



2 0 1 6

The Chosen Fast



The Chosen Fast...rewards health, wealth, walk and warfare...
a course correction for a clear vision.
Isaiah 58

JANUARY 3—17



FRESH FOOD like no other!

**3000 E Ponce De Leon Ave
Decatur, GA 30033**

404-377-6400

OAK PARK CHURCH

The Chosen Fast

2 0 1 6



FREE of Sugar, Dairy, Chemical & Meat

Veggie & Salads

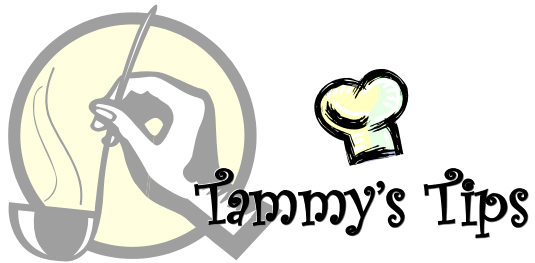
Soups

Breads

Entrée's

Casseroles

Sweet Endings



2016 Daniel's Fast

Begins Sunset on Sunday, January 3

Ends Sunset on Sunday, January 17



Media Fast

January 8 — Focused Prayer 7pm



BOCCA BURGERS, CRUMBLES VEGGIE PATCH frozen foods

Serve **Meatless Meatballs** on **Whole Grain Spaghetti** with **Sugar-Free Ragu** sauce or serve with stir-fry vegetables or top with mushrooms.

These Meatless Meatballs are easy and nutritious!

Ragu Light No-Sugar-Added Tomato & Basil Sauce is basic so ADD spices, onion, etc.

to season it up!

1/2 cup = 50 cal, 1 gm fat, 6 gm digestible carbohydrate



Daniels's TACO SALAD

Use Veggie Cheese & Sour Cream, Black Beans, Onions, Lettuce, Avocado, Fire-Roasted Diced Tomatoes.

Fry Crumbles with Taco Seasoning...layer and eat!



Available at
Grocery stores...

100% JUICE
candy...
enjoyed by
all ages!



Available at GROCERY STORES



To sweeten
any dish use:
BLUE AGAVE

...organic from the
Heart of the
Agave plant.
Low glycemic index pre-
vents spikes in blood sugar.



Always good for
you...minus the
butter & sugar.
**Orville's NATURAL
POPCORN.**



A veggie snack that even the kids
love are called:
VEGGIE STRAWS or CHIPS
Made from potatoes, and flavored
with tomatoes, salt & spinach
these crunchy things are a favorite!

ENERGY BUILDER COOKIES

Estelle Rogers

Substitutes listed <inline> for non-dairy diets / fasting

- 1 1/4 cup Sugar >> Stevia
- 2 eggs >> No Sugar Added Applesauce
- 1 tsp. Soda
- 1 tsp. Baking Powder
- 1 tsp. Cinnamon
- 1 3/4 cup All Purpose Flour >> Whole Wheat or Oat Flour
- 1/4 tsp. nutmeg
- 1 cup butter >> No Sugar Added Applesauce
- 6 Tbsp Honey or Molasses
- 1/2 tsp. salt
- 2 cups Quick Oats
- 1/2 cup Wheat Germ or ground Flax
- 1 tsp. Vanilla, Almond, or Butternut flavoring
- Nuts, Raisins, Coconut >> 1/4 to 1/2 cup each per your taste

Cream sugar-or-Stevia & butter-or-applesauce; add eggs-or-applesauce;
add alternately the remaining ingredients with the honey-or-molasses.

Add nuts, raisins, coconut as you desire.

Drop by teaspoonful on ungreased cookie sheet.

Bake 350 degrees for 10 minutes.

CONGO SQUARES

Estelle Rogers



- 1 - pound box of Brown Sugar >> 2 cups brown Splenda
 - 3 eggs >> No Sugar Added Applesauce
 - 2/3 cups melted butter >> No Sugar Added Applesauce
 - 1 small bag chocolate chips >> 1 cup carob chips
 - 1 cup Pecans - chopped
 - 2 1/4 cups All-Purpose Flour >> Whole Wheat or ground Oats
 - 2 1/4 tsp. Baking Powder
 - 1 tsp. Vanilla
 - 1 cup whole, pitted dates chop & toss in Stevia (to keep separated)
- Mix all ingredients together at once.

