

Hello Living Waters Family,

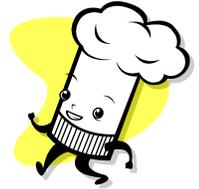
Just wanted to share some of my favorite recipes with you. I pray that the recipes below will equip you for success on the Daniel Fast. Some recipes are very simple and some may require a bit more work. Meal prep is highly suggested in order to be successful on the Daniel Fast. You can set aside two days to do meal prep perhaps one day during the weekend and one day during the week. The majority of meal prep should be done when you have the most time (perhaps a weekend day) and the mid-week meal prep can be used for the quick recipes that require minimal time. Another tip for success on the Daniel Fast is to eat every 2-3 hours. Don't wait until you are starving to eat as you can over consume or you may be more susceptible to break the fast. Consider eating three hearty meals and two snacks while drinking plenty of water. The outlined recipes are just an example of what to eat, feel free to follow the recipes to the "t" or modify according to your likes. Don't hesitate to contact me if you have any questions/concerns or if you have any recipes of your own that you would like to share. I am excited to see how God moves in your life during this season.

Happy Fasting!

Mia C. Vasser

BREAKFAST

5-Minute Oatmeal Power Bowl



Soaking the oatmeal mixture overnight cuts down the cook time the morning of - all you have to do is heat it on the stove for a minute or two. Don't forget to mix the ingredients the night before. For a fall twist, add a pinch of cinnamon, ground ginger, and allspice on top of each bowl. Total fall comfort food!

Yield	Soak Time	Prep Time	Cook Time
1 Bowl	Overnight	3 Minutes	2 Minutes

Ingredients:

1 ripe banana, mashed (the more ripe/spotty the better)

2 tablespoons chia seeds

Heaping 1/3 cup rolled oats (use certified gluten-free if necessary)

1/4 teaspoon cinnamon

2/3 cup almond milk

1/3 cup water

1 tablespoon ground flax (optional, see note)

For garnish: soaked almonds, pepita seeds, hemp hearts, cinnamon, toasted coconut, nut butter, spices (cinnamon, ginger, allspice)

Directions:

1.The night before: Grab a medium bowl and mash the banana until smooth. Now stir in the chia, oats, cinnamon, milk, and water until combined. Cover and refrigerate overnight.

2.In the morning: Scoop the oat mixture into a medium pot. Increase heat to medium-high and bring to a simmer. Reduce heat immediately to medium-low, and stir frequently until heated throughout and thickened. At the end of cooking, stir in flax (optional).

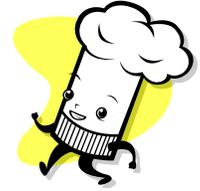
3.Pour oats into bowl. Garnish with your desired toppings. Get cozy!

Notes: 1) The ground flax is optional because it creates a bit of a strange texture (almost like a flax egg) in this oatmeal. I don't mind it, but some people might. So if you think you will, just leave it out or sprinkle some ground flax on top instead. 2) I love topping my oats with spices - a pinch of cinnamon, ground ginger, and allspice create my perfectly spiced bowl.

Recipe Credit: Angela Liddon Ohsheglows.com

BREAKFAST

The Three Bears Superfood Porridge



This thick and hearty porridge is naturally sweetened with mashed banana and finely shredded carrot, and it's packed with superfoods like chia seeds and hemp hearts. I also love to stir in some finely grated zucchini to pack in even more vegetables. If I'm thinking ahead, I will mix the oatmeal together before bed so it can soften and thicken in the fridge overnight. Soaking cuts down the cook time drastically - all I do in the morning is throw it into a pot and reheat it. It's unbelievably easy. Of course, you can prepare it from scratch in the morning too.

Yield	Soak Time	Prep Time	Cook Time
3 cups	Overnight	15 Minutes	15 Minutes

Ingredients:

2 large very ripe bananas, peeled and mashed well (heaping 3/4 cup)
2 medium carrots, peeled and finely grated (lightly packed 3/4-1 cup)*
1/2 cup finely grated zucchini, optional
1 cup rolled oats, certified gluten-free if necessary
2 1/4 cups water or milk of choice (Almond, Soy, Cashew, etc)
2 tablespoons chia seeds Dash of pink Himalayan sea salt, optional
1-1 1/2 teaspoons cinnamon, to taste (I use Ceylon)
2 tablespoons hemp hearts

Directions:

1. In a medium bowl, mash the banana until almost smooth. Place it into a medium pot.
2. Peel the carrots. Using the fine grate hole on a box grater, grate the carrots and measure 3/4-1 lightly packed cup.
3. Place it into the pot along with the banana. Grate the zucchini (if using) using the fine grate hole and place it into the pot.
4. Add the rolled oats, water or milk, chia seeds, and optional dash of salt into the pot. Stir well until combined.
5. Increase heat to medium and cook the oats, uncovered, stirring frequently and reducing heat if necessary, for about 10-15 minutes until the oats are softened and the mixture thickens. (If you soaked the oatmeal overnight, simply heat it and serve.)

