



THE ENON TABERNACLE BAPTIST CHURCH  
**DANIEL FAST**  
GROWING DEEPER IN GOD



## RECIPES

Some of the recipes below are vegan recipes and there are ingredients that may not be suitable for the individual observing the Daniel Fast. Please make modifications that take into account Daniel Fast restrictions. For example, use natural seasonings in lieu of recipes that call for salt or other restricted items.

### BREAKFAST OPTIONS:

#### **Raw Apple Blueberry Cereal**

By: Rhonda Malkmus

Website: Hallelujah Acres

Apples are a delicious, nutritious, and wonderful low sugar food. Just be sure that you buy only organic apples for eating out of hand or in recipes as commercially grown apples have a lot of toxic sprays applied.

- ¾ cup rolled oats
- ½ cup almonds
- 2 red or yellow delicious apples (peeled and cored)
- 1 cup blueberries (frozen ok)
- 1 cup apple juice
- Cinnamon (sprinkle)
- Nutmeg (sprinkle)



Soak oats and almonds overnight and drain. Chop almonds finely or grind. Cut apples into small pieces or shred coarsely in food processor with “S” blade. Combine all ingredients and add apple juice in place of milk. Sprinkle with cinnamon and nutmeg. ENJOY

#### **Crunchy Granola**

Mix dry ingredients together:

- 4 cups rolled oats
- ½ cup coconut
- ¾ cup cashews
- ½ cup sunflower or pumpkin seeds
- ¾ teaspoon salt

Mix in separate bowl and add to dry ingredients:

- 4 tablespoons honey
- 1 tablespoon vanilla
- ¼ cup oil
- 1 tablespoon maple flavoring
- ¾ teaspoon salt

Add after baked:

- ½ cup raisins or chopped dates

Toss together thoroughly and spread on shallow edged baking sheet. Bake at 325 for 60 minutes until light brown. Reduce heat to 225 and bake until dry. Stir occasionally while baking. (DO NOT ALLOW TO BURN. Should be light golden color.) Add ½ cup raisins or chopped dates one granola is removed from oven. Allow to cool and store in air-tight container.



Reverend Dr. Alyn E. Waller, Senior Pastor

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### Banana Nut Granola

- 1 cup dates
- 4 bananas
- 2 tablespoon vanilla extract
- ½ cup water
- ½ teaspoon salt
- 9 cups rolled oats
- 1 cup chopped walnuts or pecans
- 1 cup unsweetened coconut
- ½ cup sunflower seeds

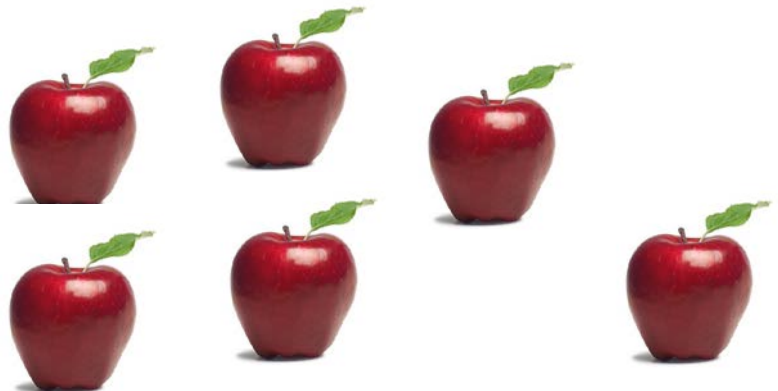


Blend dates, bananas, and water in blender until smooth. Put remaining ingredients in a bowl and add banana mixture and stir. Spread on shallow baking sheet and bake at 200 degrees for 30 minutes. Turn off oven and let granola dry out overnight. Add ½ cup of raisins in the morning.

### Apple Date Granola

- 2 cups chopped dates
- 1 ½ cup hot water
- ¾ cup apple juice concentrate
- 1 tablespoon vanilla extract
- 1 tablespoon maple extract
- 12 cups rolled oats
- ½ cup walnuts
- 1 cup cashews or almonds
- 1/2/ cup unsweetened coconut

Soak dates in hot water and then out in blender with the other liquid ingredients. Place remaining dry ingredients in a bowl and then add date mixture. Stir well. Spread on shallow baking sheet and bake at 200 degrees for 30 minutes. Turn off oven and let granola dry out overnight. Add ½ cup of raisins in the morning. (1/2 cup of dried apples may also be added).