Bake in a flat pan (one-inch-wall type cookie sheet) @ 350 degrees 25 minutes.



VEGGIE SOUP

Tammy Cooper, Florida

4 large **leeks**, slice in rings/wash VERY WELL
 4-6 large **carrots**, cleaned and diced
 1 **garlic bulb**, peeled and finely diced
 6 large and fairly ripe **tomatoes**, quartered
 1 large head of **cabbage**, washed, chopped roughly
olive oil
veggie stock (not broth) or **Knorr veggie cubes**
 Salt & Pepper
 (see spice note at bottom)



****optional item to add is pasta of your choice (whole wheat, veggie, etc.)**

Sauté leeks and carrots in olive oil. (*if not fasting, add butter*)
 In a separate wide bottom pot, saute tomatoes in olive oil to *caramelize them to brings out the flavor in a fantastic way!*
 Add salt and pepper to the tomatoes (if not fasting, add butter.)
 To the leeks & carrots, add garlic, then cabbage.
 Toss until all mixed, then add stock or Knorr veggie cubes.
 (*if not fasting, use chicken stock and Knorr chicken cubes*)
 Add enough liquid to just cover cabbage. *It will cook down.*
 Add tomatoes into soup pot.
 Taste for seasonings.
 Cook until cabbage is tender, simmer for about an hour.

Feel free to add fresh herbs such as rosemary, thyme.

I created a spice blend which has coriander, cumin, cinnamon, cloves, fennel, anise, cardamom and dried chilies.
 It is really this blend that makes the soup so good....
 Try your hand at creating your own seasoning blend!

Serve with **CORN BREAD / JOHNNY CAKES / SKILLET CORN GRIDDLE CAKES**

Fasting substitutes you can choose to use are:

- WATER for the milk - **RICE MILK** is a tasty, sugar free alternative to milk!
- APPLESauce for the egg
- HONEY to sweeten and serve with also!

Daniel's Fast is to be **FREE** of: Sugar, Dairy, Chemical & Meat

It is best to **avoid** refined and chemically made sweeteners such as white sugar, xylitol, corn syrup, etc. Many of the a "raw" sugars on the market are simply white sugar with a bit of molasses added back to give them a brown color. Just check labels to become an informed consumer! Stevia is natural sweetener (if labeled "blend" - not good)



SAMPLE MENUS

BREAKFAST

Peanut butter mixed with honey can be added to bowl of hot Oatmeal
 Fresh Fruit...Tangerines, Bananas, Apples
 Juice...100% pure NOT from concentrate <<--- Sugar-free
 Water...begin the day right!

LUNCH

Veggie** or Progresso Soup.....and Hot Water-Corn Bread (see recipe)
 Bocca Veggie Burger on a Deli Flat....serve w/Mustard, Onion, Tomato, Avocado
 Green Salad with Lemons & EVOO < add Cucumber, Onion, Tomato, Avocado
 Serve with >> On The Border Cafe Style Tortilla Chips

DINNER Entree & Sides

Brown Rice and Black Beans w/chopped onions
 Roasted Cauliflower
 Fresh/Frozen/Can: Green Beans, Sweet Peas, Carrots, Broccoli, Potatoes, Yams, Mushrooms, Squash, etc.
 Bean Salad <cans of beans: Butter Beans, Purple Hull Peas, Jalapeno Field Peas
 Stewed Yellow Squash <sliced, add sliced onions, S&P to taste, 2 Tbls Honey
 Spaghetti & Meatballs <---Whole Wheat Noodles, Italian Veggie Meatballs,
 RAGU Light <---Sugar-free Spaghetti Sauce
 Veggie Soup and Hot Water-Corn Bread (see recipes)
 Veggie Sauce over Whole Wheat Pasta
 Meatless-CHILLI (Veggie Ground) and Whole Wheat Crackers

SNACKS / DESSERTS

Fresh fruits....Always keep in kitchen, dining, breakfast & family rooms is a great idea.
Nuts...walnuts, pistachios, peanuts, etc. <Sugar-free
Can Fruit....Peaches, Pears, Mixed Fruit <100% Real / Sugar-free
Popcorn....Natural <<---No Butter or Kettle (sugar)
Applesauce...100% Real / Sugar-free <sprinkle w/Cinnamon
Veggie Straws & Hummas.....enjoy with whole wheat SunChips
Rice Cakes....Plain, sugar-free
 On The Border Cafe Style **Tortilla Chips**
 Energy Builder **Cookies** & Congo Squares



P/B Granola Balls NO COOK ENERGY SNACK Jim Barlar

A relatively healthy, homemade treat easy to prepare with zero cooking. Customize for your family! Makes approximately 24 one-inch peanut butter balls.

