

BUT seek ye **first** the kingdom of God and
His righteousness,
and **all** these things shall be added to you.
(Matthew 6:33)

And ye shall seek me, and find [me], when ye
shall search for me with
all your heart.
Jeremiah 29:13

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EAT THIS...

*So I turned to the Lord God
and pleaded with him in prayer
and petition, in fasting.*

- Daniel 9:3

THE DANIEL FAST

Recipes & Tips Guide

*I ate no choice food; no meat or wine
touched my lips...*

until the three weeks were over.

- Daniel 10:3

...NOT THAT!

- Boiled carrots. May add raisins and simmer.
- Carrots, onions, lemons, garlic, potatoes, pepper, parsley, cilantro and brown rice. Cook rice and set aside; cook carrots until mildly firm; and the rest of the ingredients and then rice. Simmer.
- Roasted tomato and barley soup. Tomatoes, olive oil, basil, tomato juice, uncooked barley, garlic and Italian seasonings. Roast tomatoes in the oven for about 30 to 45 minutes—remove skin; and cut into small pieces. Mix and simmer together.
- Grill or bake portabella mushrooms, green and/or red bell peppers, onions, tomatoes; glaze or brush with olive oil, balsamic vinegar, garlic, lemon juice, black pepper and Italian seasoning mixture. (Other seasonings and spices may be used. i.e. dill or Asian.)
- Celery sticks with nuts and raisins. May be added to salads as well or as a snack.
- Granola—oats, raisins, dates, nuts, etc. Combine and enjoy as a power snack.

"Blessed are those who hunger and thirst
for righteousness, for they will be filled."

Matthew 5:6

(recipes have been submitted and received from various cook-
books and websites)

Tips....

- Mashed potatoes with Italian seasoning or others.
- Small frozen treats. Mash or puree bananas, peaches and/or strawberries and mix with honey and freeze.
- Thinly sliced cucumbers and onions and tomatoes mixed with pepper, a vinaigrette, and extra light virgin olive oil.
- Baked sliced tomatoes with basil or oregano or other Italian seasonings; you may add thinly sliced onions or chopped green onions, other veggies and/or extra virgin olive oil
- Iced soup (iced gazpacho) cucumber, red bell peppers, vine tomatoes (skinned seeded and coarsely chopped), olive oil, little red vinaigrette, pepper. If prefer, you may add garlic. Chop until smooth or use food processor—chill for about 4 hours.
- Boil cranberries with oranges, raisins or pineapples.
- Grilled or baked zucchini, yellow squash, bell peppers, asparagus and/or other vegetable brushed with olive oil, garlic, pepper and fresh lemon juice mixture.
- Frozen raspberries, strawberries or grapes.
- Puree fruits
- Roast/Baked oats, and nuts with cinnamon and honey.
- Lettuce topping and dressing. Green onion tops, cilantro, lemon and/or lime juice, EVO oil, garlic, pepper.
- Mango salsa. Garlic—chopped and pressed, olive oil, dash of salt, black pepper, lime juice, green onions, finely chopped red bell pepper, mango coarsely chopped—toss all together.

EAT THIS...

Guidelines for Daniel Fast

Whole Grains:

Brown Rice, Oats, Barley

Legumes:

Dried Beans, Pinto Beans, Split Beans, Lentils, Black Eyed Peas

Fruits:

Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables:

Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

Seeds, Nuts, Sprouts & Raw Sugar

Liquids:

Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All-Natural Vegetable Juices

...NOT THAT!

All meat & animal products - beef, buffalo, fish, lamb, poultry, and pork.

All dairy products - butter, cheese, cream, eggs, and milk.

All sweeteners - agave nectar, artificial sweeteners, cane juice, molasses, stevia, and sugar.

All leavened bread & yeast

All refined & processed food products - artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.

All deep-fried foods - French fries, and potato chips.

All solid fats - lard, margarine, and shortening.

Beverages - alcohol, carbonated drinks, coffee, energy drinks and tea.

Fasting is not about food.

While self-denial of food is a necessary component of the Daniel Fast, you must not let it take center stage. As difficult as it may be, especially at the beginning of the fast, resist the temptation to get so caught up in what you're going to eat that you lose sight of the many benefits of fasting: physical and spiritual cleansing, heightened spiritual sensitivity, joy in serving others, and sweet fellowship with the Lord. If you become consumed with food and fail to seek the Lord, then all you're doing is a twenty-one day diet.