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### Scrambled Tofu

1 tablespoon olive oil  
1 bunch green onions, chopped  
1 (14.5 ounce) can peeled and diced tomatoes with juice  
1 (12 ounce) package firm silken tofu, drained and mashed  
ground turmeric to taste

Heat olive oil in a medium skillet over medium heat, and sauté green onions until tender. Stir in tomatoes with juice and mashed tofu. Season with pepper, and turmeric. Reduce heat, and simmer until heated through.

### Oven Fried Sweet Potato Wedges

Sweet Potatoes  
Onion powder  
Garlic powder  
Seasoning salt  
Paprika  
Olive Oil

Cut potatoes into wedges. Toss with olive and sprinkle seasonings. Place potatoes on cookie sheet. Bake at 375 degrees until crisp.

### Breakfast Fruit and Rice Pudding

In a 6 x 9 casserole dish place:

2 cups cooked brown rice  
¼ cup raisins  
1 cup crushed unsweetened pineapple

Blend in blender:

1 teaspoon vanilla	¾ cup hot water
½ cup cashews	1 medium banana
3 tablespoons frozen orange juice concentrate	½ teaspoon almond flavoring

Pour blended ingredients over the rice, raisins and pineapple and stir together. Bake at 350 for 30 minutes and reheat before serving, or bake 45 minutes and serve hot. Garnish with peaches or bananas.



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### Tasty Pancakes

4 cups warm water	2 tablespoons oil
2 tablespoons agave	2 tablespoons vanilla
½ tablespoon yeast	2 cups whole wheat flour
2 cups quick oats	¾ teaspoons salt

Mix liquid ingredients together. Stir in the dry yeast; let stand for 5 minutes or until it bubbles. Then whisk in salt, flour and oats until smooth. Spoon out in 1/3 cup portions into oiled hot skillet. Turn over when bubbly all over or golden brown on bottom side. Cook on both sides. Serve with soy margarine and syrup of thickened fruit sauce.

### LUNCH/DINNER OPTIONS:

#### Mockaroni and Cheeze

2 cups dry whole grain macaroni  
½ green pepper  
1 small onion  
¼ teaspoon garlic powder  
¼ teaspoon salt  
1/3 cup olives, chopped  
½ cups cheesy sauce (recipe follows)



Cook macaroni in salted water. Dice onion and pepper. Sauté onion and pepper in a little water or oil if desired. Drain macaroni. Combine all ingredients and put in a casserole dish. Bake at 350 for 30 minutes. Garnish with sprinkles of paprika and a little parsley, if desired.

#### Cheezy Sauce (Cashew Pimento Cheeze #1)

Blend until smooth:

½ cups water	¾ cup cashew nuts
2 tablespoons sesame seeds	¼ teaspoons salt
3 tablespoons yeast flakes	1 teaspoon onion powder
dash of garlic powder	½ cup pimentos (canned)
1/3 cup lemon juice	

Delicious over steamed cauliflower or broccoli or mixed in with whole wheat macaroni and baked in a casserole for 30 minutes at 350. To thicken sauce, cook in a saucepan, stirring constantly.



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### Spaghetti Sauce

- |                            |                            |
|----------------------------|----------------------------|
| 2 cloves garlic            | 1 chopped onion            |
| ¼ cup green pepper         | 2 cups tomato puree        |
| ¾ cup tomato paste         | 1 cup water                |
| 2 tablespoons lemon juice  | *3 tablespoons date butter |
| 4 ounces mushrooms, canned | 1 ½ teaspoons sweet basil  |
| 2 teaspoons salt           | 1 teaspoon oregano         |
| ½ teaspoon onion powder    | ¼ teaspoon thyme           |
| ¼ cup dried parsley flakes |                            |

Steam onion, green pepper and garlic in small amount of water. Add remaining ingredients. Simmer for 30 minutes.  
\* Make date butter by cooking dates in water until you have a soft thick mixture.

