each half into two pieces. Drizzle with olive oil and season with sea salt and red pepper flakes. Place in a baking dish into a 350° pre-heated oven and bake for 30-40 minutes. You can broil it for 2 minutes at the very end if you'd like. Once it is cooked, serve alone or with a tomato basil relish.

TOMATO BASIL RELISH: While zucchini is baking, dice 2 Roma tomatoes and add fresh chopped basil to taste, 1-2 tbsp of fresh lime juice and 1 tbsp fresh diced onion. Mix all ingredients and refrigerate until zucchini is ready.

SALSA

INGREDIENTS

4 large tomatoes, quartered or
1 14.5 ounce can diced tomatoes
1/2 cup chopped onions
1 Serrano pepper, seeded and
chopped
1 jalapeño pepper
1 yellow pepper
habanero pepper to taste
2-3 cloves garlic, minced
1 tablespoon lime juice
add salt to taste



DIRECTIONS: First roast chilies and cut them. Add all ingredients to a food processor or blender. Add hot water until desired consistency is reached. Chill at least 1 hour to let flavors blend.

Contributed by Marlene Castro



SNACKS

HOMEMADE HUMMUS

INGREDIENTS

½ pound garbanzo beans

¼ cup of water

2 teaspoons extra-virgin olive oil

**Add ingredients
to taste:**

jalapeños

lemon juice

cilantro

roasted peppers

tahini

garlic

salt



DIRECTIONS: Soak the garbanzo beans overnight. Boil the garbanzo beans until tender and drain them. Place all the ingredients in a food processor or blender until mixture is a smooth paste, scraping down the side several times. Add tahini, garlic, salt, etc. and other ingredients to taste. Refrigerate or serve immediately.

SERVING SUGGESTIONS: Hummus tastes good with Pastor Angie's flatbread recipe. Make the flatbread and cut the cooked pieces into equal triangular shapes and serve.

Another suggestion... Cut up celery, carrots, and bell peppers and serve with the hummus.

Contributed by Marlene Castro



MINI PROTEIN BITES

INGREDIENTS

1 cup peanut butter (or any nut butter)

2 small bananas, chopped

1/3 cup oats

1/3 cup whole wheat flour

1/4 cup buckwheat, chia seeds & hemp seed mixture (I use a brand called Qi'a)
*

1/8 cup Craisins (or raisins)

1/8 cup sliced almond

2 tbsp wild flower honey

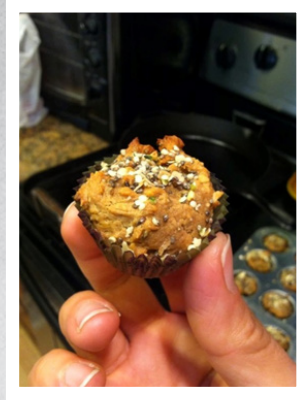
*If you don't have that buckwheat, chia and hemp seed mix, you can use chopped nuts, and/or flax seeds. I try to use as much grains as possible for protein and added texture.

DIRECTIONS:

Put all the ingredients into a food processor and processes it until all the ingredients are well incorporated.

Scoop into mini cupcake wrapper-lined muffin pan. Sprinkle any extra chia, hemp seeds and oats or nuts as a topping. Bake at 350°F for 20-25 minutes.

Contributed by
Laura Olivia



PEANUT BUTTER & BERRY COMPOTE ON RICE CAKE

INGREDIENTS

2 rice cakes
2 tbs peanut butter or
any nut butter
Berry Compote

BERRY COMPOTE

1 cup fresh or frozen mixed berries
(raspberries, blueberries, or
strawberries)
1 tbsp Agave nectar
1 tbsp water



DIRECTIONS: (To prepare this quick, simple snack start by making your compote ahead of time and storing it in an air-tight container in the refrigerator.)

To make the berry compote, add all the berries, water and Agave nectar to a small sauce pot and heat on medium until fruit is cooked down and slightly thickened, stirring occasionally to prevent burning.

Spread peanut butter and compote onto rice cake and enjoy! Delicious with an ice-cold glass of unsweetened almond milk.

SERVING SUGGESTION: Pastor Angie likes to put peanut butter and bananas on her rice cakes. Try a variety of fruits!

Contributed by
Laura Olivia