- The Ultimate Guide to the Daniel Fast by Kristen Feola

CALICO BEANS

½ cup onion chopped
Can of crushed tomatoes
¾ cup raw sugar
½ cup sugar
2 T. vinegar
1t. mustard
1t. salt
1 can navy beans
1 can kidney beans
1 can brown beans
1 can northern beans

Bake 40 minutes at 350 degrees or 3-4 hours in crock pot.

VEGAN "SOUTHERN" CORNBREAD MUFFINS

2 cups soy milk (I use soy)
2 1/2 teaspoons apple cider vinegar
2 1/4 cups plain yellow cornmeal
2 teaspoons baking powder
1/2-3/4 teaspoon salt
1/4 cup vegetable or canola oil
2 tablespoons Smart Balance butter, optional
2 teaspoons raw sugar, optional

Preheat oven to 350 degrees F. Spray a muffin tin with nonstick spray or line with paper liners. Pour and whisk milk and vinegar together in a small mixing bowl until blended. Let sit while you mix the other ingredients. In a larger mixing bowl, mix the cornmeal, baking powder and salt together until well blended. Then pour oil into the milk mixture, and whisk until frothy.

Mix the liquid with the dry ingredients until you have a rather thin, almost soupy mixture. (do not worry, it will firm up just fine in the oven)

At this point you can choose whether to add the butter spread (highly recommended for the authentic taste) or the sugar (for those who prefer something a bit sweeter and less savory).

Pour batter into prepared pan, and bake for approximately 20 minutes. My muffins did not brown very much, so you may have to taste test occasionally through the baking process to get the consistency that you want.

Serves: 12 muffins

Breakfast.

HONEY-ALMOND GREEN BEANS

2 tablespoons Smart Balance butter, softened
1 tablespoon honey
2 pounds green beans
2 tablespoons sliced almonds, if desired

Mix butter and honey; set aside.
Heat 1 inch water (salted if desired) to boiling in 4-quart Dutch oven. Add green beans. Heat to boiling; reduce heat. Boil uncovered 5 minutes. Cover and boil 5 to 10 minutes longer or until crisp-tender; drain.
Toss beans and honey mixture. Sprinkle with almonds.

Time Saver

If fresh green beans seem more work than you've time for, you can use two 16-ounce bags of frozen cut green beans or French-style green beans. Cook as directed on the bag, then toss with the butter-honey mixture and sprinkle with almonds

CARROT RICE NUT BURGER

3 cups uncooked brown rice
6 cups water
1 cup toasted cashews
1 lb. toasted unsalted sunflower seeds
1 sweet onion, chopped
6 carrots, chopped
1 tablespoon extra virgin olive oil
Salt to taste

In a large pot, bring the rice and water to a boil. Reduce heat to low, cover and simmer 45 minutes.
Preheat the grill for high heat.
Using a food processor, grind the toasted cashews and sunflower seeds to a fine meal. Transfer to a larger bowl.
Pulse the onion and carrots in the food processor until finely shredded, and mix with the ground nuts. Place the cooked rice and olive oil in the food processor, and pulse until smooth. Mix into the bowl. Season with salt. Form the mixture into patties.
Oil the grill grate. Grill the patties 6-8 minutes on each side, until nicely browned.

BAKED OATMEAL

1 ½ cups old-fashioned rolled oats
1 ½ cups unsweetened almond milk
½ cup unsweetened applesauce
¼ cup chopped dried apricots
¼ cup chopped dates or raisins
¼ cup chopped pecans or walnuts
½ teaspoon cinnamon
¼ teaspoon salt

Instructions

Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top.

Yield: 6 servings (serving size: 2 squares)

Recipe Notes

Spread almond butter or Date Honey on each serving.
This recipe can be doubled and baked in a 9 by 13-inch casserole dish.

CINNAMON BAKED APPLES

2 cups thinly-sliced apples, unpeeled (about 2 apples)
1 cup unsweetened apple juice
1/8 teaspoon cinnamon

Instructions

Preheat oven to 350 degrees. Place sliced apples in an 8 x 8-inch baking dish. In a small bowl, whisk apple juice and cinnamon, and pour over apples. Bake 15 minutes, stir, and bake another 15 minutes. Serve warm.