### Oat Burgers

- |                                  |                          |
|----------------------------------|--------------------------|
| 4 ½ cups water                   | ½ cup soy sauce          |
| 4 ½ cups old fashioned oats      | ⅓ cup oil                |
| 1 diced onion                    | 1 teaspoon garlic powder |
| ¼ cup yeast flakes               | ½ cup sesame seeds       |
| ¾ cup walnuts or sunflower seeds |                          |

Cook oats in boiling water and soy sauce for about 5 minutes. Mix remaining ingredients in a separate bowl. Add dry ingredients to cooked oats and mix well. When cool enough to handle form into patties. Place on oiled cookie sheet and bake at 350 for 15-20 minutes on each side until nicely browned. May freeze extra burgers; cooked or uncooked for future use. Yields: 20-24 large burgers

### Tofu Croquettes

Sauté the first five ingredients in a large cooking pan. Add remaining ingredients and boil slowly for 1 hour.

- 1 lb. firm tofu
- 1 large onion boiled or baked potato
- ½ onion, chopped
- ¾ c. bread crumbs
- 2 T. olive oil
- 1 T. parsley
- ½ t. onion powder
- ½ t. marjoram
- ½ t. oregano
- 1 t. salt
- 1 ½ T. nutritional yeast flakes\*

Mix all ingredients together. Form into balls the size of a walnut. Bake on cookie sheet sprayed with Pam. Bake at 350 degrees for 25-30 minutes or until golden brown. Makes approximately 24 croquettes.



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### Stuffed Bell Peppers

*Recipe taken from The Guilt Free Gourmet.*

To prepare:

Slice off top of 6 medium bell peppers and clean out white ribs and seeds. OR if using zucchini slice in half long way and spoon out and discard pulp.

Mix in bowl:

2 C brown rice (cooked)

2 C vegetarian crumbles

½ C bread crumbs

1/3 C nutritional yeast flakes

Basil to taste

1 C spaghetti to tomato sauce to moisten

Salt to taste

1/3 C olives, chopped

½ onion, chopped

1 T Chik-it Seasoning

Stuff peppers or zucchini and place in casserole with 1/2-inch of water on the bottom. Cover and bake about 40 minutes at 350, or until tender, then 10-15 minutes uncovered to firm up in top.

### Lentils and Rice

*Submitted By: Melody Hord*

Website: Hallelujah Acres @ hacres.com

Eating large quantities of fresh vegetables (especially greens like collards, turnip greens, arugula, romaine, spinach, broccoli and Brussels sprouts) and luscious fresh fruits is the secret to feeling full and curbing cravings. Eating beans and lentils with your meals or on top of your salad will further keep you on track. Here's a lentil recipe that will fill you up and not out!

1 cup chopped onion\*

1 cup chopped celery\*

1 Tbsp oil (optional)

¼ cup water

4 cups water

3 Tbsp lemon juice

3 cloves garlic, minced\*

½ tsp ground coriander

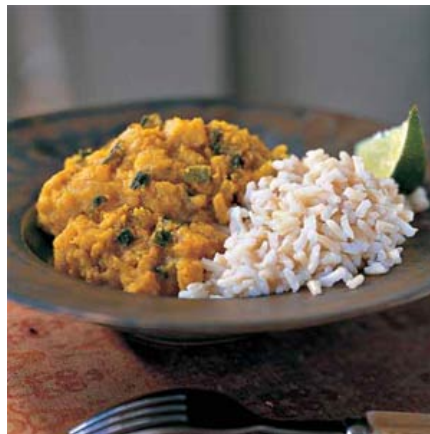
½ tsp paprika

½ tsp salt

¼ tsp black pepper

1 cup brown lentils

½ cup basmati rice



In a pot, sauté onions and celery in oil and ¼ cup water for about 8 minutes. Add extra water if onions and celery start to stick. Add garlic, coriander, paprika, salt and pepper and stir in with onion and celery. Add four cups water and lemon juice and stir everything together. Add lentils and rice and stir everything together.

Bring to a boil. Cover with a lid and simmer for around 30 minutes. Stir mixture a few times during this 30 minutes. When rice is tender, dinner is ready! \*If you are in a hurry and don't have time to chop onions, celery and garlic, just substitute ¼ tsp garlic powder and 1 ½ tsp onion powder and skip #1 in directions above.



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### Seasoned Beans

- 3 cups water
- 1 ½ cup soaked pinto beans
- ½ cup chopped onion
- 1/3 cup chopped green bell pepper
- 2 cloves garlic, minced
- ½ tsp cumin
- 1 tsp salt

Combine water and beans and simmer until beans are tender (about 2 hours), stirring occasionally. Add remaining ingredients and simmer another 20 minutes. Soak 1C dried pinto beans overnight in water and drain.

