

All the recipes are from the Daniel Fast Cookbooks available at Daniel-Fast.com, unless stated otherwise.

Sample Breakfasts taken from DanielFast.com

Breakfast - Oatmeal - 2 Servings

1 cup of decaffeinated tea or coffee
6 ozs. apple juice all natural unsweetened
1 cup of oatmeal (**not instant**) with 1/4 cup of chopped apples or berries,
2 tablespoons raisins, 1 tablespoon walnuts or pecans and a pinch of
cinnamon

Preparation:

1. In a 1-quart sauce pan over high heat, bring the water to a boil. Stir in the oatmeal and allow water to return to a boil.
2. Reduce heat to low and cook for two minutes - stirring often.
3. After two minutes, turn off heat. Stir in the desired fruit, raisins, and spices. Let stand until fruit pieces soften - about 5 minutes - stirring occasionally.
4. Divide hot cereal evenly among 2 bowls. Serve with soy milk, coconut milk or almond milk if desired.

Breakfast - Smoothie - 1 Serving

2 handfuls of collard greens, kale, spinach, spring greens or swiss chard
put at least 2 cups of fruit, such as apple, banana, blackberry, blueberry,
seedless grapes, kiwi, mango, nectarine, oranges, pear, peach, pineapple,
raspberries, strawberries or watermelon
add 1/4 cup of one but not more than two of the following: chi seeds, flax
seeds, hemp seeds, pumpkin seeds, sunflower seeds, goji berries, acas berries
1 cup of coconut water
1/2 cup of unsweetened coconut milk or almond milk mix in blender until
smooth, (NutriBullet: User Guide & Recipe Book, 2013, p. 41).

Breakfast - Blended Mango Salad

1 ripe mango, chilled
1 cup chopped spinach
4 cups chopped romaine lettuce
1/2 cup unsweetened soy, hemp, or almond milk

Peel and chop the mango and place in a food processor or high-powered blender. Add the spinach and half of the lettuce. Blend until well combined. Add the milk and remaining lettuce. Blend until creamy.

Breakfast - Granola

4 cups rolled oats
1 cup crushed almonds
½ cup whole grain flour 1 tsp. cinnamon
¼ cup shredded coconut 1 cup sunflower seeds
½ cup wheat germ or other whole grain bran
¾ - 1 cup honey
1 cup pumpkin seeds

Mix all together and spread out on a non-stick cookie sheet. Bake 20 min. in a 250-degree preheated oven. Stir and continue to bake another 20 min., stirring periodically to prevent burning. The granola should be lightly browned. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags. Option: After the granola is cooled, add raisins or other organic, dehydrated fruit.

Breakfast-Blue Apple-Nut Oatmeal

1 2/3 cups water
¼ teaspoon cinnamon
¼ cup old-fashioned rolled oats 2 tablespoons dried currants
1 cup fresh or frozen blueberries 1 banana, sliced
1 apple, peeled, cored, and chopped or grated 2 tablespoons chopped walnuts

In a saucepan, combine the water, cinnamon, oats, and currants. Simmer until the oatmeal is creamy. Add the blueberries and banana. Cook for 5 minutes, or until hot, stirring constantly. Mix in the apples and nuts.

Breakfast - Apple and Oat Porridge

4 cups water
1 1/2 cups oat bran (not oatmeal)
1 large apple - peeled/cored and chopped into very small pieces 1/3 cup raisins

In a 2 quarts sauce pan over high heat, bring the water to a boil. Stir in the oat bran and allow water to return to a boil. Reduce heat to low and cook for two

minutes - stirring often. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand until apple pieces soften - about 5 minutes - stirring occasionally. Divide hot cereal evenly among 4 bowls. Serve with soy milk, coconut milk or almond milk if desired.

Sample Lunches

Lunch - Southwest Corn and Black Bean Salad - 4 Servings

This bean, corn and nuts in this salad combine to create 19 grams of protein per serving. This is a very flavorful salad and easy to make ahead.