6. At the end of cooking stir in the cinnamon to taste and all the hemp seeds.
7. Serve and enjoy with your desired toppings (such as sliced banana, granola, nuts, etc). Leftovers will keep in the fridge in an air-tight container for up to 2 days. To reheat, add oatmeal into a pot on the stove-top and heat over medium heat, stirring in a splash of water or milk if necessary to thin out.

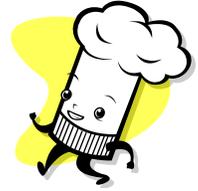
Tips:*I like to use a full cup of shredded carrots, but feel free to use any amount you prefer! **To save on cooking time, prepare this mixture at night before bed and let it soak in the fridge (covered). In the morning, simply stir and heat on the stovetop, adding more water or milk if desired. This recipe yields a very thick oatmeal (and it thickens even more when chilled). Feel free to use more liquid if you prefer a thinner consistency.

Recipe Credit: Ohsheglows.com

BREAKFAST

Lean Green Smoothie

Simple and delicious! You can modify this smoothie recipe according to your favorite veggies and fruits. To cut down on prep time in the morning, you can put individual servings in a zip lock bag and then toss into blender when you are ready to make the smoothie.



Yield
1 Serving

Prep Time
3 Minutes

Ingredients:

4 stalks of kale
1 handful spinach
2 Granny Smith apples (cored)
1 lemon (peeled)
2 pitted dates
1 frozen banana

Directions:

1. Mix all ingredients in a blender until smooth.
2. Drink immediately.

BREAKFAST

Sauteed Veggies with Quinoa

This is one of my favorites. It's quick and easy. I eat it as a breakfast bowl and it is a great way to get in some veggies first thing in the morning. Feel free to experiment with your favorite veggies. I usually cook my quinoa ahead of time and just sauté the veggies in the morning.



Yield
4 Servings

Prep Time
15 Minutes

Cook Time
15 Minutes

INGREDIENTS

- 1 cup sprouted or regular quinoa (sprouted has more nutrition and is easier to digest)
- 2 cups low-sodium vegetable broth
- 1 tsp cumin
- 2 Tbs water or olive oil, for sauteeing
- 1 medium onion, diced
- 4 cloves garlic, minced
- 1 lg sweet potato, diced
- 1 medium red potato, diced
- 4 medium carrots, sliced
- 1 small head broccoli, cut into florets
- 5 medium mushrooms, sliced
- 1 medium yellow squash, sliced
- 1 medium zucchini, sliced
- 2 cups fresh spinach
- 1 medium tomato, diced

Directions:

1. Measure the quinoa, cumin, and broth into a saucepan. Bring to boil over high heat, then reduce heat to low, cover, and simmer until liquid is absorbed, approximately 20 minutes.
2. Remove from heat and set aside.
3. Heat water or olive oil in a large skillet or saute pan over medium. 4. Add onion and cook until translucent, about 3 minutes.
4. Add garlic, sweet potato, red potato, and carrots. Cook until veg begin to be tender, about 5-7 minutes.

5. Add broccoli and mushrooms and cook for another 2-3 minutes, then add zucchini and squash.
6. Cook until all veg are tender, then add spinach and cook until wilted.
7. Remove from heat. Spoon veggies over the cooked quinoa and top with diced fresh tomato. ENJOY!

Short on time? Sauté a couple of your favorite veggies together without the potatoes and then place on top of quinoa. This recipe can be modified in various ways.

Snack Ideas



Sliced Cucumbers seasoned with black pepper and apple cider vinegar

25 grapes

Nuts/Seeds Mix

Hummus with raw veggies

Lettuce Wraps filled with fresh veggies or quinoa with tahini or hummus

Roasted Chickpeas (Flavors-Salt & Vinegar, Sea Salt, or Spicy)

Homemade Kale/Sweet Potato Chips

Apples with Natural Almond Butter

Baked Corn Chips and Homemade Guacamole or Salsa

No Bake Oat and Almond Bars

Fruit/Veggie Smoothies

Flavored Water Ideas



Fruit Infused Water-Add your favorite fruit to water to liven up the taste.

Below are two of my favorite infused waters.

Cucumber, Lemon and Mint Water

Cucumber, Lemon, Orange and Mint Water

The possibilities are endless-Have fun!