### Stuffed Shells

- 3 cup tofu
- 2 cup soy mayonnaise
- 2 tablespoon basil
- 2 tablespoon oregano
- 2 teaspoon onion powder
- 1 tablespoon garlic powder
- 2 teaspoon salt
- 20 whole wheat manicotti shells
- 4 cups tomato or spaghetti sauce

Rinse, drain and mash tofu. Put in bowl with next six ingredients, Mix well. Fill shells with tofu. Spray bottom of 9 x 13 pan with Pam and pour 1 c. of tomato sauce on bottom of pan. Place stuffed shells on sauce. Cover shells with remaining 3 c. of sauce. Bake at 350 degrees for 60 minutes.



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### Fillet of Eggplant

- 14 eggplant slices (approximately 1 large)
- 1 cup of soy mayonnaise
- ½ cup tomato sauce
- ½ cup yeast flakes
- ½ cup wheat germ or unrefined cornmeal

Cut eggplant into half-inch slices. To make coating, mix together mayonnaise and tomato paste in small bowl. Combine last two ingredients in another small bowl to make breading meal. Coat one side of eggplant slice. Dip into breading. Repeat with other side of slice. Place on a cookie sheet. Follow same procedure with remaining slices. Bake at 350 for 10 minutes. Flip over and bake an additional 10 minutes.

### Savory Steamed Kale

- ½ pound fresh kale
- 1 tablespoon olive oil
- 1/3 cup water
- 2 large minced garlic cloves
- 1/2 cup chopped onions
- salt to taste

Wash kale well. If leaves are small, do not chop. If leaves are larger, remove the coarsest part of stem and stack 6-8 leaves in top of one another. Cut crosswise into half-inch strips. In saucepan, briefly sauté garlic in olive oil on medium. Add onions and sauté for 4-5 minutes until clear. Add water and kale and turn heat to medium-high. Cover and steam until tender (about 20 minutes). Larger leaves need to be cooked longer, up to 60 minutes. Add salt to taste.

Yield: 2 cups

Note: May use collard, turnips or greens of your choice in place of kale.

### Split Pea Soup

- 1 ½ cups dry split peas
- 1 medium onion, chopped (1/2 cup)
- 1 medium rib celery, chopped (1/2 cup)
- 1 teaspoon paprika
- 5 cups hot water
- 1 teaspoon salt
- 1 cup sliced, peeled carrot
- 1 T. chicken-style seasoning

Start cooking split peas in hot water while you prepare vegetables. Add vegetables and seasoning to peas and continue cooking until tender. Total cooking time 45 to 50 minutes. Garnish each bowl with 1 teaspoon Baco Bits.



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### Hearty Lentil Soup

2 minced garlic clove  
10 cups water  
2 cups chopped onions  
2 cups diced carrots  
2 bay leaves  
¼ teaspoon celery seed  
¼ teaspoon savory  
½ cup finely chopped parsley

2-4 tablespoons olive oil  
2 ½ cups dry lentils  
1 cup chopped celery  
3 tablespoons tomato paste  
2 ½ teaspoons salt  
¾ teaspoon oregano  
2 tablespoons lemon juice

In small skillet, briefly sauté garlic in oil. Set aside. In pot, bring lentils and water to boil. Reduce heat to medium. Cover and simmer for 20 minutes until lentils are half cooked. Then add next nine ingredients. Simmer all together covered for 30 more minutes. Add lemon juice and parsley just before serving.

Yield: 10 cups

### Raw Harvest Pumpkin Soup

By: Rhonda Malkmus

Website: Hallelujah Acres @hacres.com

3 cups raw pumpkin OR butternut squash (peeled and diced)  
2 ½ cups distilled water  
1 orange (peeled, quartered, and seeded)  
1 red bell pepper (quartered and seeded)  
1 cup frozen corn kernels (thawed)  
1 tsp raw unfiltered honey  
½ avocado (pitted)  
½ tsp Celtic or Himalayan salt (or to taste)  
¼-inch piece of ginger (peeled)  
1 garlic clove (optional)  
Pinch of cinnamon  
¼ cup raw pumpkin seeds



Place all ingredients in a Vita-Mix or other powerful blender and process until creamy. Divide into 4 soup bowls and garnish with raw pumpkin seeds and fresh thyme. Organic ingredients are always recommended.