Ingredients:

1 1/2 cups corn kernels (fresh or frozen)

1/3 cup pine nuts

1/4 cup lime juice

2 tablespoons extra-virgin olive oil 1/4 cup chopped fresh cilantro

2 (14.5 ounce) cans black beans, rinsed 2 cups shredded red cabbage

1 large tomato, diced

1/2 cup minced red onion

Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Freshly ground pepper and salt to taste just before serving.

Refrigerate until ready to serve.

Lunch - Simple Orange and Red Onion Salad - 4 Servings

Drizzled with a tangy dressing, this appealing salad makes a colorful and tasty alternative to the usual tossed salad. Plus, you can assemble it in minutes

Ingredients:

4 cups torn romaine

2 medium navel oranges, peeled and sectioned

1 small red onion, sliced and separated into rings

1/4 cup olive oil

3 tablespoons red wine vinegar

1/4 teaspoon salt

1/8 teaspoon pepper

On a serving platter, arrange the romaine, oranges and onion. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Drizzle over salad; serve immediately.

Lunch-Avocado and Vegetable Salad (Legumes)

1 small lettuce
1 med. tomato
1 med. cucumber
1 med. avocado
1 sm. onion
½ teaspoon olive oil 1 tablespoon vinegar Salt to taste

Tear lettuce and place in bowl. Slice thinly the tomato, cucumber, avocado and onion-add to lettuce. Mix olive oil, vinegar and salt. Pour over vegetables and mix well. Serves 6.

Lunch - Beautiful Green Salad - 6 Servings

Beautiful Green Salad

This is a basic green salad with a little “zip” to it.

Ingredients:

8 cups baby spinach leaves
1/2 medium red onion, sliced and separated into rings 1 cucumber, seeds removed and cut into 1/2” chunks
1 sweet orange, sliced into sections or triangles
1 1/2 cups naturally sweetened dried cranberries
1 cup roasted sliced almonds
1 cup balsamic vinaigrette salad dressing, or to taste

Yield: 6 servings

Place servings of spinach on to salad plates. Top with red onion, cucumber chunks, orange slices, cranberries, and sliced almonds in that order. Drizzle dressing over each salad.

Soups for Lunch taken from The South Beach Diet Super Charged

Lunch Soup - Black Bean Soup - 4 Servings

In a medium saucepan, heat 1 tablespoon extra-virgin olive oil over medium heat. Add 4 thinly sliced scallions, 1 thinly sliced celery stalk, 4 minced garlic

cloves, 2 teaspoons ground cumin, 1/8 teaspoon cayenne, and a pinch of salt and freshly ground black pepper. Cook, stirring occasionally, until vegetables soften. Add 2 (15-ounce) cans black beans and their liquid, 1 (15-ounce) can diced tomatoes with juices, and 1 1/2 cups lower-sodium vegetable broth. Bring to a simmer and cook for 10 minutes. Transfer 2 cups of soup to a blender and process until smooth. Return soup to the pan and stir to combine. Return to a simmer and cook for 10 minutes longer. Season with 1 tablespoon fresh lime juice and adjust seasonings. Serve with hot pepper sauce and extra scallions on the side (Agatston, 2008, p. 204).

Lunch Soup - Provençal White Bean Soup - 6 Servings

The addition of basil, rosemary, and thyme turns simple blended soup into hearty French-style fare. Add a little extra vegetable broth if you prefer a thinner version. Ingredients are as follows: 1 tablespoon extra-virgin olive oil, 1 small onion, chopped, 1 celery stalk, finely chopped, 2 garlic cloves, smashed and peeled, 1/2 teaspoon dried basil, 1/2 teaspoon dried rosemary, 1/4 teaspoon dried thyme, 1/4 teaspoon salt, 1 (15-ounce) can cannelloni or Great Northern beans, drained and rinsed, 1 1/2 cups low-sodium vegetable broth, and freshly ground black pepper to taste. In a large saucepan, heat oil over medium-high heat. Add onion, celery, garlic, basil, rosemary, thyme, and salt; reduce heat to medium-low and cook, stirring occasionally, 15 minutes, or until vegetables are softened. Add beans and stir to combine. Using a large metal spoon, transfer about 3/4 of the bean mixture to a blender (if you prefer smoother soup). Then add broth and puree until smooth. Return mixture to the saucepan, stir to combine, and bring to a simmer just to heat through. Season with additional salt and pepper to taste. Serve warm (Agatston, 2008, p. 206).

