

# Fasting Recipes

## Cinnamon Baked Apples

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

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.

## Cucumber and Tomato Salad

2 cucumbers-peeled and sliced or quartered  
5 Roma tomatoes-quartered  
2 tablespoons extra virgin olive oil  
1 tablespoons rice vinegar  
Dill seasoning and salt and pepper to taste

Combine all above ingredients and shake well. Refrigerate for a few hours before serving. No carbs!! And it's healthy and delicious!!

## Sweet & Spicy Mixed Nuts

1/2 cup raw almonds  
1/2 cup raw pecans  
1/2 cup raw walnut halves  
1 tablespoon [Date Honey](#)  
1 tablespoon water  
1 teaspoon extra-virgin olive oil  
1/2 teaspoon chipotle chile seasoning  
1/4 teaspoon salt

Preheat oven to 250 degrees. Line an 11 x 17-inch baking sheet with parchment paper or lightly rub with olive oil and set aside. Put nuts in a large bowl. In a separate smaller bowl, mix Date Honey, water, olive oil, chipotle chile seasoning, and salt. Use a fork or small whisk to combine. Pour over nuts and stir until well coated. Spread nuts evenly on baking sheet. Bake 1 hour, stirring about halfway through cooking time. Cool and serve. Store in an airtight container.

Yield: 6 servings (serving size: about 1/4 cup)

### Recipe Notes

- Substitute any of the listed nuts with Brazil nuts, cashews, hazelnuts, or peanuts (not actually nuts at all, but legumes).
- Use red cayenne pepper in place of the chipotle chile seasoning (you may want to decrease the amount a little unless you like super spicy food!).
- This recipe can easily be doubled.

### Nutrition Facts

Calories per serving: 196

Carbohydrates: 7

Fat: 18

Protein: 4

Sugar: 5

Calcium: 4

## Date Honey

1 cup pitted dates (about 6-8 Medjool or 18-20 Deglet Noor)

1 cup water

½ teaspoon cinnamon

Pour dates and water into a small saucepan, making sure dates are completely covered (add additional water if necessary). Bring to a boil over high heat. Reduce heat to low and simmer 45-60 minutes or until dates are very soft and broken down. Remove from heat, and allow to cool slightly for about 15 minutes. Pour mixture (including liquid) into a blender or food processor and puree until completely smooth. Sprinkle in cinnamon and stir well. Store in a sealed container in refrigerator.

Yield: 12 servings (serving size: about 1 tablespoon)

### Recipe Notes:

Following are three of the most popular dates: a) Medjool – largest, sweetest date that is soft and tender, 2) Deglet Noor – semi-dry chewy “bread” date with a nutty flavor; not as sweet as other dates; smaller than the Medjool, and 3) Pakistani – semi-dry date that is very similar to the Deglet Noor but is slightly smaller.

## Snickerdoodle Smoothie

6 ounces silken tofu

½ cup unsweetened almond or rice milk

¼ cup Date Honey

2 frozen bananas, peeled, sliced (about 2 cups)

1 teaspoon cinnamon

1/8 teaspoon nutmeg

Place tofu, almond milk, Date Honey, banana slices, cinnamon, and nutmeg in blender. Mix until smooth.

Yield: 2 servings (serving size: about 1 ½ cups)

### Recipe Notes

- Remove peels before placing bananas in freezer. Put in a plastic zip-top bag until completely frozen.
- Substitute tofu with avocado.
- Instead of using Date Honey, soak 3-4 Medjool dates in warm water at room temperature for an hour before adding to blender.
- You can also use firm tofu, but you may need to add water or almond milk so that the consistency is not too thick.

## **Strawberry-Banana Smoothie #1**

4 ounces extra-firm tofu  
 1/4 cup unsweetened almond milk or soy milk  
 1/4 cup unsweetened apple juice  
 2 tablespoons Date Honey  
 1 cup sliced strawberries  
 1 frozen banana, peeled, sliced (about 1 cup)

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.
- Instead of using Date Honey, soak 3-4 Medjool dates in warm water at room temperature for an hour before adding to blender.

## **Strawberry-Banana Smoothie #2**

1 cup unsweetened almond milk  
 1 frozen banana, peeled and sliced (about 1 cup)  
 1 cup whole frozen strawberries (about 6 strawberries)  
 1 Medjool date, pitted  
 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.

## **Italian Salad Dressing**

1/2 cup extra-virgin olive oil  
 2 tablespoons fresh lemon juice  
 1 clove garlic, minced  
 1 teaspoon dried basil  
 1/2 teaspoon dried oregano  
 1/4 teaspoon salt

Combine all ingredients in a blender. Refrigerate until chilled.

