

# **DANIEL FAST**

**SEVEN DAY  
RECIPE PLAN**

**life**

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## SEVEN DAY RECIPE PLAN

Over the past next days, we are believing that these recipes will help support your Daniel Fast, allowing you to focus more on God and less on physical needs.

By nourishing your body with wholesome, plant-based foods, you'll create space to seek Him more deeply and grow spiritually.

As you go on this journey, we pray you feel refreshed, strengthened, and more connected to God's presence in your life.

**life**

# Daniel Fast

## Recipe Plan

### Day 1

Breakfast – Raw Apple Crumble  
Snacks – Coconut Date Bar  
Lunch – Zucchini Boat served with Green Salad  
Dinner – Quinoa Chilli  
Sweet Treat – Vegan Meringues

### Day 2

Breakfast or Lunch – Vegan Jambalaya  
Lunch – Buckwheat Stir Fry  
Dinner – Chinese-Style Braised Eggplant

### Day 3

Breakfast – Green Apple Smoothie  
Lunch – "Prawn" (Tofu) Style Chow Mein  
Dinner – Hummus Collard Wrap

### Day 4

Breakfast – Tortillas (Daniel Fast Friendly)  
Snacks – Curried Tofu Bites  
Lunch or Dinner – Tofu Stir Fry

### Day 5

Breakfast – Quinoa Bowl  
Lunch – Avocado Salsa (served with Tortilla)  
Dinner – Avocado Alfredo served with Zucchini Noodles

### Day 6

Breakfast – Homemade Açaí Bowl  
Snacks – Black Beans Hummus

### Day 7

Breakfast or Snacks – Homemade Crackers  
Lunch – Mujadara Lentils and Rice  
Dinner – Stuffed Capsicums with Quinoa

# Day 1

## Breakfast – Raw Apple Crumble

### Ingredients for the crumble topping:

- 60g walnuts (about ½ cup)
- 30g dates, chopped

### Ingredients for the apple filling:

- 4 medium apples, peeled or unpeeled, cored, and chopped (about 4 cups)
- 1 tablespoon lemon juice

### Ingredients for the applesauce:

- 2 medium apples, peeled or unpeeled, cored and chopped
- 70g dates, chopped
- ¼ cup raisins
- 2 tablespoons lemon juice
- ¼ teaspoon cinnamon
- ¼ teaspoon ground nutmeg



### Instructions:

#### Prepare the crumble topping

In a food processor, combine the walnuts and chopped dates. Process until the mixture is quite fine but remains loose – avoid over-processing. Transfer to a small bowl and set aside.

#### Make the apple filling

In a medium bowl, toss together the chopped apples with lemon juice and set this mixture aside.

#### Prepare the applesauce

Add the remaining apple chunks, chopped dates, raisins, lemon juice, cinnamon, and nutmeg to the food processor. Blend until it reaches the consistency of applesauce, adding a little water if necessary.

#### Assemble the dish

Stir the applesauce into the bowl of chopped apples and lemon juice until well combined. Serve the mixture on small dessert plates or bowls and generously sprinkle with the crumble topping.

Enjoy this warm and sweet start to your day!

# Snack – Coconut Date Bar

## Ingredients:

- 1/3 cup slivered almonds
- 1/2 cup flaked coconut
- 10 pitted dates (adjust to taste)
- 1/4 cup cashews (adjust to taste)
- 1 teaspoon coconut oil

## Instructions:

### Blend the almonds and coconut

Add almonds and coconut to a food processor and blend until finely mixed.

### Incorporate the dates

Add the pitted dates and pulse until the mixture starts to combine.

### Add cashews and coconut oil

Continue pulsing until the mixture becomes thick and sticks together.

### Shape the mixture

Transfer the mixture onto a sheet of baking paper and form it into a square.

### Refrigerate

Fold the sides of the baking paper over the top and refrigerate until solid, at least 30 minutes.

### Slice and enjoy.

Once set, slice into bars and serve.



# Lunch – Zucchini Boat Served with Green Salad

## Ingredients:

- 4 zucchinis, halved
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 6 button mushrooms, sliced
- 1 teaspoon ground coriander
- 1½ teaspoons ground cumin (or to taste)
- 1 cup canned chickpeas, rinsed and drained  
(keep brine for later use in **Vegan Meringues**)
- ½ lemon, juiced
- 2 tablespoons fresh parsley, chopped
- Sea salt and ground black pepper to taste



## Instructions:

### Preheat the oven

Set your oven to 350°C. and grease a shallow baking dish.