Lunch Soup - Chock-Full of Veggies Chili - 4 (2-cup) Servings

This basic vegetarian chili is thick and hearty. Ingredients are as follows: 1 tablespoon extra-virgin olive oil; 2 bell peppers (any color), chopped; 1 1/2 cups chopped mushrooms; 1 large onion, chopped; 2 celery stalks, chopped; 3 garlic cloves, minced; 1 tablespoon chili powder; 1 tablespoon dried oregano; 1 tablespoon ground cumin; 1/4 teaspoon salt; 2 (15-ounce) cans pinto beans; and 1 (14.5 ounce) can no-salt-added diced tomatoes, with juices. In a large saucepan, heat oil over medium heat. Add peppers, mushrooms, onion, celery, and garlic; cook, stirring, until vegetables begin to soften, about 7 minutes. Add chili powder, oregano, cumin, and salt; cook, stirring occasionally, 5 minutes more. Add beans and tomatoes with their

juices. Bring to a gentle simmer and cook, stirring occasionally, until chili is fragrant and slightly thickened, 25 to 30 minutes. Serve warm (Agatston, 2008, p. 224).

Sample Dinners

Dinner - Bean and Rice Casserole - 4 Servings

Beans and rice combine to make a complete protein. So this casserole serves as an excellent source of protein during the Daniel Fast.

Preheat oven to 375

Ingredients:

1 medium onion, chopped

2 cup uncooked brown rice

1 can red kidney beans (15 1/4 - 19 oz.), drained and rinsed

1 can black beans (15 1/4 - 19 oz.), drained and rinsed

1 can garbanzo beans (15 1/4 - 19 oz.), drained and rinsed

1 can stewed tomatoes (14 1/2 - 16 oz.), drained

1 can chopped mild chilies (4 oz.), drained

10 ounces frozen green peas, thawed by placing under running water 1 cup

frozen corn, thawed by placing under running water

Preparation:

1. In a 5-qt Dutch oven over medium high heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.
2. Add rice; cook while stirring until parched and slightly opaque.
3. Add beans, tomatoes, chilies and 3 1/2 cups of water to rice and onion in Dutch oven and bring mixture to boil.
4. Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).
5. Add peas and corn, adjust seasonings, and return to oven until heated through.

Dinner - Stir Fry Vegetables with Brown Rice - 4 Servings

You will end up having a couple meals that you really enjoy and you might find yourself making this meal over and over again during your fast. Not only is it very appetizing in its colorful presentation, but it is filling and tasty.

Change the recipe to your own liking and with what you have available, but

don't skimp on the vegetables as that's what makes this recipe unique and satisfying.

Ingredients:

1 tablespoon sesame oil
3 green onions, finely chopped
3 tablespoons fresh ginger, minced
4 cups fresh broccoli, chopped
1/2 pound fresh green beans, chopped
2 carrots, peeled and sliced on diagonal
2 cloves garlic, minced

Preparation:

4 cups greens, chopped (kale, spinach, collards, etc.)
1 can sliced water chestnuts, drained
3 cups cooked brown rice
2 tablespoons soy sauce
1 1/2 cups peas (if frozen run under water to thaw)
1/2 cup toasted sliced almonds

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.
2. Add green onions and ginger. Sauté for 5 minutes.
3. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.
6. Serve as complete meal.

Tip: Serve this dish as a complete main dish along with a side of sliced fruit such as oranges, pineapple or mango. This is also a great recipe to double and then use the leftovers for lunch. Merely heat in the microwave or eat at room temperature.