LUNCH

Ethiopian Cabbage Dish

This recipe is healthy and delicious. No need to add liquid. The cabbage and potatoes produce enough liquid.



Yield	Prep Time	Cook Time	Ready In
4 Servings	25 Minutes	40 Minutes	1h 5m

Ingredients:

1/2 cup olive oil
4 carrots, thinly sliced
1 onion, thinly sliced
1 teaspoon sea salt
1/2 teaspoon ground black pepper
1/2 teaspoon ground cumin
1/4 teaspoon ground turmeric
1/2 head cabbage, shredded
5 potatoes, peeled and cut into 1-inch cubes

Directions:

1. Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15 to 20 minutes. Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft 20 to 30 minutes.

Recipe Credit: Allrecipes.com

LUNCH

Chickpea Veggie Burgers

Great alternative to meat burgers. Serve with a side salad, veggies or between two pieces of lettuce.



Yield
6-8 Servings

Prep Time
10 Minutes

Cook Time
10 Minutes

Ready In
20 Minutes

Ingredients:

1 can chickpeas, drained, well-rinsed, and mashed
1/2 red onion, finely diced
1 small zucchini, grated
3 tbsp finely chopped cilantro
3 tbsp red wine vinegar
1 tbsp sriracha sauce (Optional)
2 tbsp natural peanut butter
1 tsp cumin
1 tsp garlic powder
2 tsp black pepper
1/2 tsp sea salt
1 cup quick oats (gluten-free if needed)
2 tbsp olive oil

Directions:

1. After draining and rinsing the chickpeas, place them in a bowl and mash them with a fork.
2. Add all the other ingredients to the bowl.
3. Use your hands to mix very well.
4. Form into 6-8 patties.
5. Cook on the BBQ around 400 F for approximately 10 minutes each side. 6. You can also fry these in a pan with some oil for 3-5 minutes a side.

Recipe Credit: Running on Real Food-www.runningonrealfood.com

LUNCH

Spanish Beans over Sweet Potato

Another fave! Simple, delicious and filling! The avocado is a pleasant addition to the dish.



Yield 1 Serving	Prep Time 10 Minutes	Cook Time 50 Minutes	Ready In 1 H 30 Minutes
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Ingredients:

1 sweet potato
1 cup black beans
½ small onion, chopped
1 glove garlic, chopped
dash salt ½ tsp. oregano
1 tsp. cumin
1 ½ tbsp. balsamic vinegar
dash black ground pepper

Directions:

1. Soak beans overnight. Drain, rinse, and discard water. *
2. Place the beans in a medium pot with 4 cups of water, onion, garlic, oregano, and cumin and bring to a boil, then simmer for 45 minutes.
3. Once beans are tender, add vinegar, salt, and ground pepper.
4. Preheat oven to 450 degrees.
5. Scrub sweet potato under running water and dry.
6. Poke a few holes around the potato and place on a sheet of parchment paper.
7. Place sweet potato in the oven for 30 minutes and flip over for another 20 minutes.
8. Remove cooked potato from oven and slice in half after it has cooled.
9. Top with black beans and garnish with tomato and avocado.

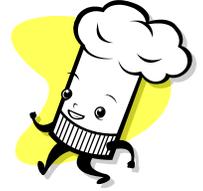
*Note: I substitute GOYA Black Beans for dry beans. I prepare the beans according to the directions of the can. Drastically reduces cook time.

Recipe Credit: Marco Borges- The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life.

LUNCH

Black Bean and Corn Chili

Very quick way to make tasty chili and makes a lot!



Yield
12 Servings

Prep Time
10 Minutes

Cook Time
30 Minutes

Ready In
40 Minutes

Ingredients:

- 1 27 oz. can Mild Chili Beans
- 1 26.5 oz. can Black Beans, drained & rinsed
- 2 14.5 oz. cans Petite Diced Tomatoes
- 1 6 oz. can Tomato Paste (Make sure no sugar is added)
- 1 15.25 oz. can Whole Kernel Sweet Yellow Corn, drained
- 1 large onion, chopped
- 3 cups water
- 3 Tbsp. Chili Powder
- 1 Tbsp. Garlic Pepper
- Salt and Pepper according to taste

Directions:

1. In a large pot, sauté the onion using cooking spray or oil.
2. Once the onion is soft, add the rest of the ingredients and stir thoroughly.
3. Bring to a boil, cover, and reduce heat. Simmer for 30 minutes.

Note: This is not very spicy so you may want to spice it up with some hot sauce.