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### **Creamy Carrot Ginger Soup with Lime**

- 3 cups carrot juice
- 1 small, ripe avocado
- 1/3 cup coconut meat
- 1/4 cup lime juice
- 2 tablespoons agave nectar
- 1 tablespoon minced ginger
- 1/4 teaspoon cayenne
- 1/4 teaspoon sea salt
- 2 tablespoons avocado-lime oil for garnish (optional)
- Few sprigs of cilantro for garnish (optional)

In a Vita-Mix or high-speed blender, puree all the ingredients until completely smooth. Taste for seasoning. Divide among serving bowls. Garnish with a drizzle of avocado-lime and a few cilantro leaves in the middle and serve immediately, or gently warm the soup as directed above and then serve.

### **Tofu Cottage Cheese Salad**

- 2 lb. firm tofu
- 4 T. soy mayonnaise
- 1 t. salt
- 2 t. onion powder
- 1/2 t. garlic powder
- 2 T. dried parsley
- 1 carrot grated (optional)
- 1/4 red pepper, chopped (optional)
- 1 celery stalk, chopped (optional)
- 1 scallion, chopped (optional)

Rinse, drain and mash tofu. Add remaining ingredients and mix. Chill. Serve on a bed of lettuce or as a spread for sandwich.

### **Egg-less Egg Salad**

A vibrant-yellow macadamia cream salad with diced celery, scallions, and red peppers.

- 1/2 cup pure water
- 1/2 cup fresh lemon juice
- 1 1/2 teaspoons turmeric
- 2 cloves garlic, peeled
- 1 1/2 teaspoons sea salt
- 1 1/2 cups raw macadamia nuts or cashews
- 1/2 cup chopped scallions
- 1/3 cup chopped celery
- 1/2 cup chopped red bell pepper

In a high-speed blender, combine the water, lemon juice, turmeric, garlic, sea salt and nuts and blend until smooth. In a medium mixing bowl, combine the contents of the blender with the scallions, celery, and bell peppers, Mix well and serve.



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### **Kale Salad**

- 8 cup chopped kale
- ½ cup small black olives
- 1 red & yellow pepper, cut in strips
- ½ Bermuda onion, chopped
- 2 T. each olive oil & lemon juice

Note: May use collard, turnips or greens of your choice in place of kale. Mix ingredients together. Add favorite no-salt seasoning

### **Broccoli Salad**

- 2 broccoli stalks, chopped
- ½ cucumber, sliced and quartered
- 2 green onions, chopped
- 1 small tomato chopped
- 1 garlic clove, minced
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 cup frozen green peas, thawed
- ½ teaspoon oregano



Mix ingredients together. Add salt and pepper to taste. Serve on a bed of romaine lettuce.

### **Couscous-Fruit Salad**

- 1 cup couscous
- 1 cup water
- 1/3 cup. chopped celery
- 1/3 cup chopped red onion
- 10 apricots soaked in ¼ c. orange juice
- ½ cup white raisins (optional)
- ¼ cup oil
- ½ cup orange juice
- 1 tablespoon honey
- ½ cup chopped walnuts or almonds

Microwave water and couscous for six minutes. Allow to cool. Chop apricots. Add apricots, raisins and vegetables to couscous and mix. Blend remaining ingredients together and pour over couscous mixture. Chill. Add nuts before serving.

If not using the microwave method, boil water and add couscous. Add to cook for 3-4 minutes, cover with lid, and remove from heat. After 5 minutes, fluff with fork. Allow to cool. (Follow the above instructions.)



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### Field Pea and Sweet Corn Salad

- 1 15oz. can of field peas (black, pinto or other beans), rinsed
- 1 16 oz bag of frozen sweet corn, thawed
- ½ red onion, diced
- ½ cup cilantro leaves, chopped
- 2 roma tomatoes, diced
- ¾ cup salsa
- ½ Teaspoon ground cumin
- ½ teaspoon paprika
- Juice from 1 lime

Combine all ingredients, stirring well. Cover and refrigerate at least 20 minutes before serving to allow for flavors to develop. (Serves 4-6)