Dinner- Bean Enchiladas Serves 4

1 medium green bell pepper, seeded and chopped
1/2 cup sliced onion
1 8-ounce can tomato sauce, divided, no-salt-added
2 cups cooked or canned no-salt-added pinto or black beans, drained and rinsed
1 cup frozen corn, thawed, or fresh corn off the cob
1 tablespoon chopped fresh cilantro 1 tablespoon chili powder

1 teaspoon ground cumin
1 teaspoon onion powder (not onion salt) 1/8 teaspoon cayenne pepper
(optional) 6-8 corn tortillas

Saute the bell pepper and onion in 2 tablespoons of the tomato sauce until tender. Stir in the remaining tomato sauce, beans, corn, cilantro, chili powder, cumin, onion powder, and cayenne (if using); simmer 5 minutes. Spoon about ¼ cup of the bean mixture on each tortilla and roll up. Serve as is or bake for 15 minutes in a 375-degree oven.

Dinner - Spicy Green Beans

2 tablespoons vegetable oil
1 pound green beans, trimmed 1/4 teaspoon salt
3 cloves garlic, minced
1/4 - 1/2 teaspoon red pepper flakes

Heat oil in frying pan or wok over medium high heat. Add trimmed green beans and salt. Cook, stirring frequently for 3 minutes. Stir in garlic and red pepper flakes, cooking for 1 more minute.

Dinner - Herb-Roasted Idaho Potato Fries

by Denise Austin Makes 4 servings

1 pound small baking potatoes 2 tsp extra-virgin olive oil
1/2 tsp dried thyme 1/2 tsp dried rosemary 1/4 tsp salt
Preheat the oven to 425°F. Coat a heavy baking sheet with cooking spray. Cut each potato in half crosswise. Place the halves cut side down on the cutting board and cut each into 4 wedges. Place the potatoes in a mound on the prepared baking sheet. In a cup, mix the oil, thyme, rosemary, salt, and pepper. Pour over the potato wedges and toss to mix well. Spread the potatoes out on the sheet. Bake, stirring 2 or 3 times, until tender and lightly browned, about 35 minutes. Serve hot.

Dinner - Bean Curry and Rice - 8 Servings

This is an easy recipe and you can adjust the spices to your liking. You might also consider adding mushroom, carrots or other vegetables.

Ingredients:

1 can garbanzo beans, drained and rinsed (15 ounce)
1 can kidney beans, drained and rinsed (8 ounce)
1/2 cup raisins
salt and pepper to taste

8 cups cooked brown rice
2 tablespoons olive oil
1 large white onion, chopped 1/2 cup dry lentils
2 cloves garlic, minced
3 tablespoons curry powder
1 teaspoon ground cumin 1 pinch cayenne pepper
1 can crushed tomatoes (28 ounce)

Preparation:

1. Prepare the brown rice according to package directions so you have enough for 8 servings.
2. Heat the oil in a large pot over medium heat, and cook the onion until tender.
3. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes.
4. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt and pepper.
5. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

Dinner - Vegetable Fajitas

1 red onion
1 red bell pepper
1 green bell pepper Mushrooms
1 zucchini
1 squash
12 corn tortillas

Slice vegetable and sauté until tender. Heat the corn tortillas according to directions on package. You can add brown rice, black beans, and top with your favorite salsa, guacamole. Etc.

Dinner - Portabella Steaks

6 portabella mushroom caps
1/2 cup fresh squeezed lemon juice 2 tablespoons apple cider vinegar
2 tablespoons Pure Maple syrup 2 teaspoons fresh grated ginger 1/2
teaspoon marjoram

Wash mushrooms and place in a gallon size plastic sealable bag. Combine remaining ingredients in a bowl and stir to combine. Add to the mushrooms and marinate for a few hours.
Grill indoors or out until cooked through.

Dinner - Potato and Green Onion Frittata

1/4 cup olive oil
4 -5 green onions, chopped with the green and white parts separated
4 garlic cloves, minced
2 medium potatoes, shredded (or 2 cups of frozen shredded potatoes)
2 teaspoons salt, divided
1/2 teaspoon pepper, divided 2 lbs. firm tofu
2 -3 tablespoons soy sauce, to taste

In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes. Add the garlic and heat for another 30 seconds. Increase the heat to medium-high and add the potatoes, 1 teaspoons of the salt, and 1/4 teaspoons of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned.