### Prepare the zucchini

Scoop out the flesh of the zucchini and chop it. Set the shells aside in the prepared baking dish.

### Sauté the filling

Heat olive oil in a large skillet over medium heat. Add chopped onions and sauté for about 5 minutes until soft. Then, incorporate the crushed garlic and sauté for 2 more minutes. Stir in the chopped zucchini flesh and sliced mushrooms, cooking for another 5 minutes.

### Season the mixture

Add the ground coriander, ground cumin, chickpeas, lemon juice, parsley, and salt and pepper to the cooked vegetables. Stir to combine and remove from heat.

### Fill the zucchini

Spoon the vegetable and chickpea mixture into the hollow zucchini shells in the baking dish.

### Bake

Place the zucchini boats in the oven and bake for 30 to 40 minutes or until the zucchinis are tender. Serve warm, along with a side salad of your choice.

# Dinner – Quinoa Chilli

## Ingredients:

- 2 cans black beans, drained
- 1 diced onion
- 1 cup cooked quinoa
- ¼ cup green capsicum, diced
- ¼ cup yellow capsicum, diced
- ¼ cup red capsicum, diced
- 4-5 cloves garlic, minced (or garlic powder)
- 1-2 cups frozen corn
- 1 cup diced tomatoes
- 1 cup chopped coriander
- Seasoning: paprika (or smoked paprika), sea salt, cumin, onion powder, chili powder to taste



## Instructions:

### Sauté the vegetables

In a large pot or skillet, sauté the diced green, yellow, and red capsicums, onion, and garlic until softened.

### Combine the main ingredients

Stir in the chopped tomatoes, corn, and black beans. Mix well and allow to cook for about 10 minutes over medium heat, letting the flavours meld.

### Add seasoning

Incorporate the cooked quinoa and any desired seasonings, adjusting amounts to taste. Allow everything to simmer together for an additional 5 minutes.

### Finish and serve

Once cooked through and fragrant, stir in the chopped coriander. Serve hot, ensuring that each bowl is filled with delicious nutrient-dense goodness that aligns perfectly with your Daniel Fast!

# Sweet Treat – Vegan Meringues

## Ingredients:

- 6 tablespoons chickpea brine (from **Zucchini Boats**)
- ¼ teaspoon cream of tartar
- ¾ cup granulated sugar
- 1 teaspoon vanilla extract

## Instructions:

### Prepare the chickpea brine

Pour the chickpea brine into an electric mixer and add the cream of tartar.

### Whip the mixture

Start mixing on low speed until foamy, then increase the speed to high.

### Add sugar and vanilla

Slowly add the sugar and vanilla extract while whipping, continuing until stiff, glossy peaks form.

### Pipe the meringues

Transfer the mixture to a piping bag and pipe small meringues onto a lined baking tray. They can vary in size.

### Bake the meringues

Preheat the oven to 120°C. Bake for 45 minutes.

### Cool in the oven

Turn off the oven but do not open it. Leave the meringues inside for another hour to set properly.

### Enjoy

Once cooled, remove from the oven and serve!



# Day 2

## Breakfast or Lunch – Vegan Jambalaya

### Ingredients:

- 2 tablespoons olive oil
- 1 large onion (180g), finely chopped
- 4 celery sticks, finely chopped
- 1 yellow capsicum, chopped
- 2 teaspoons smoked paprika
- ½ teaspoon chilli flakes
- ½ teaspoon dried oregano
- 115g brown basmati rice
- 400g can chopped tomatoes
- 2 garlic cloves, finely grated
- 400g butter beans, drained and rinsed
- 2 teaspoons vegetable stock powder
- A large handful of parsley, chopped



### Instructions:

#### Heat the oil

In a large pan over high heat, add the olive oil. Once hot, add the chopped onion, celery, and yellow capsicum. Cook for about 5 minutes, stirring occasionally until the vegetables start to soften and gain some colour.

#### Stir in spices

Add the smoked paprika, chilli flakes, and dried oregano to the pan, stirring them into the vegetable mix.