### Tabouli

- 2 cups bulgar wheat
- 3 cup hot water
- 1 teaspoon salt
- 2/3 cup lemon juice (fresh lemon juice)
- 6 tablespoon olive oil
- 4-5 large garlic cloves, minced
- 3 cups chopped parsley
- 1 ½ cup chopped cucumber
- 1 cup sliced green onion
- 1 cup red pepper chopped
- 2 large carrots, grated
- 2 cups celery, diced
- 2 cup cooked garbanzo beans
- 1 large tomato, chopped
- ½ cup Kalamata olives, chopped



Combine first three ingredients and let stand for 30 minutes. Mix together remaining ingredients and add bulgar. Season to taste. Allow to chill. If not using the microwave method, boil water and add couscous. Add to cook for 3-4 minutes, cover with lid, and remove from heat. After 5 minutes, fluff with fork. Allow to cool. (Follow the above instructions.)



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### Raw Better Than Tuna Salad

By: Rhonda Malkmus

Website: Hallelujah Acres

2 cups carrots (finely shredded)

1 medium red bell pepper (seeded & chopped fine)

2 celery stalks (chopped fine)

½ sweet red onion (chopped fine)

½ cup fresh parsley (minced)

½ teaspoon kelp

½ teaspoon Celtic OR Himalayan salt

4 tablespoon Grape Oil Vegenaise (purple label)

Place veggies in bowl and combine with dressings and seasonings. Mix well and allow flavors to mingle for at least several hours. May be served on a bed of dark green lettuce, in a sandwich, or pita pocket, or used to stuff tomatoes or fill a cucumber boat. Enjoy \*Organic ingredients are always recommended.

### DESSERT OPTIONS:

#### Applesauce Cookies

1 cup chopped dates

¾ cup oil

1 cup unsweetened applesauce

1 teaspoon vanilla

1/2/ honey

½ cup chopped nuts

4 cups rolled oats, not Quick or instant oats (Old Fashioned Oatmeal)

½ teaspoon sea salt

1 cup raw/unsweetened coconut (optional)



Blend oil and dates together in blender or food processor. Add to applesauce and vanilla. Stir in additional ingredients and mix well. Drop by teaspoonfuls onto cookie sheet sheets that have been sprayed with PAM. Bake at 325 for 25-30 minutes, or until nicely browned. Let cool before removing from pan.

#### Haystack Cookies

Mix together:

½ c. whole wheat flour

½ c. oatmeal

2 ½ c. coconut

1 ½ t. salt

2/ c. chopped walnuts

2 cups date butter\*

Using small ice cream scoop, form into cookies in a haystack shape and place on oiled cookie sheet. Bake at 350 for 3-40 minutes, or until lightly browned. \* Make date butter by cooking dates in water until you have a soft thick mixture.



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### Tofu Cheesecake

**Crust:**  
Make one recipe Granola Crumb Crust and press evenly into bottom 9 x 13 baking dish.

**Filling:**

4 cups mashed tofu	2 tablespoons honey
1 ½ teaspoons salt	2/3 cup honey
½ cup oil	
¼ cup pineapple juice	
½ teaspoon lemon extract or 1 tablespoon lemon juice	
½ teaspoon coriander	

Rinse, drain, mash and measure tofu. Put tofu in bowl and add remaining ingredients. Stir together well. Blend half of filling on high until velvety smooth, stopping blender 2-3 times to stir contents. Pour over crust. Repeat procedure with other half. Spread filling evenly over crust. Bake at 350 for 2-30 minutes until edges are lightly browned and middle is firm. Remove from oven. Cool slightly. Cover with 4 cups strawberry or blueberry topping.

Yields 1 9 x 13 cheesecake

### Cranberry Fruit Sauce

Fresh cranberries  
1 quart water  
4 apple, peeled cored and sliced  
½ cup water  
¼ cup frozen apple concentrate  
1 can unsweetened crushed pineapple



Wash and sort cranberries: cook covered in water until berries pop. Pour off excess liquid and save. (To make cranberry juice add 4-oz cranberry juice to 4-oz apple juice, pineapple juice, or orange juice and count 1 Fruit unit.) Cook apples covered in ½ cup water and fruit concentrate for 30 minutes, or until soft. Combine cranberries, apple, and pineapple and continue to cook covered for about 20 minutes. Serve hot, or cold as fruit sauce. Delightful over toast, pancakes, waffles, or with cottage cheese. Serve with holiday roast. Keeps many days in refrigerator.