Yield: 8 servings (serving size: 1 tablespoon)

## **Orange-Poppy Seed Salad Dressing**

1/4 cup extra-virgin olive oil  
1/4 cup orange juice  
2 tablespoons fresh lemon juice  
1 tablespoon diced red onion  
1/2 teaspoon poppy seeds  
1/4 teaspoon orange zest  
1/8 teaspoon dry mustard  
1/8 teaspoon salt

Combine all ingredients in a covered glass jar and shake well. Refrigerate until ready to use.

Yield: 8 servings (serving size: about 1 tablespoon)

## **Apple-Cinnamon Salad Dressing**

1/4 cup extra-virgin olive oil  
1/4 cup unsweetened apple juice  
1 tablespoon fresh lemon juice  
1 tablespoon diced red onion  
1/4 teaspoon cinnamon

Combine all ingredients in a covered glass jar and shake well. Refrigerate until ready to use.

Yield: 8 servings (serving size: about 1 tablespoon)

## **White Bean Soup**

1 pound dried cannellini or great northern beans  
1 tablespoon olive oil  
1½ cups diced onion  
1 cup diced carrots  
1 cup diced celery  
2 tablespoons chopped fresh garlic  
4 cups low-sodium chicken broth  
4 cups water  
2 dried bay leaves  
1 Parmesan rind (optional; see Tip)  
6 cups chopped fresh kale  
1 (15 ounce) can no-salt-added diced tomatoes with basil, garlic & oregano, drained  
2 teaspoons minced fresh rosemary

Pick over and sort beans, then rinse under cold water and transfer to a large bowl. Add 3 quarts cold water, cover, and soak at room temperature for 8 to 24 hours. (To quick-soak, see Tip.) Drain and rinse the beans. Heat oil in a large pot or Dutch oven over medium heat. Add onion, carrots, and celery; cook until starting to soften, about 8 minutes. Stir in garlic; cook until fragrant, about 1 minute. Stir in broth, water, the soaked beans, bay leaves, and Parmesan rind, if using. Increase heat to high, bring to a boil, and cook for 5 minutes. Reduce heat to low, partially cover, and simmer until the beans are nearly tender, 45 to 50 minutes. Stir in kale, tomatoes,

and rosemary. Partially cover and continue to cook until the beans are tender, 30 to 45 minutes more. Discard bay leaves and Parmesan rind, if using. Stir in vinegar and salt; season generously with pepper.

Tips: Adding a Parmesan rind to a pot of soup adds a subtle savory flavor. You can cut off the rind of any size block of Parmesan and save it for future use; rinds will keep in the freezer for 6 months.

To quick-soak beans: Place beans in a large saucepan with enough cold water to cover them by 2 inches. Bring to a boil. Boil for 2 minutes. Remove from the heat, cover and let stand for 1 h

## **Balsamic Roasted Brussels**

2 lb. brussels sprouts, halved  
1 red onion, sliced  
2 Tbsp olive oil  
1 tsp. sea salt  
½ tsp. black pepper  
½ tsp. mustard seeds  
2 Tbsp balsamic vinegar  
2 Tbsp honey  
2 tsp. Dijon mustard

Preheat oven to 425 degrees F and line a baking sheet with foil. In a large bowl, toss together Brussels sprouts, red onion, olive oil, salt, pepper, and mustard seeds. Transfer to prepared baking sheet and spread out evenly. Roast veggies for 25 to 30 minutes, stirring only once in between, until sprouts are tender and slightly browned. In a small bowl, whisk together balsamic vinegar, honey and Dijon and drizzle over roasted veggies. Serve and enjoy!

Serves: 8 Servings

## **Strawberry Snack**

Strawberries dried in the oven. Taste like candy but are healthy and natural. 3 HRS at 210 degrees.

## **Moroccan Spiced Apricot Chicken with Couscous**

8 boneless, skinless chicken thighs  
3 Tbsp Moroccan Rub\*, divided  
1/2 tsp salt  
2 Tbsp apricot preserves  
2 cups chicken broth  
1/2 cup chopped, dried apricots  
1 1/3 cups Israeli couscous  
1/3 cup snipped cilantro

Recipe Note:

*\* Moroccan rub: combine 2 Tbsp Sweet Paprika, 1/2 tsp Ground Ginger, 1/2 tsp Cumin, 1/4 tsp Cloves, 1/4 tsp Ground Cinnamon, 1/4 tsp Ground Allspice, 1/4 tsp Cayenne, 1 Tbsp Ground Coriander, 1 Tbsp Chili Powder, and 1/2 tsp crushed Caraway Seeds*

Preheat grill or grill pan over medium heat.