#### Combine rice and tomatoes

Incorporate the brown basmati rice into the mix. Pour in the chopped tomatoes along with their juice and a can of water (the same amount as the can). Stir well to combine.

#### Add garlic and beans

Stir in the grated garlic, butter beans, and vegetable stock powder. Bring to a simmer, then cover the pan with a lid. Lower the heat and let it cook for about 25 minutes, or until the rice has absorbed most of the liquid and is tender.

#### Final touches

Keep an eye on the pan towards the end of cooking to ensure it doesn't boil dry; if it seems too dry, add a little more water. Once done, stir in the fresh parsley for a bright flavour boost before serving.

# Lunch – Buckwheat Stir Fry

## Ingredients:

- 350g (1 ½ cups) buckwheat groats
- 350ml (1 ½ cups) water (for cooking)
- 2 carrots, peeled and diced
- 1 capsicum, chopped
- ½ leek, sliced
- 1 onion, diced
- 2 tablespoons olive oil
- ¼ teaspoon thyme
- 1 tablespoon parsley, chopped



## Instructions:

### Cook the Buckwheat

Follow the instructions on the pack.

### Rinse the groats

Add the buckwheat groats to a sieve and rinse under running water. Transfer them to a pot and add the water.

### Cook

Place over medium heat, seasoning with a pinch of salt. Bring to a boil, then cover with a lid and simmer for about 12 minutes. Once cooked, set aside and cover to keep warm.

### Chop the vegetables

Diced carrots, capsicum, leek, and onion should be prepared and set aside for stir-frying.

### Heat the oil

In a large pan, add the olive oil over medium heat. Once hot, add the chopped vegetables and season with thyme, salt, and pepper. Stir-fry for about 5 minutes, stirring regularly until the vegetables are tender.

### Combine with buckwheat

Add the cooked buckwheat to the vegetable mixture and stir-fry for an additional 2-3 minutes until fully combined.

### Finish and garnish

Remove from heat and sprinkle with chopped parsley. Serve buckwheat stir fry warm, either as a main dish or as a side with more vegetables.

# Dinner – Chinese-Style Braised Eggplant

## Main Ingredients:

- ½ pack any plant-based meat (or serve with quinoa or brown rice)
- 1 eggplant, sliced
- 1 teaspoon shallots, chopped
- 1 teaspoon ginger, diced
- Chinese celery, diced
- 205ml oil (for frying)
- 100ml water
- Seasoning: 2 teaspoons chilli bean sauce



## Marinade Sauce Ingredients:

- 1.5 teaspoons light soy sauce
- 1.5 teaspoons vegan fish sauce
- ¼ teaspoon salt
- 1 teaspoon ginger juice
- ⅓ teaspoon sesame oil
- Pinch of ground white pepper

## Instructions:

### Prepare the plant-based meat

Defrost the plant-based meat and mix it well with the marinade sauce.

### Fry the eggplant

Heat a pan over medium heat and add 200ml oil. Deep-fry the eggplant for about 1 minute, then drain and set aside.

### Sauté the aromatics

In the same pan, heat 1 teaspoon oil over medium heat. Add the chopped shallots and diced ginger, stir-frying until aromatic.

### Cook the plant-based meat

Add the marinated plant-based meat to the pan and stir well.

### Add seasoning

Stir in the chilli bean sauce and cook over high heat for 1 minute.

### Simmer with eggplant:

Return the fried eggplant to the pan, pour in 100ml water, and cook for 3 minutes.

### Finish and serve

Add the Chinese celery, stir well, and serve hot.

# Day 3

## Breakfast – Green Apple Smoothie

### Ingredients:

- 1 large green apple
- 4 dates, pitted
- 3 cups spinach
- 8 ice cubes
- ½ cup water
- 1 teaspoon fresh squeezed lemon juice

### Instructions:

#### Prepare the apple

Core the green apple and cut it into chunks. There's no need to peel it as the skin adds extra nutrients and fibre.

#### Combine ingredients

In a blender, place the apple chunks, pitted dates, spinach, ice cubes, water, and lemon juice.

#### Blend

Blend on high until smooth and creamy. If the mixture is too thick, add a little more water until you achieve your desired consistency.

#### Serve immediately

Pour the smoothie into glasses and enjoy this refreshing and nutritious drink to kickstart your day!