Yield: 4 servings (serving size: about 1/2 cup)

Recipe Notes

Pour over Baked Oatmeal.
Add sliced bananas, raisins, and chopped nuts.

LIGHT & TENDER WAFFLES

2 cups water
1 tablespoon apple juice
1 cup oats
1/4 cup millet or cornmeal
1/4 cup flaxseed
1/4 cup raw cashew nuts
1/2 teaspoon salt

Preheat waffle iron.
Blend all ingredients for 1 minute.
Pour mixture in waffle iron. Bake until steam stops rising and the waffle is golden brown and crisp.

VERY SIMPLE BLUEBERRY MUFFINS

1 1/2 cups whole wheat flour
1/2 cup raw sugar
2 teaspoons baking powder
1 teaspoon salt
3/4 cup soy milk
1/4 cup vegetable oil
1 cup frozen blueberries

Preheat oven to 400 degrees F. Place baking cups in a muffin pan. In a mixing bowl, combine flour, sugar, baking powder, and salt. Stir in soy milk and oil. Fold in blueberries. Pour into baking cups and bake for 25 to 30 minutes.

Makes: about 8 muffins

G—SEEKING GOD
R—GREATER RELATIONSHIP/REVELATION
O—HAVING THE SPIRIT OF OBEDIENCE
W—STUDYING HIS WORD

ROOT VEGETABLES BAKED IN PESTO SAUCE

2 large potatoes, peeled and sliced
1 large yam
4 carrots, peeled and sliced
2 large onion, sliced
5 sprigs fresh dill weed
1 bunch fresh parsley
7 cloves garlic, peeled
6 leaves fresh basil
3 tablespoons olive oil

Preheat oven to 400 degrees.
Place vegetables in a 2 quart casserole dish.
In a blender or food processor combine dill, parsley, garlic, basil and olive oil; blend to a smooth paste. Pour over vegetables.
Cover dish with aluminum foil.
Bake in preheated oven for 40 minutes or until vegetables are tender.

VEGETARIAN CHILI

1 tablespoon vegetable oil
1 large onion, chopped (1 cup)
1 medium green bell pepper, chopped (1 cup)
4 cloves garlic, finely chopped
2 fresh jalapeño or serrano chiles, seeded, finely chopped
2 cans (15 oz each) Progresso® black beans, drained, rinsed
2 cans (14.5 oz each) Muir Glen® organic fire roasted or plain diced tomatoes, undrained
1 1/2 cups water
1 tablespoon chili powder
1 teaspoon ground cumin
1/2 teaspoon coarse (kosher or sea) salt
1 cup Cascadian Farm® frozen organic sweet corn

In 4-quart saucepan, heat oil over medium heat. Add onion, bell pepper, garlic and chiles; cook 5 to 7 minutes, stirring frequently, until tender.
Stir in black beans, tomatoes, water, chili powder, cumin and salt. Heat to boiling. Reduce heat; cover and simmer 30 minutes, stirring occasionally. Stir in corn. Heat to boiling. Reduce heat; simmer uncovered 5 minutes longer.

STRAWBERRY-MELON SPINACH SALAD

Dressing

1 tablespoon orange juice
1 tablespoon honey
1 1/2 teaspoons olive or vegetable oil

Salad

3 cups bite-size pieces fresh spinach
1/2 cup sliced strawberries
1/2 cup cubed cantaloupe
2 medium green onions, sliced (2 tablespoons)

In tightly covered container, shake all dressing ingredients.
In large bowl, toss all salad ingredients with dressing.

SWEET POTATO AND PEPPER PACKET

2 medium dark-orange sweet potatoes, peeled and cut into 1-inch pieces
1 medium yellow bell pepper, cut into 1-inch pieces
2 tablespoons Smart Balance butter, melted
1 tablespoon honey
1/2 teaspoon seasoned salt
1 tablespoon chopped fresh chives

Heat coals or gas grill for direct heat. Cut 18x18-inch piece of heavy-duty foil; spray with cooking spray. Place sweet potatoes and bell pepper on center of foil.

Mix butter, honey and seasoned salt in small bowl. Drizzle over potato mixture; stir to mix. Fold foil over vegetables so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.

Cover and grill packet over medium heat 15 to 20 minutes or until sweet potatoes are tender. Place packet on serving platter. Cut large X across top of packet; unfold foil. Sprinkle with chives.