DINNER

Artichoke, Tomato, and Avocado Salad



Yield
1 Serving

Prep Time
10 Minutes

Cook Time
0 Minutes

Ready In
10 Minutes

Ingredients:

- 1 box grape tomatoes
- 1 Haas avocado
- 1 BPA-free can artichoke hearts
- 1 lemon
- 2 tbsp. Kalamata olives (optional)
- dash paprika

Directions:

1. Into a mixing bowl, slice grape tomatoes into fourths, slice artichoke, peel avocado and chop into equal-size pieces.
2. Add in olives and lemon juice and toss gently.
3. Place into serving bowl and top with paprika.

Recipe Credit: Marco Borges- The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life.

DINNER



Cauliflower Salad

Yield
1 Serving

Prep Time
10 Minutes

Cook Time
30 Minutes

Ready In
40 Minutes

Ingredients:

1 medium head cauliflower

1 lemon (juice)

dash salt

dash pepper

2 tbsp. pine nuts

½ cup grapes (sliced in half)

Directions:

1. Heat oven to 300 degrees.
2. In a mixing bowl toss the cauliflower with all the ingredients.
3. Place on parchment paper and roast for 15– 30 minutes.

Recipe Credit: Marco Borges- The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life.

DINNER



Quick Veggie Spaghetti

This is a basic veggie spaghetti recipe. Feel free to add more/less veggies and more spices to liven up the flavor. If you don't like chunky veggies then chop them a bit finer.

Yield	Prep Time	Cook Time	Ready In
8 Servings	10 Minutes	20 Minutes	30 Minutes

Ingredients:

- 1 pound uncooked spaghetti (I use gluten free brown rice noodles)
- 1 cup broccoli florets
- 1 (15 ounce) can whole kernel corn, drained
- 1 cup fresh sliced mushrooms
- 1 cup sliced carrots
- 2 (8 ounce) cans tomato sauce (no sugar added) (Add more tomato sauce to avoid being dry)

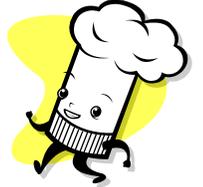
Add Salt, Pepper and Season according to Taste

Directions:

1. Bring a large pot of salted water to boil, add spaghetti and return water to a boil. Cook until spaghetti is al dente; drain well.
2. Combine broccoli, corn, mushrooms, carrots and tomato sauce in large sauce pot. Cook on medium heat for 15 to 20 minutes or until vegetables are tender. Stir occasionally to keep sauce from sticking. Serve sauce over spaghetti.

Note: You can substitute spaghetti squash for the noodles. Also feel free to experiment with other veggies such as spinach, zucchini or beans.

DINNER



Kale, Black Bean and Avocado Burrito Bowl

Yield
4 Servings

Prep Time
20 Minutes

Cook Time
30 Minutes

Ready In
50 Minutes

Ingredients:

Brown rice

1-cup brown rice, rinsed
¼ teaspoon salt

Lime marinated kale

1 bunch curly kale, ribs removed and chopped into small, bite-sized pieces
¼ cup lime juice
2 tablespoons olive oil
½ jalapeño, seeded and finely chopped
½ teaspoon cumin
¼ teaspoon salt

Avocado salsa verde

1 avocado, pitted and sliced into big chunks
½ cup mild salsa verde (any good green salsa will do)
½ cup fresh cilantro leaves (a few stems are ok)
1 lime, juiced

Seasoned black beans

2 cans black beans, rinsed and drained (or 4 cups cooked black beans)
1 shallot, finely chopped (or ⅓ cup chopped red onion)
3 cloves garlic, pressed or minced
¼ teaspoon chili powder
¼ teaspoon cayenne pepper (optional)

Garnish

Cherry Tomatoes, sliced into thin rounds
Hot Sauce (optional)

Directions:

1. Cook the rice: bring a big pot of water to a boil, dump in rinsed brown rice and boil, uncovered, for 30 minutes. Turn off the heat, drain the rice and return it to the pot. Cover and let the rice steam in the pot for 10 minutes, then fluff the rice with a fork and season

with ¼ teaspoon salt, or more to taste.

2. Make the kale salad: whisk together the lime juice, olive oil, chopped jalapeño, cumin and salt. Toss the chopped kale with the lime marinade in a mixing bowl.
3. Make the avocado salsa verde: in a food processor or blender, combine the avocado chunks, salsa verde, cilantro and lime juice and blend well.
4. Warm the beans: in a saucepan, warm 1-tablespoon olive oil over medium-low heat. Sauté the shallot and garlic until fragrant, then add the beans, chili powder and cayenne pepper. Cook until the beans are warmed through and softened, stirring often, about 5 to 7 minutes. If the beans seem dry at any point, mix in a little splash of water.

To serve, spoon generous portions of rice, beans and kale salad into a bowl along with a couple spoon-fuls of avocado salsa verde. Garnish with chopped cherry tomatoes.

Recipe Credit: cookieandkate.com