# Lunch – "Prawn" (Tofu) Style Chow Mein

## Ingredients:

- 8 thick slices of tofu
- 100g McCain Asian Stir Fry mix (or fresh vegetables of your choice)
- 250g whole grain noodles
- 2 cups boiling water
- Pinch of salt
- 2 tablespoons peanut oil
- 1 tablespoon crushed garlic
- 2 tablespoons soy sauce
- 1 tablespoon white wine vinegar
- ¼ cup roasted peanuts
- ¼ cup spring onion, sliced



## Instructions:

### Prepare the noodles

Cook the whole grain noodles in boiling salted water for about 5-7 minutes until al dente. Once done, drain and set aside to cool under cold water to prevent further cooking.

### Preheat oven

If you prefer a baked tofu, set your oven to 180°C. Place the tofu slices on a non-stick baking tray and bake for 6-8 minutes, or until they are golden brown. Alternatively, you can pan-fry the tofu in a little peanut oil until browned and crispy.

### Stir fry the vegetables

Heat the peanut oil in a hot wok or large frying pan. Add the crushed garlic and stir-fry for a few seconds until fragrant.

### Add vegetables

Toss in the Asian Stir Fry mix (or fresh vegetables) and stir-fry for about 3-4 minutes until the veggies are crisp and tender.

### Combine noodles and seasoning

Add the drained noodles to the pan along with the soy sauce and white wine vinegar. Toss everything together for another minute until heated through.

### Serve

Top with roasted peanuts and sliced spring onions. Serve hot, and enjoy this delightful fusion of textures and flavours that will satisfy your lunchtime cravings!

# Dinner – Hummus Collard Wrap

## Ingredients:

- 2 collard leaves (or leaves of preference such as cabbage)
- ½ cup basil pesto hummus
- 10 asparagus spears, roasted or raw
- ½ cup cucumber, peeled and sliced into short thin strips
- 1-2 carrots, peeled and sliced into short thin strips
- ½ cup zucchini, sliced into short thin strips
- ½ cup radish, sliced into short thin strips
- ½ cup red cabbage, sliced thin
- ½ avocado, sliced
- Micro-greens or baby greens for garnish



## Instructions:

### Prepare the collard leaves

Wash and dry the collard leaves. Use a paring knife to shave down the stem of each leaf; this will make them easier to fold without cracking.

### Spread the hummus

Place each collard leaf on a flat surface and spread about ¼ cup of hummus near the top or middle of each leaf.

### Add the fillings

Layer the roasted or raw asparagus, cucumber strips, carrot strips, zucchini, radish, and red cabbage on top of the hummus. Add the avocado slices and finish with some micro-greens or baby greens for additional flavour and crunch.

### Wrap them up

Fold the sides of the collard leaves over the filling, then roll from the bottom up, like a burrito. Ensure that the filling is well enclosed.

### Cut and serve

Once wrapped, cut each collard wrap in half, and serve immediately. These wraps make a nutritious dinner option, packed with fresh veggies and satisfying flavours.

# Day 4

## Breakfast – Tortillas (Daniel Fast Friendly)

### Ingredients:

- 2 cups whole wheat flour
- 3 tablespoons extra virgin olive oil
- ½ teaspoon salt
- ⅔ cup warm water



### Instructions:

#### Mix the ingredients

In a medium bowl, combine the whole wheat flour, olive oil, and salt. Stir the mixture until well combined.

#### Add water

Gradually drizzle the warm water into the flour mixture while mixing with a wooden spoon. Keep stirring until a tacky dough starts to form. If it feels too dry, add a bit more water, one tablespoon at a time.

#### Knead the dough

Once the dough forms a ball, knead it in the bowl for about two minutes until smooth. Cover the dough with a kitchen towel and let it rest for about 20 minutes.

#### Divide the dough

After resting, divide the dough into 8 equal-sized balls.

#### Cook the tortillas

Heat a lightly greased non-stick skillet or frying pan over medium-high heat. Roll out each ball on a floured surface into a flat circle about 3mm thick. Cook each tortilla for about 1 minute on each side, or until little bubbles start to form and it gets lightly browned. Remove and keep warm while you cook the remaining tortillas.

#### Serve

Enjoy these freshly made tortillas with your favourite Daniel-approved fillings, spreads, or simply dipped in salsa or guacamole.