Ingredients:

- 1 cup Quaker Old-Fashioned Oats
- 1/2 cup Ezekiel 4:9 Cereal w/Almonds
- 1/4 cup Golden Raisins / or Cransins
- 1/4 cup Walnuts
- 1/4 cup Wheat Germ
- 1/4 cup Dried (or fresh) Fruit
- 1/4 cup Coconut
- 1/2 cup Maple Syrup

- 1/4 cup Blue Agave
- 1 cup All Natural Creamy Peanut Butter
- 1 cup All Natural Crunchy Peanut Butter
- 1 teaspoon pure Vanilla extract (*not imitation*)

Directions:

Combine all ingredients -- mix Peanut butter, Vanilla & syrups in a large bowl. Mix well and roll batter into balls.* Place in mini-cupcake papers. *OPTIONAL

Chill in the refrigerator for about an hour. Store air tight.

BANANA-CHIP MUFFINS Tammy Scott

Combine in a large bowl:

- 1 3/4 Whole Wheat Flour
- 1 1/2 cup Stevia or Splenda
- 2 teaspoons Baking Powder
- 3/4 teaspoon salt

Add and stir until moistened:

- 1/2 cup Soy or Almond milk
- 1/4 cup Honey
- 1/3 cup Vegetable Oil
- 3 ripened Bananas mashed
- 1/2 cup Unsweet Applesauce

Fold in:

- 1 cup Enjoy Life Chocolate Chips (*found at Whole Foods*)
- Optional: Add your favorite nuts

Fill 3/4 muffin pan cups
Bake **400 degrees 20 minutes**



BOCA VEGGIE BURGERS...serve on whole wheat sandwich rounds. Season just like you do burgers and sauté in olive oil. Spread with mustard, add slice onion, tomato, and avocado too!

BOCA BURGERS are meatless, dairy free, made with nutritious goodness of soy, they help deliver vital nutrients your body needs— like protein, fiber, and calcium.

BEST CHILI

Tammy Scott

1 bag of **BOCA CRUMBLES** < in frozen foods

1 can of **BUSH's CHILI MAGIC**

1 can of **Fire Roasted Diced Tomatoes**

In a heated, well oiled skillet Pour the frozen CRUMBLES and stir-fry until browned, thoroughly heated.

Optional :: add 1 onion chopped

OPEN CANS and pour into meat. Allow to cook and flavors "marry". Bake some Water Cornbread to make this a complete meal with a salad.



Skillet Corn Griddle Cakes

Tammy Scott

- 1 Tablespoon EVOO
- 1 1/4 cup Fresh Corn Kernels
- 1/4 cup Whole Wheat Flour
- 1/4 cup yellow Cornmeal
- 1/4 teaspoon Kosher Salt
- 1 teaspoon Baking Powder
- 1 Tablespoon Splenda or Stevia
- 1/2 cup Soy or Almond milk
- Egg Substitute = 1 egg
- 1 Tablespoon Vegetable Oil
- 1 Tablespoon chopped Onion

Suggested toppings :: sour cream, chopped tomatoes, green onions, ricotta/feta cheese & reserved corn kernels.

Directions ::

Heat oil - add corn and sprinkle with salt. Cook without stirring 3-4 minutes until corn is sizzling. Shake pan and continue cooking 16 minutes until corn starts to brown.

Reserve 2 Tablespoons corn for topping.

Mix together in a medium bowl the dry ingredients and whisk in liquids.

Wipe out skillet, refresh and Heat oil Drop batter by 2 Tablespoons cook till brown - like pancakes.