WHOLE WHEAT PANCAKES

2 cups whole wheat flour
1 teaspoon salt
2 cups soy milk
2 tablespoons honey
2 tablespoons baking powder

Blend all ingredients together in a blender or with a wire whip.
Pour onto hot griddle and bake until golden brown on each side.

Makes 8-10 pancakes.

POTATO AND GREEN ONION FRITTATA

1/4 cup olive oil
1 onion, finely chopped

4-5 green onions, chopped with the green and white parts separated
4 cloves garlic, minced
2 medium potatoes, shredded (or 2 cups of frozen shredded potatoes)
2 tsp. salt, divided
1/2 tsp. pepper, divided
2 lb. firm tofu
2-3 Tbsp. soy sauce, to taste

Preheat the oven to 350 degrees.

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 tsp. of the salt, and 1/4 tsp. 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, and soy sauce in a food processor until they are creamy.

Pour creamy mixture and the green part of the green onions over 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 onto a serving plate.

Yield: 4 Servings

Snacks & Desserts.

GRANOLA

2 C regular oats
1/2 C coconut
1/2 C sliced or chopped almonds
1/2 C sunflower seeds
1/2 C sesame seeds
1/2 C honey
1/2 C cooking oil

Stir together oats, coconut, almonds, sunflower seeds and sesame seeds. In another bowl stir together honey and oil, then stir into oat mixture. Spread mixture evenly into a greased 15x10 baking sheet. Bake at 300 oven for 30 minutes, stirring after 20 minutes. Turn onto a large piece of foil. Cook and break apart.

NO BAKE COOKIES

2 C raisins
1 C oats
1 C almonds

Food process until mixed and chopped. Press into 8x8 foil-lined pan. Refrigerate until firm. Cut into squares.

STRAWBERRY-HONEY SORBET

2 cups chopped strawberries
2 cups apple juice
1 tablespoon dried mint leaves
3 tablespoons honey
1 teaspoon grated lemon peel

Heat strawberries, apple juice, mint and honey in 1 1/2 quart saucepan over medium heat 5 minutes. Stirring occasionally; remove from heat. Cover and refrigerate at least 4 hours, but no longer than 24 hours.

Place strawberry mixture in blender or food processor. Cover and blend until smooth; strain.

Stir in lemon peel. Pour into 1 quart ice-cream freezer. Freeze according to manufacturer's directions.

Main Dishes

GARDEN PASTA SALAD

1 (16 ounce) package uncooked tri-color spiral pasta
1/2 cup thinly sliced carrots
2 stalks celery, chopped
1/2 cup chopped green bell pepper
1/2 cup cucumber, peeled and thinly sliced
2 large tomatoes, diced
1/4 cup chopped onion
Italian salad dressing (recipe below)

Cook pasta in large pot of boiling water until al dente.
Rinse under cold water, and drain.

Mix chopped carrots, celery, cucumber, green pepper, tomatoes, and onion together in large bowl.

Combine cooled pasta and vegetables together in large bowl. Pour Italian dressing over mixture and mix well.

Chill for one hour before serving.

ITALIAN DRESSING

1 cup olive or vegetable oil
1/4 cup white or cider vinegar
2 tablespoons finely chopped onion
1 tablespoon chopped fresh or 1 teaspoon dried basil leaves
1 teaspoon dried basil leaves
1 teaspoon sugar
1 teaspoon ground mustard
1/2 teaspoon salt
1/2 teaspoon dried oregano leaves
1/4 teaspoon pepper
2 cloves garlic, finely chopped

Shake all ingredients in tightly covered container. Shake before serving.

APPLE CRISP

Apples or peaches
3/4 cup 100% maple syrup
1/2 cup whole wheat flour
1/2 cup oats
1/2 cup raw sugar
Dash of salt
1/2 cup Smart Balance butter, softened

Instructions

Preheat oven to 375 degrees. Toss apples or peaches in a 8x8 baking pan. In separate bowl mix the flour, oats, sugar and salt. Cut butter in mixture until crumbly. Top crumbled mixture over apples. Heat in oven for 35 minutes.

* Can substitute apples for peaches or any other fruit.

