

# Delicious and Healthy Daniel Fast Recipes

## Inspiring Blueberry Muffins

Healthy muffins that are bursting with healthy blueberries and bananas. These tasty muffins get extra flavor from the warm spices.

*Makes 10 | Prep time 15 minutes | Cooking time 25 minutes*

### **Ingredients**

- Olive oil cooking spray
- 1 cup oat flour
- 1 cup old-fashioned oats
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cardamom
- 1 cup unsweetened applesauce
- ⅓ cup date honey
- 2 medium ripe bananas, peeled and mashed
- 1 teaspoon vanilla extract
- 1⅓ cups fresh blueberries

### **Directions**

1. Preheat the oven to 350°F.
2. Lightly grease 10 cups of a regular muffin tin with cooking spray.
3. In a large mixing bowl, mix the oat flour, oats, and spices.
4. In a second bowl, beat the applesauce, honey, and bananas until well combined.
5. Add the flour mixture and mix until just combined.
6. Gently fold in the blueberries.
7. Transfer the mixture into the prepared muffin cups.
8. Bake for 20–25 minutes or until a toothpick inserted in the center comes out clean.
9. Remove from oven and place on a wire rack to cool for about 10 minutes.
10. Carefully invert the muffins onto the wire rack to cool completely before serving.

### **Nutrition (per serving)**

Calories 145, fat 2.7 g, carbs 32.3 g, sugar 18 g, Protein 3.1 g, sodium 3 mg

# Bright Green Soup

A healthy and delicious soup with a creamy texture from avocado.

*Serves 4 | Prep time 15 minutes | Cooking time 35 minutes*

## **Ingredients**

- 1 tablespoon coconut oil
- 1 stalk celery, chopped
- ½ cup chopped white onion
- Salt as required
- 1 teaspoon ground turmeric
- 2 cloves garlic, minced
- 1 large head broccoli, cut into florets
- ¼ teaspoon grated fresh ginger
- 1 bay leaf
- ⅛ teaspoon cayenne pepper
- Pepper as required
- 5 cups low-sodium vegetable broth
- 1 small avocado, peeled, pitted, and chopped
- 1 tablespoon lemon juice
- 2 tablespoons fresh parsley, chopped

## **Directions**

1. Heat the oil in a large soup pan over medium heat and saute the celery, onion, and a little salt for about 3–4 minutes.
2. Add the turmeric and garlic and saute for about 1 minute.
3. Add more salt, if required, and the remaining ingredients except for the avocado, lemon juice, and parsley. Bring to a boil.
4. Reduce heat to medium-low and simmer, covered, for 25–30 minutes.
5. Remove from heat and set aside to cool slightly.
6. Add the soup and avocado to a blender in batches and pulse until smooth.
7. Drizzle with lemon juice and serve immediately with a garnishing of parsley.

## **Nutrition (per serving)**

Calories 185, fat 133.6 g, carbs 12.5 g, sugar 2.2 g, Protein 5.7 g, sodium 157 mg

# Beet and Spinach Salad

A salad that's great as a light lunch. Sweet roasted beets are a great match for the bright spinach, crunchy walnuts, and dressing.

*Serves 2-4 | Prep time 30 minutes | Cooking time 1 hour*

## **Ingredients**

- 2 large beets, trimmed
- 10 ounces fresh spinach, torn
- ½ cup toasted walnuts
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper as required

## **Directions**

1. Preheat the oven to 425°F.
2. Arrange the beets on a baking sheet and roast for about 1 hour.
3. Remove from oven and set aside until cool enough to handle.
4. Peel the beets and then chop them. Let cool completely.
5. Place the chopped beets, spinach, and walnuts in a salad bowl and mix.
6. Place the olive oil, vinegar, salt, and pepper in a bowl and beat until well combined.
7. Pour the dressing over the salad and toss to coat.
8. Serve immediately.

## **Nutrition (per serving)**

Calories 196, fat 16.6 g, carbs 9.1 g, sugar 4.5 g, Protein 6.6 g, sodium 134 mg

# Traditional French Ratatouille

A traditional French veggie main dish with a super delicious flair, ratatouille is packed with fresh veggies like tomatoes, eggplant, zucchini, and yellow squash.

