**Smoothies**

* **PEANUT BUTTER BANANA SMOOTHIE**

**Ingredients:**

1 Frozen Banana  
2 Tbsp All-Natural Peanut Butter

1 Cup Coconut or Unsweetened Almond Milk

Cinnamon/Nutmeg/Ground Flax Seed

**Directions:**

Place ingredients into blender. Blend until desired consistency.

* **MEAN GREEN SMOOTHIE**

Here’s an example of what you could blend up

Reminder:

While participating in

the Daniel Fast,

ALL ingredients need to

have NO added sugar or sweeteners and

ALL ingredients

need to follow the

Daniel Fast guidelines.

For example,

Peanut Butter and

Almond Milk need

to be all natural

with no sugar added.

for breakfast or snack:

**Ingredients:**

1 Cup Almond Milk/Coconut Milk/

Favorite Unsweetened Juice

1/2 Cup Mixed Berries

½ a Banana

1/2 Cup Chopped Cucumber

1/2 Avocado

1 Cup Loosely Packed Fresh Spinach

**Directions:**

Blend until smooth.

* **BLUEBERRY PINEAPPLE SMOOTHIE**

**Ingredients:**

1 Cup Water or Almond or Coconut Milk

1 Cup Pineapple

1/2 Banana

1 Cup Frozen Blueberries

2 Tbsp Flax Seed

**Directions:**

Place ingredients into blender. Blend until desired consistency.

* **STRAWBERRY SMOOTHIE**

**Ingredients:**

1 Cup Soy or Almond Milk  
2 Cups Frozen Strawberries

1/2 Banana

1/3 Cup Orange Juice

Tsp Vanilla

**Directions:**

Place ingredients into blender. Blend until desired consistency.

**Oatmeal**

* **CRANBERRY ORANGE SPICED OATMEAL**

**Ingredients:**

¾ Cup Old Fashioned Rolled Oats

½ Tsp Cinnamon

¼ Cup Dried Cranberries

½ Cup Blueberries

1 Cup Water

¼ Cup Orange Juice

**Directions:**

Place the rolled oats, cinnamon, cranberries and blueberries in a microwave safe bowl. Pour in the water, stir to combine. Cook on high for about 2 minutes or until water is absorbed. Stir in orange juice to desired consistency.

* **BANANA NUT OATMEAL**

**Ingredients:**

¾ Cup Old Fashioned Rolled Oats

½ Tsp Cinnamon

¼ Cup Sliced Banana

½ Cup Sliced Almonds

1 Cup Water

¼ Cup Orange Juice

**Directions:**

Place the rolled oats, cinnamon, banana and nuts in a microwave safe bowl. Pour in the water, stir to combine. Cook on high for about 2 minutes or until water is absorbed. Stir in orange juice to desired consistency.

**Hot**

* **POTATO AND PEPPER BREAKFAST SCAMBLE**

**Ingredients:**

1 Package Organic Extra Firm Tofu

1 Red Bell Pepper- Diced

1 Medium Onion- Diced

1-2 Pounds Baby Yukon Gold or Baby Red Potatoes- Rinsed well and diced.

1 Package Baby Spinach

1 Tbsp Olive Oil

Salt & Pepper- To Taste

Vegetable Stock

**Directions:**

In a large frying pan, heat canola oil on medium heat. Add potatoes and cook for 10-15 minutes, until they start to soften and brown. Add bell peppers and onion, season with salt and pepper, and cook for about 10 minutes more until potatoes are fully cooked. Stir frequently so that potatoes do not burn and add some vegetable stock if it seems dry. While potatoes are cooking, drain tofu and place in a large bowl and mash with a fork. When the potatoes and peppers are finished, add tofu and spinach and cook until spinach is wilted and everything is combined. Season with favorite seasoning to taste.

**Other**

* **FRUIT SALAD**

Chop up your favorite fresh fruits in a variety of colors. Make sure to include some filling options like apples, pears, and berries that have higher fiber and lower (relative) sugar.

**Snacks**

# ROASTED CHICKPEAS

**Ingredients:**

1 can chickpeas drained

2 tbsp olive oil

Salt/garlic salt/cayenne pepper

**Directions:**

Preheat oven to 450 degrees F (230 degrees C).

Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil, and season to taste with salt, garlic salt, and cayenne pepper, if using. Spread on a baking sheet, and bake for 30 to 40 minutes, until browned and crunchy. Watch carefully the last few minutes to avoid burning.

* **CARROTS CELERY & PEANUT BUTTER**

**Ingredients:**

Carrot sticks or chips

Celery sticks

Peanut butter

**Directions:**

Dip carrots and/or celery sticks in peanut butter.

* **CARROTS CELERY & HUMMUS**

**Ingredients:**

Carrot sticks or chips

Celery sticks

Jicama

Bell pepper

Hummus

**Directions:**

Dip veggie sticks in hummus

* **FRESH FRUIT & NUTS**

**Ingredients:**

Fruit

Nuts

* **SIDE SALAD**

**Ingredients:**

Fresh spinach or other salad greens

Shredded carrot

Chopped fresh veggies

Nuts

Salsa or olive oil, lemon juice, salt and pepper