Combine chicken thighs, 2 tablespoons of Moroccan rub, and salt in a bowl and mix to coat the chicken.

Place chicken on grill pan (in batches if necessary) and cook 4-5 minutes per side, or until cooked through, allowing grill marks to appear on each side. Remove from heat and brush the apricot preserves over the chicken.

While the chicken is cooking, combine the broth and 1 tablespoon of Moroccan rub in a pot over medium-high heat and bring to a boil. Add the chopped apricots and couscous and cook according to couscous package directions. Stir in cilantro and serve chicken over couscous.

## **Orange Salmon Recipe**

1/4 cup fresh orange juice about 1 medium orange

2 tablespoons honey

2 tablespoons low-sodium soy sauce

1 tablespoon olive oil

2 cloves garlic minced

1/2 teaspoon ground ginger

1 (1-3) pound salmon fillet

Whisk together orange juice, honey, soy sauce, olive oil, garlic, and ginger in a 2-cup measuring cup. Place salmon in large zip top bag and pour marinade in with salmon. Close and allow to marinate 20 minutes to an hour.

When ready to cook, preheat grill or grill pan over medium heat. Brush with olive oil, remove salmon from zip top bag and place onto grill pan. Cook 2 - 5 minutes (depending on thickness of salmon), then use tongs or a large spatula and turn salmon over to the other side to cook another 2 - 5 minutes (depending on the thickness). Remove from grill pan and allow to rest about 5 minutes before serving.

## **Fish with Peppers**

1 1/2 lb white fish fillets

1 teaspoon garlic powder

1/2 teaspoon lemon pepper

2 tablespoons oil

1/2 cup low-sodium (sodium-free) chicken broth

1/4 cup no-salt-added tomato sauce

1 teaspoon capers

1/2 medium green pepper, cut into rings

1/2 medium red pepper, cut into rings

Cut fish into 4-inch pieces. Sprinkle with garlic powder and lemon pepper. Cook fish in oil in a large skillet over medium heat for 5 minutes, turning often. Add broth, tomato sauce and capers. Reduce heat, cover and simmer 10 minutes. Top with pepper rings and cook 5 minutes longer, until fish flakes easily with a fork and peppers are tender.

## **Hobo Meal**

4-6 medium chicken breasts (without skin)

Vegetables (as many as you prefer)

Baby Carrots

Sliced New Potatoes

Sliced Mushrooms

Sliced Onions

Sliced Bell Peppers

Broccoli (Separated into individual stalks)

Season chicken, let stand for 30 to 40 minutes to allow seasoning to absorb into the meat.

Place each breast in individual foil, breast first, then layer with vegetables

Secure tightly, not allowing any juices to seep out.

Cook at 350 degrees for 1 hour and 1 minutes

Allow to cool for 5 to 10 minutes then remove from foil and serve. Complete meal with boiled corn or green salad if desire.

## **Pepper-Lime Chicken**

6 boneless skinless chicken breast halves

1teaspoon lime zest, finely shredded

1/3cup lime juice

3tablespoons cooking oil

1teaspoon dried thyme or 1 teaspoon basil, crushed

1/2 teaspoon black pepper, coarsely ground

1/4 teaspoon salt

2 garlic cloves, minced

Place chicken breast halves in a resealable plastic bag set in a shallow dish. For marinade, stir together lime peel, lime juice, oil, thyme (or basil), pepper, salt, and garlic. Pour over chicken seal bag. Marinate in refrigerator for 30 minutes.

Preheat broiler. Drain chicken, reserving marinade. Place chicken on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat about 6 minutes or until light brown.

Turn chicken and brush lightly with reserved marinade. Discard any remaining marinade. Broil for 6 to 8 minutes more or until chicken is no longer pink (170°F). If desired serve with salsa and lime wedges.

## **Grilled Rosemary Chicken**

2 tablespoons lemon juice

2 tablespoons olive oil

2 minced

garlic cloves

2 tablespoons minced rosemary leaves

1/4 teaspoon sea salt

4 boneless, skinless chicken breasts

Whisk together lemon juice, olive oil, garlic, rosemary, and sea salt in a small bowl

Pour into shallow glass dish

Add chicken, turning to coat both sides with lemon juice mixture

Cover and marinate in refrigerator 15 minutes, turning chicken once

Grill or cook in oven until chicken is no longer pink