*Serves 6 | Prep time 20 minutes | Cooking time 1 hour 13 minutes*

## **Ingredients**

- 4 tablespoons olive oil (divided)
- 1 red bell pepper, seeded and chopped
- 1 (26-ounce) jar tomato basil pasta sauce
- 2 yellow squash, sliced into thin coins
- 2 zucchinis, sliced into thin coins
- 2 small eggplants, sliced into thin coins
- 5 Roma tomatoes, sliced into thin coins
- 1 teaspoon garlic, minced
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh basil, chopped
- 2 teaspoons fresh thyme, chopped
- Sea salt and pepper as required

## **Directions**

1. Preheat the oven to 375°F.
2. Heat 1 teaspoon of the oil in a nonstick frying pan over medium-high heat and sauté the bell pepper for 3–4 minutes.
3. Add the pasta sauce and stir to combine.
4. Adjust the heat to low and simmer for 2–3 minutes or until just warmed.
5. Remove from heat.
6. Add the garlic, fresh herbs, sea salt, pepper, and remaining oil and mix well.
7. Place the sauce in the bottom of a 12-inch cast-iron skillet.
8. Arrange the vegetables over the sauce in a spiral pattern.
9. Drizzle the vegetables with the herb mixture.
10. Cover the skillet with a piece of foil and bake for approximately 40–45 minutes.
11. Remove the foil and bake for approximately 15–20 minutes more.
12. Serve hot.

## **Nutrition (per serving)**

Calories 281, fat 13.5 g, carbs 38 g, sugar 22.3 g, Protein 6.8 g, sodium 554 mg

# Anti-Inflammatory Smoothie

This recipe makes a highly refreshing smoothie with the tasty flavor of pineapple and carrot. Delightful!

*Serves 2 | Prep time 10 minutes*

## **Ingredients**

- 1 cup frozen pineapple
- 1 large ripe banana, peeled and sliced
- ½ tablespoon fresh ginger, peeled and chopped
- ¼ teaspoon ground turmeric
- 1 cup unsweetened almond milk
- ½ cup fresh carrot juice
- 1 tablespoon fresh lemon juice

## **Directions**

1. Add all the ingredients to a high-power blender and pulse until creamy.
2. Pour the smoothie into two glasses and serve immediately.

## **Nutrition (per serving)**

Calories 132, fat 2.2 g, carbs 29.3 g, sugar 16.9 g, Protein 2 g, sodium 113 mg

# Power-Packed Energy Bites

An easy to assemble nutty and fruity treat, this snack combines the subtle sweetness of dates, the freshness of oranges, and the tartness of cranberries.

*Serves 10 | Prep time 15 minutes*

## **Ingredients**

- ½ cup raw pistachios, divided
- ¾ cup raw almonds
- Pinch of salt
- 6 Medjool dates, pitted and chopped
- 1 teaspoon fresh orange zest, grated
- 1–2 teaspoons fresh orange juice
- ⅓ cup dried cranberries

## **Directions**

1. Line a large cookie sheet with parchment paper.
2. Add ¼ cup of the pistachios to a food processor and pulse until finely ground.
3. Transfer the ground pistachios to a shallow dish.
4. To the food processor, add the remaining pistachios, almonds, and salt and pulse until finely chopped.
5. Add the dates, orange zest, and juice and pulse until smooth.
6. Add the cranberries and pulse until cranberries are chopped finely.
7. Make 20 equal-sized balls from the mixture.
8. Roll the balls in the reserved ground pistachios.
9. Arrange the balls on the prepared baking sheet in a single layer.
10. Refrigerate to set for about 1 hour.

## **Nutrition (per serving)**

Calories 100, fat 5 g, carbs 13.4 g, sugar 9.8 g,  
Protein 2.6 g, sodium 32 mg

\*\*\*These recipes and more are found in Janet Cook's *The Daniel Fast Cookbook: A 21-Day Spiritual Journey to Renew your Body and Deepen Your Faith - 21-Day Meal Plan and Devotions Included*. To get your copy, click on the cover below or click [here](#).

