

# Apple-Cinnamon Hot Cereal

One of my favorite breakfast dishes used to be oatmeal. However, a few years ago, I had to give it up (among other foods) when I discovered my body is intolerant to gluten. However, this recipe is one I can enjoy without any negative side effects. Apple-Cinnamon Hot Cereal is a great oatmeal alternative for anyone with celiac disease or gluten intolerance. Plus, it's 100% Daniel Fast friendly.

★★★★★ 4.75 from 4 votes



COURSE  
Breakfast



SERVINGS  
8

## INGREDIENTS

- 1 14.5-ounce can coconut milk
- 2 cups cooked brown rice
- 1 apple, chopped, unpeeled (about 1 1/2 cups)
- 1 banana, mashed (about 1 cup)
- 1 cup roughly chopped dates
- 1½ teaspoons cinnamon
- Pinch nutmeg
- ½ cup toasted pecans or walnuts

## INSTRUCTIONS

1. Add coconut milk, brown rice, apple, banana, dates, cinnamon, and nutmeg to a medium saucepan. Cook over medium-low heat about 10 minutes or until heated through. Stir frequently to prevent burning on bottom of pan. Sprinkle 1 tablespoon pecans or walnuts over each serving.
2. Yield: 8 servings (serving size: about ½ cup)

## NOTES

- Store chopped dried figs or raisins for the dates.
- Add 1 tablespoon flaxseed meal.
- Makes a great snack or dessert!
- Store unused portion in refrigerator or freeze for later use.

# Apricot-Nut Breakfast Bars

Jump start your morning with a healthy breakfast, one that will fuel your body and give you energy for the day. Apricot-Nut Breakfast Bars can be made the night before so all you have to do is grab one for a quick, convenient breakfast. Enjoy your breakfast bar at room temperature or warm it for a few minutes in a toaster oven. Delish!

☆☆☆☆☆ 0 from 0 votes



COURSE

Breakfast, Dessert, Snack



SERVINGS

12

## INGREDIENTS

- 1 ½ cups old-fashioned rolled oats
- 2 tablespoons flaxseed meal
- ½ cup unsweetened apple juice
- 1 tablespoon extra-virgin olive oil
- ¼ cup almond butter
- ¼ cup [Date Honey](#)
- ½ cup diced dried apricots, unsulfured
- ¼ cup chopped macadamia nuts
- 2 tablespoons raw sunflower seeds

## INSTRUCTIONS

1. Preheat oven to 350 degrees. Toast oats in a large skillet over medium heat 5-7 minutes or until oats are golden, stirring frequently. Transfer to a large bowl, and add flaxseed meal, apple juice, olive oil, almond butter, and Date Honey. Mix until well combined. Stir in apricots, macadamia nuts, and sunflower seeds.
2. Press into an 8 by 8-inch square pan that has been lightly rubbed with olive oil. Bake 15-20 minutes. Let cool in pan on a wire rack for about 5 minutes. Cut into 2 x 2 ½-inch bars and serve.
3. Yield: 12 servings (serving size: 1 bar)

# Baked Acorn Squash with Apples

Baked Acorn Squash with Apples can be enjoyed as a breakfast dish, snack, or even dessert.

☆☆☆☆☆ 0 from 0 votes



## COURSE

Appetizer, Dessert, Side  
Dish

## CUISINE

American

## SERVINGS

4

## INGREDIENTS

- 1 pound acorn squash
- 3 cups sliced apples
- 2 cups unsweetened apple juice
- ¼ teaspoon cinnamon
- ¼ cup chopped walnuts, toasted

## INSTRUCTIONS

1. Preheat oven to 350 degrees. Cut squash cross-wise into rings. Discard seeds and pulp. Then cut squash rings and apple slices into 1 to 1 1/2-inch cubes.
2. Place in a 9 x 13-inch baking dish. Mix cinnamon with apple juice, and pour over squash and apples. Bake 15 minutes. Stir well, and bake another 15-20 minutes.
3. To serve, place about 1 cup of squash and apples in a bowl, and top with 1 tablespoon apple juice and 1 tablespoon walnuts.
4. Yield: 4 servings (serving size: about 1 cup)

## NOTES

- Sprinkle [Gimme More Granola](#) on top.
- Add unsweetened coconut flakes.
- Substitute walnuts with pecans or chopped [Cinnamon Roasted Almonds](#).