Blend the remaining salt and pepper, the tofu, soy sauce, in a food processor until they are creamy. Pour creamy mixture and the green part of the green onions, and the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan. Bake for 30 to 40 minutes or until the center is firm.

Allow the frittata to cool for 10 minutes then invert it onto a serving plate.

Dinner - Scarlett potatoes

White potatoes boiled with onions cut up in them, pepper, garlic, seasoning salt.

Dinner - Rice, Green Beans and Lentils

1 cup brown rice

1/2 cup lentils rinsed 1 tsp salt. 1tbsp tomato paste
1 can green beans not drained 1 cup water
Rice cooked in rice cooker. The rest of the ingredients go in crock pot for five hours on medium to high.

Dinner -Brown Rice Dinner

1 cup of brown rice
2.5 cups water

Bring to rolling boil, reduce heat and simmer/steam for 45 minutes
Half way through the cooking time, add:

½ cup of fresh salsa 1 cup of frozen corn
½ of a chopped red bell pepper ¾ cup of cooked black beans a pinch of
pepper to taste
Stir and replace cover for remainder of cooking time. Serve with fresh sliced
avocado.

Dinner - Stir Fry Vegetables with Brown Rice

1 tablespoon sesame oil
3 green onions, finely chopped
3 tablespoons fresh ginger, minced 4 cups fresh broccoli, chopped
½ pound fresh green beans, chopped
2 carrots, peeled and sliced on diagonal 2 cloves garlic, minced
4 cups greens, chopped (kale, bok choy, spinach, collards, etc)

1 can sliced water chestnuts, drained 3 cups cooked brown rice
2 tablespoons soy sauce
1 ½ cups peas (if frozen run under water to thaw)
½ cup toasted sliced almonds

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.
2. Add green onions and ginger. Sauté for 5 minutes.
3. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.
6. Serve as complete meal.

Dinner - Oven Fries

2 1/2 pounds baking potatoes 1 teaspoon olive oil
1 pinch ground cayenne pepper

Preheat oven to 450 degrees Line a baking sheet with foil, and coat well with vegetable cooking spray. Scrub potatoes well and cut into 1/2 inch thick strips. Line a large mixing bowl toss potatoes with oil and red pepper. Spread on baking sheet in one layer. Bake for 30 minutes.

Dinner - Spanish Rice

1 cup brown rice
1 cup tomato juice 1/3 cup green pepper 1/3 cup celery
1 med. Tomato
2 tsp. chives
1 tsp. basil
1 cup vegetable stock 1 tsp. oregano
1/3 cup carrot 1/3 cup onion
2 small garlic cloves 1 tsp. sea salt

Combine tomato juice and soup stock in large pot and bring to a boil. Add rice and reduce to simmer. Cover and cook for 25 min. Remove from heat and add the following: diced tomato, celery, and onion; minced garlic, chopped chives, grated carrots, seasoning and sea salt. Replace cover and simmer for 15-20 minutes.

Snacks

Snack - Flatbread

2 1/2 cups whole grain flour (brown rice, spelt, whole wheat, etc.)
2 tablespoons flaxseed meal (optional)
1 teaspoon dried crushed rosemary
1 teaspoon salt
1 cup warm water
1 tablespoon extra-virgin olive oil
1/2 teaspoon dried basil
1/2 teaspoon garlic powder
1/2 teaspoon dried parsley

Mix flour, flaxseed meal, rosemary, salt, and water in a food processor until dough forms a ball. Turn dough onto a floured work surface, and knead for 5 minutes. Transfer to a bowl, and cover tightly with plastic wrap. Let dough rest at room temperature 30-60 minutes. Preheat oven to 400 degrees. Roll dough out to 1/4-inch thickness to cover an oiled 11 x 17-inch baking sheet.