PEANUT BUTTER N' HONEY COOKIES

2 cups dry-roaster peanuts
1 cup whole wheat flour
1/2 cup honey (warmed in microwave)
1 teaspoon vanilla
1 teaspoon salt (omit if peanuts are salted)

Instructions

Place peanuts and flour in a food processor and whiz for about 1 minute until nuts and flour are about the same texture. Place mixture in a mixing bowl and add salt. Mix in the honey and vanilla. Stir together and then mix with your hands. Pinch off pieces of dough and roll into balls the size of walnuts. Place on a cookie sheet and press flat with a fork. Bake at 350 degrees for about 10 minutes. Watch them carefully. They are done when just beginning to brown on the edges. Let them cool on the cookie sheet before removing.

Makes about 20 cookies

* Can substitute peanuts for pecans or any other nut.

CHEWY OATMEAL COOKIES

3/4 cup raw sugar
1 cup coconut milk (or you can use soy milk)
3/4 teaspoon salt
1 cup whole wheat flour
2 teaspoons baking powder
1 1/2 cup quick oats
3/4 cup raisins
1/2 cup sliced almonds or chopped walnuts (optional)
1 cup sliced fruit such as peaches, apples, pears, crushed pineapple, etc.

Instructions

Combine sugar and coconut milk in a mixing bowl, stirring until creamy. Add flour, salt, and baking powder and stir just until mixed. Add remaining ingredients, folding in the fresh fruit last.

Scoop onto a cookie sheet with a spoon. The mix should be soft, but firm enough to stay in small mounds. Flatten slightly with a fork.

Bake for about 15 minutes at 350 degrees or until lightly browned on top and bottom.

Makes about 24 cookies.

TERRIFIC TRAIL MIX

1 cup combination diced dried fruit, such as prunes, apricots, pears and apples
1/2 cup raisins and/or dried cherries or cranberries
1 1/2 cups unsalted sunflower seeds
1 cup unsalted dry-roasted peanuts (or chopped walnuts or unsalted almonds)

Mix all. Makes 4 cups

FRUIT PIZZA

Crust

1 ½ cups almond flour (meal)
½ cup roughly chopped pitted dates
½ cup chopped pecans
¼ cup unsweetened apple juice

Fruit Sauce

¼ cup Date Honey
½ cup sliced strawberries

Topping Ideas

Sliced apples, bananas, blueberries, grapes, kiwifruit, mangoes, oranges, peaches, pineapples, strawberries

Preheat oven to 350 degrees. Place almond flour, dates, pecans and apple juice in a food processor. Process until mixture forms a ball. Press dough into 10-inch circle, about ¼-inch thick, on an 11 x 17-inch baking sheet or pizza pan (rub a little olive oil on your hands if dough gets too sticky). With a fork, poke holes all across crust dough. Bake 10 minutes, or until edges are browned and slightly crispy. Remove from oven and let cool completely, about 45 minutes.

Put Date Honey and strawberries in a food processor or blender. Process about 30 seconds or until smooth and creamy. Spread fruit sauce onto cooled crust. Top with your favorite assortment of sliced fruit. Refrigerate 3 hours or until chilled.

Yield: 8 servings (serving size: 1 slice)

BANANA STRAWBERRY SHERBET

3 frozen bananas
6 frozen strawberries

Place frozen fruit in food processor.
Blend until smooth. (Careful not to let it blend too long, or it will begin to melt.)
Serve Immediately.

FLUFFY YUMMY PUMPKIN RAISIN COOKIES

1 cup sugar
1 teaspoon baking soda
1 teaspoon baking powder
2 cups flour (I use whole wheat)
1 teaspoon cinnamon
1 teaspoon salt
1/2 cup margarine (I use earth balance)
1 teaspoon vanilla
1 cup pumpkin
1/2 cup raisins

Preheat oven to 350 degrees F. Grease a baking sheet.
Mix dry ingredients in bowl.

Mix pumpkin, margarine, and vanilla, and add to dry ingredients. Mix well. Add raisins. Stir gently.

Put spoonfuls on prepared baking sheet. Bake for 10-15 minutes or until lightly browned on edges. Cookies will be soft and fluffy!

Serves: a dozen

STRAWBERRY-BANANA SMOOTHIE

1 cup almond or soy milk
1 frozen banana, peeled and sliced (about 1 cup)
1 cup whole frozen strawberries (about 6 strawberries)

Place all ingredients in a blender, and process until smooth.

Yield: 2 servings (serving size: about 1 cup or 8 ounces)

Recipe Notes:

To prepare banana ahead of time, remove peel and place in a plastic zip top bag until frozen. You may add 1 cup of ice instead of freezing the banana.