ROASTED ASPARAGUS SALAD

Tammy Scott

2 lbs fresh **Asparagus**
 1/2 cup **Olive Oil** (will be used by Tblsp)
 1 1/2 Tbsp fresh **Basil**, chopped
 1/2 tsp **Lemon Pepper**
 1/2 tsp **Salt**
 1/2 cup **Balsamic Vinegar**
 1 **Garlic** clove, minced
 1 cups **Cherry Tomatoes**, halved
 1/2 cup **Sweet White Onion**, chopped
 1 head **Lettuce** (Bibb or Boston)

1. Preheat oven to 425°. Snap off and discard tough ends of Asparagus; remove scales with a potato/vegetable peeler, if desired.
 2. Stir together 1 Tbsp. Olive oil, 1 1/2 tsp. chopped Basil, 1/2 tsp. Lemon Pepper, and 1/4 tsp Salt in a large bowl.

3. Add Asparagus to Olive oil mixture and toss gently to coat. Place Asparagus on a lightly greased baking sheet.
 4. Bake Asparagus at 425° for 13-15 min. or to desired degree of tenderness. Cool 10 min.
 5. Whisk together Balsamic Vinegar, garlic, remaining 7 Tbsp Olive oil, 1 Tbsp Basil and 1/4 tsp Salt.
 6. Toss together Tomatoes, Bell Pepper, Onion, and 1 Tbsp Balsamic Vinegar mixture.
 7. Arrange lettuce on individual serving plates. Top with tomato mixture and Asparagus. Add avocado just before serving. Drizzle with remaining Balsamic Vinegar mixture.

SWEET CORN & ZUCCHINI

Sauté together in 2 Tbsp Olive oil for approx 5 min

2 cups cubed Zucchini
 1/2 cup Sweet White Onion

Add to sauté mixture...
 2 cups frozen Sweet Corn
 2 Tbsp Taco seasoning mix **

Cook until tender and serve.

**Option: add 1 fresh chopped Jalapeño pepper.

RICE PILAF

Prepare ahead 2 cups Brown Rice
Sauté 1 cup Red Onion diced in 3 Tbsp Olive oil
Stir in:
 1 1/2 cup halved seedless red grapes
 1/2 cup dried Cranberries
 2 Tbsp Balsamic Vinegar
 2 cups Brown Rice, cooked
 3/4 cup toasted Pecans, chopped
 1/2 cup fresh Parsley & 1/2 tsp Salt

Cook, stirring, until heated through and serve.
 Yield 6 servings

FRESH SPRING COUSCOUS

Tammy Scott

Prepare: 1 pkg plain **CousCous** according to package directions.
Stir in: 1/2 cups small sweet **English Peas** (thawed), 3/4 cups **Feta Cheese**, 1/3 cup sliced **Green Onions**, 1/4 cup chopped fresh **Mint**, 2 tsp **Lemon Zest**, 3/4 tsp **Black Pepper** and **Salt** to taste. **Serve!**

Note: Omit the Feta Cheese while on the Daniel Fast.



POLENTA CRUST CASSEROLE

Tammy Scott

3 cups water
 1 teaspoon Salt
 1 cup plain yellow cornmeal
 1/2 teaspoon Montreal steak seasoning
 1 cup shredded sharp Cheddar cheese - divided (4 oz) *Daniel Fast: use Veggie Cheese
 Olive Oil
 1 cup chopped Onion
 1 lb Boca Crumbles <pre-cook by frying in pan with Vegetable Oil until brown
 1 medium Zucchini, cut in half lengthwise sliced (yields 2 cups)
 2 cans (14.5 oz) petite diced, fire roasted tomatoes - drained
 1 can (6 oz) tomato paste
 2 Tablespoons chopped fresh, flat-leaf parsley
 Lightly greased 11x7 inch baking dish

Boil water, salt and whisk in cornmeal - reduce heat to low and simmer and whisk constantly 3-minutes until thickened. Remove from heat add in seasoning and 1/4 cup Cheddar cheese (reserve back 3/4 c) . Spread in baking dish.

Heat fry pan and Vegetable Oil add Boca Crumbles fried in pan in til brown + drain on paper towels Heat fry pan and Vegetable Oil add Onion and Zucchini over medium heat 5-minutes til brown, crisp and tender.

Stir in Boca Crumbles and pour mixture over cornmeal crust - sprinkle top with the reserved cheese.

