**Daniel Fast Breakfast/Snack Ideas**

**Remember that all ingredients need to have no added sugar or sweeteners**

**and that 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.**

**STRAWBERRY SMOOTHIE**

Ingredients:

1 ½ cups soy or almond milk  
2 cups frozen strawberries

1 medium banana

1/3 cup orange juice

Tsp vanilla

Directions:

Place ingredients into blender. Blend until desired consistency.

**BLUEBERRY PINEAPPLE SMOOTHIE**

Ingredients:

1 cup water or almond or coconut milk

1 cup pineapple

1 banana

1 cup frozen blueberries

2 tbsp flax seed

Directions:

Place ingredients into blender. Blend until desired consistency.

**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.

**RICE CAKES WITH PEANUT BUTTER AND BANANA**

Ingredients:

Rice cake , plain brown rice

Peanut butter

Banana

Directions:

Spread peanut butter over top of rice cake. Top with sliced banana

\*\* change out fruits to your liking\*\*

**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

Nuts

Salsa