With a fork, poke holes all across dough. Mix olive oil, basil, and garlic powder in a small bowl, and stir well. Use a basting brush to spread oil

mixture across dough. Score (make shallow cuts without separating into pieces) with a knife into 12 (3 x 3 1/2-inch) squares with a knife. Bake 15-20 minutes or until slightly crispy, and remove from oven. Let cool on baking sheet 10 minutes before cutting and serving. Yield: 4 servings (serving size: 2 pieces)

Snack - Guacamole with a Little Kick

2 medium avocados
1/2 medium tomato, diced
1/4 cup diced red onions
1/2 medium jalapeno pepper, seeded & diced
2 cloves garlic, minced
2 tablespoons chopped fresh parsley
1 tablespoon lime juice
1 tsp salt

Cut avocados in half. Remove seed. Scoop out avocado from the peel, put in a small mixing bowl, and mash until smooth. Stir in the rest of the ingredients. Chill in refrigerator for 1-2 hours.

Snack - Roasted Chickpeas

2 (15-ounce) cans chickpeas, rinsed & drained
1 tablespoon extra-virgin olive oil
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon crushed rosemary
1/2 teaspoon salt

Preheat oven to 350 degrees. Lightly rub or spray a baking sheet with olive oil. Spread chickpeas out in a single layer on the sheet.

Roast about 20 minutes, or until chickpeas are dry to the touch. Remove from oven, and increase temperature to 425 degrees (double-roasting the chickpeas gives them a crunchy texture). Place chickpeas in a large bowl. Pour in olive oil, and stir to coat. Add garlic powder, onion powder, rosemary, and salt. Stir again.

Place chickpeas back on the baking sheet. Roast another 15-20 minutes, or until crispy and lightly browned. Let cool completely before serving or storing at room temperature.

Yield: 8 servings (serving size: about 1/4 cup)

Snack - Black Bean Dip

1 tablespoon extra-virgin olive oil
1 cup diced onion
1 cup diced red bell peppers (about 1 large pepper)
1 clove garlic, minced
1/2 cup water
2 (15.5-ounce) cans black beans, rinsed and drained
2 tablespoons fresh parsley or 1 1/2 teaspoons dried parsley
1/2 teaspoon dried crushed rosemary
1/4 teaspoon salt
1/8 teaspoon pepper

Heat olive oil in a large skillet over medium heat. Add onions and red peppers, and cook until onion is soft and translucent. Stir in garlic, and cook for 30 seconds, stirring frequently so garlic doesn't burn.

Place water and 2 cups beans in food processor or blender; process until smooth. Pour the pureed beans into skillet and stir. Add the remaining beans, parsley rosemary, salt, and pepper. Reduce heat to low and cook 15 minutes, stirring occasionally. Transfer to a serving dish and serve warm.

Desserts

Desserts - Banana Walnut 'Ice Cream' Serves 2

2 ripe bananas, frozen (see note)
1/3 cup vanilla soy, hemp, or almond milk 2 tablespoons chopped walnuts

Blend all the ingredients in a high-powered blender until smooth and creamy.

****Note**** Freeze ripe bananas at least 24 hours before using. To freeze, peel, cut into thirds, and wrap tightly in plastic wrap or zipper-type freezer bag.

Desserts - Yummy Banana-Oat Bars Serves 8

2 cups quick-cooking rolled oats (not instant)
1/2 cup shredded coconut
1/2 cup raisins or chopped dates
1/4 cup chopped walnuts
2 large, ripe bananas, mashed

1/4 cup unsweetened applesauce (optional: see note) 1 tablespoon date sugar
(optional: see note)

Preheat oven to 350 degrees. Mix all the ingredients in a large bowl until well combined. Press into a 9 x 9 inch baking pan and bake for 30 minutes. Cool on a wire rack. When cool, cut in to squares or bars.

****Note**** Add the applesauce and date sugar for sweeter, moister bars.

Desserts - Apple Strudel Serves 4

1/4 cup apple juice

3/4 teaspoon vanilla

1 teaspoon cinnamon

1 egg white

1/4 cup vanilla soy, hemp, or almond milk 3 apples, peeled, cored, and
chopped

1/4 cup raisins, chopped

1/2 cup old-fashioned rolled oats or oatmeal flakes

Preheat oven to 350 degrees. In a bowl, mix the apple juice, vanilla, cinnamon, egg white, and milk until combined. Stir in the apple, raisins, and oats. Pour into an 8 x 8-inch baking dish. Bake for 1 hour.