Bake 350 degrees - 30 minutes.
 Garnish with parsley. Makes 6 servings

ZUCCHINI CAKES 8-10 cakes

Tammy Scott

**Grate Zucchini down one side until you reach the seeds, then rotate. Continue until only the seed core is left. Zucchini and onion are watery, roll in paper towels+press or use a salad spinner. This keeps batter from being too runny.

In a large bowl combine grated Zucchini and Onion with flour.
 4 cups grated Zucchini
 1/2 cup grated Onion
 1 cup whole wheat flour
 Whisk in eggs, salt, baking powder and then combine with Zucchini mixture.

Egg Substitute = 2 eggs
 1 teaspoon Kosher salt
 1/2 teaspoon baking powder
 Heat half the oil at a time, in a nonstick pan over medium heat.
 4 Tablespoons EVOO, divided

Use 1/3 cup measure to fill and drop mixture into pan. Flatten mounds of batter in fry pan with the bottom of a cup. Fry until golden about 4 min per side. Drain on paper towels. Garnish with sprigs of fresh parsley and *Parmesan. *Daniel Fast: use Veggie Cheese

FRESH CORN-RICE SALAD

TAMMY SCOTT

Start with **4 ears of CORN**. Husk them and remove silk with a stiff brush; rinse. Cut kernels from cob (yields 2 cups). Cook corn, covered, in a small amount of boiling, salted water for 4 minutes. Drain, then mix with 1.1/2 cups cooked, cooled **BROWN RICE**. Stir in one 10-14.5 oz can undrained **DICED TOMATOES** and green chili peppers. Serve at room temperature - garnish top with curls of **RADISH** or chopped red sweet peppers. Serves 6



VEGGIE SOUP

Tammy Scott

Two—28 oz cans **Petite Diced Tomatoes**
One of these cans filled with **Water**
One—12 oz bag frozen Sweet **Corn**
1 Cup frozen **Butter Beans**
1 Cup frozen English **Peas**
1 Cup frozen **Okra**
1 Cup fresh **Carrots**—sliced
2 fresh **Zucchini**—sliced
1 **Onion**—chopped
1 **Garlic** clove—chopped
2 **Celery** stalks—chopped

4 **Red Potatoes**—cubed
Salt & Pepper—season to taste
I also use a Cajun type seasoning
(**Tony Chachere's**) for a extra pop.

You can find this at any store.

COOK until carrots & potatoes are fork tender. If too thick—add a little water.

Ummm... Good! You won't miss the meat!

VEGAN LASAGNA

Tammy Scott

Some key ingredients are needed so plan ahead! Serve with salad, tomatoes, and Italian dressing.

Ingredients & Directions:

1/2 cup onion, chopped, saute in EVOO
1 clove garlic - saute with onion
ADD 1 BOX each of SMART GROUND (Veggie Protein Crumbles): Original & Mexican Style. Heat til just heated through....remove from heat.
Spray baking dish with Olive Oil (*Pam or other brand*) cover with Layer #1 of spinach or whole wheat Lasagna noodles cooked as box directs. Cover with Spaghetti

Sauce (your choice/sugar free)

Layer #2 : 1/2 of the SMART GROUND meat mixture. Use teaspoon and dot the top of meat with small amounts of Tufutti Cream Cheese & Tufutti Sour Cream

Layer #3 sprinkle with Veggie Shredded Mozzarella Cheese (2 packages)

REPEAT LAYERS & BAKE 350 degrees until bubbles.

MEATLESS VARIATION: Omit meat and use fresh Zucchini - cut long, thin slices and saute in olive oil. Zucchini, sliced Black Olives, Mushrooms, etc.

VEGGIE PASTA

Tammy Scott

1 box **Whole Wheat Pasta** cook + drain
1 Tbsp. **Olive Oil** toss in pasta

2 Cups fresh **Mushrooms**—sliced
2 Cups fresh **Zucchini**—sliced
1 fresh **Red Bell Pepper**—cut up
1/2 **Onion**—chopped
1 **Garlic** clove
1 Cup **Cherry Tomatoes** - slice/set aside

Cook and drain the pasta and toss in 1 tbsp Olive Oil and set aside.

Sauté veggies in Olive Oil until tender.