# Snacks – Curried Tofu Bites

## Ingredients:

- 1 package organic extra-firm tofu
- 2 tablespoons soy sauce or tamari
- 1 tablespoon curry powder
- ½ teaspoon garlic powder

## Instructions:

### Prepare the collard leaves

Wash and dry the collard leaves. Use a paring knife to shave down the stem of each leaf; this will make them easier to fold without cracking.

### Spread the hummus

Place each collard leaf on a flat surface and spread about ¼ cup of hummus near the top or middle of each leaf.

### Add the fillings

Layer the roasted or raw asparagus, cucumber strips, carrot strips, zucchini, radish, and red cabbage on top of the hummus. Add the avocado slices and finish with some micro-greens or baby greens for additional flavour and crunch.

### Wrap them up

Fold the sides of the collard leaves over the filling, then roll from the bottom up, like a burrito. Ensure that the filling is well enclosed.

### Cut and serve

Once wrapped, cut each collard wrap in half, and serve immediately. These wraps make a nutritious dinner option, packed with fresh veggies and satisfying flavours.



# Lunch or Dinner – Tofu Stir Fry

## Ingredients:

- 1 block extra-firm tofu (drained and pressed)
- 1-2 cups broccoli florets
- 1 cup mushrooms, sliced
- 1 capsicum, sliced
- 1 onion, diced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon dried thyme
- 2-3 tablespoons reduced sodium tamari soy sauce
- 2 tablespoons nutritional yeast
- Fresh herbs (parsley, coriander, or dill) for garnish



## Instructions:

### Prepare the tofu

Cut the pressed tofu into bite-sized cubes.

### Create the seasoning

In a small bowl, combine ground cumin, dried thyme, and tamari soy sauce. Set this aside for later use.

### Cook the tofu

Preheat a large non-stick skillet over medium heat. Add the diced tofu and cook it uncovered for about 4-5 minutes without stirring. This allows it to develop a crispy golden texture on one side. Once golden, gently stir the tofu to cook the remaining sides until browned.

### Sauté the vegetables

After the tofu is cooked, add onions and garlic to the skillet. Sauté for 4-5 minutes until the onions are caramelised. Then, add capsicum and mushrooms, cooking until just tender.

### Combine everything

Stir the cooked tofu back into the skillet, then add the seasoning mix. Combine and stir to ensure the tofu and vegetables are well coated and heated through.

### Finish with nutritional yeast

Remove from heat and stir in nutritional yeast for added cheesy flavour.

### Serve

Transfer to a plate and sprinkle with fresh herbs. This Tofu Stir Fry is a hearty and flavourful meal packed with nutrients, perfect for maintaining energy throughout the day.

# Day 5

## Breakfast – Quinoa Bowl

### Ingredients:

- 1 cup cooked quinoa
- ½ cup unsweetened almond milk
- ½ teaspoon cinnamon
- Pinch of sea salt

### Toppings:

- ½ banana, sliced
- ¼ cup blueberries or other fruit of choice
- 1 tablespoon almond butter (or other nut or seed butter)
- 1 tablespoon nuts or seeds (try walnuts or almonds)



### Instructions:

#### Heat the quinoa

In a small saucepan, combine the cooked quinoa, almond milk, cinnamon, and a pinch of sea salt. Warm over medium heat, stirring occasionally until heated through.

#### Serve the base

Transfer the heated quinoa mixture into a bowl.

#### Add toppings

Top the quinoa with sliced banana, blueberries, almond butter, and sprinkle with nuts or seeds of choice for added texture and nutrition.

#### Enjoy

This wholesome breakfast is rich in proteins, fibres, and healthy fats, offering an energising start to your day on the Daniel Fast.

# Lunch – Avocado Salsa (served with Tortilla)

## Ingredients:

- 2 large avocados, diced
- 2 tablespoons lime juice (approximately 1 lime)
- 1 jalapeño pepper, finely diced (optional, adjust to taste)
- 1 Romano or plum tomato, seeded and finely diced
- ¼ cup red onion, finely diced
- 2 tablespoons fresh coriander, chopped
- Salt to taste

## Instructions:

### Prepare the salsa

In a mixing bowl, combine the diced avocados, lime juice, jalapeño, diced tomato, red onion, and coriander.

### Season

Mix gently to combine all ingredients, being careful not to mash the avocados too much. Add salt to taste.