# Banana Milk

On the Daniel Fast, no animal products of any kind are allowed, including milk. For some of you, this is a true sacrifice. Well, don't despair. Today's recipe will encourage you. Banana Milk is a healthy replacement for cow's milk, made with bananas, water, and cinnamon. Plus, it's completely Daniel Fast friendly. Once you taste this sweet alternative to regular milk, you might never go back to the other stuff!

★★★★☆ 4 from 8 votes



COURSE

Breakfast, Dessert, Drinks



SERVINGS

1

## INGREDIENTS

- 2 very ripe bananas, peeled
- 1/2 cup water
- 1/2 cup ice
- 1/4 teaspoon cinnamon

## INSTRUCTIONS

1. Mix all ingredients in a blender until smooth. Use immediately.

## NOTES

- Substitute water with unsweetened almond or rice milk.
- Serve with [Nutty Fruit Cereal](#) for breakfast.
- Pour over [Gimme More Granola](#) for a snack.
- Mix in a smoothie instead of using water.
- Dip [Oatmeal Raisin Cookies](#) in it!

# Daniel Fast Banana Bread

If you like banana bread, this recipe will probably become one of your favorites on the Daniel Fast. It's moist, flavorful, and, oh, so tasty!

★★★★★ 4.41 from 50 votes



COURSE

Breakfast, Dessert, Snack



SERVINGS

12

CALORIES

151 kcal

## INGREDIENTS

- 2 ½ cups almond flour
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon salt
- 3 large overripe bananas, mashed
- 1/3 cup coconut oil, melted
- 2 flaxseed "eggs" (see instructions below)
- ½ cup chopped pecans

## INSTRUCTIONS

1. Preheat oven to 350 degrees. Use about 1/2 teaspoon coconut oil to grease a 9" x 5" x 2 ½" loaf pan.
2. Make flaxseed "eggs" by putting 2 tablespoons of flaxseed meal and ¼ cup + 2 tablespoons of water in a small bowl. Stir, and let sit for about 10 minutes.
3. In a large bowl, mix dry ingredients (except pecans). Add mashed banana, coconut oil, and flaxseed "eggs." Stir well. Pour in pecans and stir again until thoroughly combined.
4. Pour mixture into prepared loaf pan. Bake for 40 minutes or until toothpick in center comes clean.
5. Let bread cool in pan 10 minutes. Remove bread from pan and let cool completely on a wire rack. Store tightly wrapped in aluminum foil or plastic for up to 3 days, or freeze up to 3 months.

## NOTES

- Substitute chia seed meal for flaxseed meal.
- If allergic to nuts, you can omit the pecans and use a whole grain flour instead of almond flour.
- Use walnuts instead of pecans.
- Add 1 teaspoon of alcohol-free vanilla extract, if you like.
- Top a piece with a spread of [Date Honey](#).

- If you substitute coconut flour, you will need to add a little more oil and/or water if the mixture is too dry. Coconut flour is more absorbent than many other types of flours.

## NUTRITION

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Calories: 151kcal

Carbohydrates: 9g

Protein: 2g

Fat: 13g

Fiber: 2g

Sugar: 4g

# Tropical Fruit Salad

Tropical Fruit Salad is a light, refreshing dish that can be enjoyed as breakfast, snack, or dessert.

★★★★★ 5 from 1 vote



COURSE

Breakfast, Dessert, Salad, Side Dish, Snack



SERVINGS

6

CALORIES

96 kcal

## INGREDIENTS

- 2 cups sliced strawberries
- 3 kiwifruit, peeled and quartered
- 1 1/2 cups orange segments, cut into 1-inch pieces
- 1 cup red seedless grapes, halved
- 1 cup fresh pineapple chunks, cut into tidbits

## INSTRUCTIONS

1. Mix fruit in a large bowl, and chill until ready to serve.

## NOTES

- Use mandarin oranges instead of regular oranges.
- Top with chopped almonds, macadamia nuts, pecans, and/or walnuts.
- Sprinkle lightly with toasted unsweetened shredded coconut.
- Other fruit choices are apples, bananas, blueberries, peaches, and/or mangoes. However, if you do use apples, bananas, or peaches, mix in a little lemon juice to prevent browning.

## NUTRITION

Calories: 96kcal

Carbohydrates: 22g

Protein: 2g

Fat: 1g

Fiber: 4g

Sugar: 15g