When veggies are done, drop in the sliced Cherry Tomatoes and then toss all in with the pasta and serve while hot.

ANGELA'S FAST VEGGIE SOUP

Tammy Cooper

1 28 oz. can **diced or crushed tomatoes**
1 6 oz. can **tomato paste**
1 can of **tomato sauce**
1 can (*drained*) each of **kernel corn**; **green beans**; **potatoes**; **English peas**; **carrots**.
Salt and pepper to taste
2 medium **onions** diced
1 teaspoon **garlic**
4-5 **Bay leaves**

Add **water** to cover items—cook in slow cooker for 30 min-1 hr or on stove top.
Can also add **mushrooms** or other veggies you enjoy just be creative.

Oneness Veggie Pasta Sauce

Gayla Hurst

One of everything:

1 **bell pepper** (*any variety; I used 1/3 red, yellow and orange*) diced, small
1 large **sweet onion**, diced small
1 Tblsp **Italian seasoning**
1 whole **garlic clove**, diced
1 teaspoon **salt and pepper**
1 cup diced **Zucchini squash**
1 cup sliced **mushrooms**
1 cup diced fresh **tomatoes**
1 large can (28 oz) crushed tomatoes*

1 Tblsp olive oil (*or as much as you need to keep veggies from sticking to pan once you cover with a lid, steam will create a barrier that will keep from sticking, if you stir often*)

***additional crushed tomatoes can be added if you want to make more sauce, and any other veggies you prefer.**

Put olive oil in large sauce pan on med heat. Add all chopped veggies, stirring for 1 minute. Turn down to low, cover with lid, simmer 15 minutes. Add crushed tomatoes, simmer 30 min, stirring every 5 min. Add salt & pepper (*adjust according to preference*). Pour over pasta of choice. I cook my pasta 1 minute less than the box says to. Drain, then add a little olive oil, salt and pepper and garlic powder, and parmesan cheese (*if not on Daniel fast*), before adding sauce.



HOPPIN JOHN SALAD

Tammy Scott

1 1/2 cups cooked Brown Rice
1/2 cup fresh lemon juice
1/2 cup olive oil

1 Jalapeno Pepper—seeded & chopped fine
1 garlic clove, pressed
1 tsp Salt + 1/2 tsp Black Pepper
1 15-ounce can field peas, drain + rinse
1/2 cup finely sliced green onions
1/2 cup fresh celery, chopped

1/2 cup fresh Parsley, finely chopped
1/4 cup Green Onions—sliced

Cook Rice.

Whisk together: Lemon juice, Olive oil, Jalapeno Pepper, Garlic, Salt & Pepper in large bowl.

Stir in: Rice, Peas, Celery & Parsley.

Toss: gently. **Chill:** 2 hours.

Strawberry Avocado Salad

Tammy Scott

Whisk together: 1/4 cup fresh lemon juice, 2 Tbsp Olive oil, 2 Tbsp Honey, 1 3/4 tsp Black Pepper, 1/4 tsp Salt in a large bowl.

Add: 2 cups sliced fresh Strawberries, 1 large Avocado-diced, 1/4 cup sliced green Onions, 1/4 chopped fresh Cilantro (Chinese Parsley)

Toss to coat and serve over fresh lettuce: your choice of Arugula, Bibb or Boston

Salad & Fruit Tips



Make fruit your table center piece!

Dress up salads by adding **dried and fresh fruits** and top with **asparagus tips**.



Blend favorite fruits together to make ice bars for dessert!



SPICY TOMATO SOUP

Debbie Skaggs

1/2 cup of dried minced onions
1 jar of spaghetti sauce
3 1/2 cups of water
1 can diced tomatoes w/green chilies
1 cup of celery sliced
1 cube of vegetable bouillon
1 teaspoon of pepper

Combine all ingredients in greased slow cooker. Heat on high 3 to 4 hours. Serve with spring salad mix drizzled with oil and vinager as dressing. I like to add Italian pepperoncini's, banana pepper rings, and jalapenos for an extra kick!

ITALIAN VEGETABLE SOUP ALL NATURAL

Sandra Taylor

WASH, CHOP and SAUTE:

3 stems of Celery
3 Green Spring Onions
3 Cloves of Garlic
Saute in EVOO or Canola Oil.