### Serve with tortillas

This vibrant avocado salsa is perfect for serving alongside freshly made **Daniel Fast-friendly tortillas**, or it can be enjoyed with veggie sticks.

### Perfect for sharing

This refreshing dish is not only delicious but also perfect for lunch or a light snack, providing healthy fats and a wealth of micronutrients.



# Dinner – Avocado Alfredo served with Zucchini Noodles

## Ingredients for the sauce:

- 1 large avocado
- ¼ cup nutritional yeast
- Pinch of sea salt
- Pinch of cracked pepper
- ½ teaspoon garlic powder
- 1 cup fresh basil
- ¼ to ½ cup unsweetened almond milk (adjust for desired consistency)



## Ingredients for the Zucchini Noodles (Zoodles):

- 4 medium zucchinis
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- ¼ teaspoon chilli flakes (adjust to taste)

## Instructions:

### Blend the sauce ingredients

In a food processor, combine the avocado, nutritional yeast, salt, pepper, garlic powder, basil, and ¼ cup of almond milk. Blend until smooth, adding more almond milk as necessary to reach a creamy consistency.

### Make the zucchini noodles

Spiralise the zucchinis to create noodle-like shapes.

### Sauté the zoodles

Heat olive oil in a large pan over medium heat. Add minced garlic and chilli flakes, and sauté until fragrant (about 60 seconds).

### Add the zoodles

Toss in the spiralised zucchini noodles and sauté for about 2-3 minutes until just tender but not mushy.

### Mix the sauce and zoodles

Transfer the cooked zucchini noodles to a bowl. Pour the avocado Alfredo sauce over the zoodles, tossing to combine until all noodles are well coated.

### Serve warm

Plate your Avocado Alfredo Zoodles as a delightful dinner, rich in healthy fats and bursting with flavour, aligning perfectly with the principles of the Daniel Fast. Add more fresh basil for a vibrant touch if desired.

# Day 6

## Breakfast – Homemade Açaí Bowl

### Ingredients for the bowl:

- 1 cup frozen pineapple chunks
- 1 large banana
- ½ mango (or ½ cup frozen diced mango)
- 150-200g frozen unsweetened açaí pulp
- 1 tablespoon lime juice
- ¼ cup cold water



### Toppings:

- 1 handful coconut flakes
- ½ mango, diced
- 4 sliced strawberries
- 1 small handful blueberries
- Optional toppings: 1 small handful pepitas or pumpkin seeds (optional), granola, almonds, walnuts, almond butter, peanut butter, chia seeds, a drizzle of honey or maple syrup.

### Instructions:

#### Prep the bowls

Place your serving bowls in the freezer to keep the açaí mixture from melting as you prepare it.

#### Toast the coconut

In a small skillet, toast the coconut flakes over low to medium-low heat until golden brown, stirring frequently. Remove immediately from the heat to prevent burning.

#### Make the base

In a blender, combine the frozen pineapple chunks, banana, mango, frozen açaí pulp, lime juice, and cold water. Blend until smooth and creamy, adjusting water as necessary to achieve your desired consistency.

#### Fill the bowls

Pour the açaí mixture into the chilled bowls and top with toasted coconut, diced mango, strawberries, blueberries, and any additional toppings of your preference.

#### Serve immediately

This refreshing breakfast is packed with antioxidants and nutrients, making it an energising start to your day on the Daniel Fast.

# Lunch – Black Bean Hummus

## Ingredients:

- 1 clove garlic
- 1 can black beans, drained (reserve liquid)
- 2 tablespoons fresh lemon juice
- 1-2 tablespoons tahini
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper (adjust to taste)



## Instructions:

### Prepare the garlic

Crush the garlic clove and place it in a food processor.

### Blend the ingredients

Add the black beans, lemon juice, tahini, cumin, salt, and cayenne pepper to the food processor. Process everything until smooth.

### Adjust consistency

Gradually add reserved liquid from the black beans, one tablespoon at a time, to reach your desired hummus consistency, pulsing after each addition to incorporate.

### Serve

Transfer the hummus to a bowl and let it chill in the refrigerator for about 30 minutes. You can enjoy it with fresh vegetables, crackers (next page), or as a spread in your favourite wraps or **tortillas**.