1 heaping Tablespoon Italian Seasoning
Salt & Pepper to taste

In a large pot mix the following:

2 - 14.5 oz cans Fire Roasted Diced Tomatoes (Garlic)
1 - 4-cup package Vegetable Broth
2 cups water
3 carrots - clean, peel, slice
1 bag 12 oz Italian-style frozen vegetables

Cook 15 minutes bring to boil then ADD 1/2 large Cabbage head - clean and cut into strips.

Turn off heat and let sit covered 30 minutes until cabbage is cooked.

Serve with cornbread or multi-grain chips.

SPANISH SOUP Debbie Skaggs

3 cups of sugar-free or homemade **salsa**
6 cups of **vegetable broth**
1/2 cup of **brown rice**

Combine all in greased, slow cooker. Cover and cook on low for 4 to 6 hours.

Goes great with a side salad of cucumber, onion, and tomato garnish with EVOO.



Almond or Rice milk is a tasty yet sugar free alternative to milk!
~ Annette Ciaravino

Coconut Milk is great for cooking and baking.



Creole Hot Water Cornbread

A very simple recipe. These crispy little patties are fried and served warm, drizzled with honey. Yield 12 patties Prep: 15 Min Cook: 7 Min Ready In: 22 Min

Ingredients

1²/₃ cups cornmeal
 1/4 teaspoon Tony's Creole seasoning < *suit to taste*
 1 teaspoon salt (*only if you DON'T use Tony's*)
 1 Tablespoon minced onion
 1 Tablespoon Oil
 1³/₄ teaspoons Steva-or-Honey
 5 teaspoons No Sugar Added Applesauce
 1¹/₄ cups boiling water
 EVOO (extra virgin olive oil) for frying



Directions

Combine the cornmeal, creole seasoning, onion, and sweetener in a medium bowl. Pour in boiling water and shortening; stir until the pan of oil heats. Add Oil to a depth of 1/2 inch in a deep, large iron skillet; bring to a temperature of 375 degrees over medium-high heat. Shape dough into heaping tablespoons and flatten the balls (*per personal preference*). Fry in hot oil, turning once, until crisp and golden brown, about 5 minutes. Drain on paper towels. Served warm, drizzle with honey and serve.

BUCKWHEAT PANCAKES

Tammy Scott

Hodgeson Mill Buckwheat Pancake Mix

Soy Milk (original or vanilla)
 1/2 cup Apple or Pineapple Juice
 1 Tablespoon Vegetable Oil
 Chopped Apples & Walnuts to taste



Mix, cook and serve with Honey

Can make ahead and cool.
 Refrigerate and reheat in microwave for breakfast or a dessert.

Make **PANCAKES** using the **GOLEAN's** pancake mix and top with **Grandma's Molasses**.
Great dessert too!

Oven-Roasted Cauliflower

Ingredients

1 head of cauliflower
 2-3 cloves of garlic, peeled and coarsely minced
 Lemon juice from half a lemon
 Extra Virgin Olive oil
 Coarse salt and freshly ground black pepper

Method

Preheat oven to 400°F.
 Cut cauliflower into florets and put in a single layer in an oven-proof baking dish. Toss in the garlic.
 Sprinkle lemon juice over cauliflower and drizzle each piece with olive oil. Sprinkle with salt and pepper.
 If the oven hasn't reached 400°F yet, set aside until it has.
 Place in the hot oven, uncovered, for 25-30 minutes, or until the top is lightly brown. Test with a fork for desired tenderness.
 Fork tines should be able to easily pierce the cauliflower.
 Remove from oven and serve immediately.

Oven-Roasted Sweet Potato Fries

Serves: 6 Preheat oven 425 degrees

2 lbs sweet potatoes (large)
 1 Tbsp olive oil
 1 Tbsp paprika
 1 tsp ground cumin
 Salt

Wash and clean potatoes.
 Cut the potatoes into medium "French fries" size.

In a large bowl, stir together the olive oil, paprika, and cumin and set aside.

Toss the potatoes in the oil and spices until well coated and arrange the potatoes in a single layer on a baking sheet prepared with cooking spray or lightly oiled.

Bake for 25 to 40 minutes, stir & flip occasionally, until the fries are golden and crisp. Sprinkle with salt to taste and serve immediately.