# Day 7

## Breakfast or Snacks – Homemade Crackers

### Ingredients:

- 1 ¼ cups whole wheat flour (rye, buckwheat, or cornmeal can be substituted)
- ½ teaspoon salt
- 2 tablespoons canola oil or olive oil (more as needed)
- 4 tablespoons water (add more as needed)
- 1 teaspoon seasoning (such as dried herbs, chilli powder, garlic powder, onion powder, etc. - optional)



### Instructions:

#### Combine ingredients

Using a food processor, mix 1 cup of the flour with ½ teaspoon of salt and oil until well blended. Gradually add 3 tablespoons of water, mixing well until a compact ball forms. If the mixture appears too sticky, add more flour. Conversely, if it's too dry, mix in more water.

#### Prepare the dough

Sprinkle your work surface (or a baking sheet lined with baking paper) with some of the remaining flour. Roll out the dough to about 3mm thickness, trying to keep each one the same size and thickness. If the dough becomes dry and hard to manage, return it to the food processor, adding a bit more water.

#### Cut shapes

Transfer the rolled-out dough to a baking sheet. Score the dough into pieces of your desired size, but keep the dough intact.

#### Bake

Bake in a preheated oven at 200°C for about 10-15 minutes, or until the crackers turn light brown and are crisp.

#### Cool and serve

Allow the crackers to cool before breaking into pieces. These crackers make a great snack on their own or can be paired with your favourite dips or spreads during the Daniel Fast.

# Lunch – Mujadara Lentils and Rice

## Ingredients:

- ¼ cup olive oil
- 2 and ¼ cups sliced onions
- 4 garlic cloves, finely chopped
- ½ teaspoon cumin
- Pinch of cinnamon
- 4 cups water
- 2 teaspoons vegetable stock or natural broth (optional)
- 1 cup brown basmati rice
- 1 cup green lentils
- Salt and pepper to taste
- Coriander or parsley (optional, for garnish)
- Green onions, sliced (optional, for garnish)



## Instructions:

### Sauté the onions

In a large pot over medium-high heat, add olive oil. Once hot, add the sliced onions and cook while stirring occasionally until they turn a light golden-brown. Reduce the heat to medium after about 5 minutes.

### Add garlic and spices

Once the onions are caramelised, add the minced garlic along with cumin and a pinch of cinnamon. Stir well and cook for an additional minute until fragrant.

### Combine lentils, rice, and water

Add water, vegetable stock (if using), lentils, and brown rice into the pot. Turn the heat back to medium-high and bring the mixture to a simmer.

### Cook the mixture

Once simmering, cover the pot and reduce the heat to low. Let it cook for about 30-40 minutes, or until both the lentils and rice are tender and all liquid is absorbed.

### Season and serve

After cooking, remove from heat and season with salt and pepper to taste. Let it stand covered for another 10 minutes. Fluff the mixture with a fork before serving, garnishing with optional coriander or parsley and sliced green onions for a fresh touch.

# Dinner – Stuffed Capsicums with Quinoa

## Ingredients:

- 4 capsicums (any colour)
- 1 cup cooked quinoa
- 1 can black beans, drained and rinsed
- 1 cup corn (fresh, frozen, or canned)
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 teaspoon cumin
- 1 teaspoon chilli powder
- Salt and pepper to taste
- Optional toppings: avocado, salsa, fresh coriander, or lime wedges.



## Instructions:

Preheat your oven to 190°C.

### Prepare the capsicums

Cut the tops off each capsicum and remove the seeds. Stand the hollowed capsicums up in a baking dish.

### Cook the filling

In a skillet over medium heat, heat a small amount of oil. Add the diced onion and minced garlic, cooking until translucent (about 3-4 minutes). Add the black beans, corn, cumin, chilli powder, salt, and pepper, cooking until warmed through.

### Combine with quinoa

Stir in the cooked quinoa and mix until everything is evenly combined.

### Stuff the capsicums

Generously fill each capsicum with the quinoa mixture, pressing down slightly to pack it in.

### Bake

Cover the dish with tin foil and bake for 25-30 minutes. For a nicely roasted flavour, remove the foil for the last 10 minutes of baking.

### Serve

Once done, let them cool slightly before serving. Garnish with optional toppings, such as diced avocado, salsa, fresh coriander, or a squeeze of lime. These stuffed capsicums are not only visually appealing but packed with nutrients that align with your fasting goals.

