



The Rooted & Grounded Survival Guide

14-Day Partial Fast Quick-Reference

The Goal: To simplify your plate so you can amplify your prayer. The purpose of this partial fast is to restrict commonly enjoyed foods as an act of consecration and worship to God.

What to Eat (The "YES" List)

Focus on foods that come from the earth.

- All Fruits: Fresh, frozen, or dried (ensure no added sugar).
- All Vegetables: Fresh, frozen, or canned (low sodium).
- Whole Grains: Brown rice, oats, quinoa, barley, whole-wheat pasta, and plain popcorn.
- Legumes: Lentils, chickpeas, black beans, kidney beans, and soy products (tofu or tempeh).
- Nuts & Seeds: All nuts (unsalted), seeds, and nut butters (check labels for sugar/oils).
- Healthy Oils: Olive oil, avocado oil, and coconut oil in small amounts.
- Beverages: Filtered, Spring or Reverse Osmosis Water (the primary and ONLY drink). You may infuse your water with whole fruits or vegetables. Carbonated water is **not** an option.

What to Avoid (The "NO" List)

Focus on removing stimulants and processed items.

- **Meat & Animal Products:** No beef, chicken, pork, fish, eggs, or dairy (milk, cheese, yogurt).
- **Added Sugars:** No white sugar, honey, maple syrup, or artificial sweeteners.
- **Refined Grains:** No white bread, white rice, or white flour.
- **Leavened Bread:** No bread containing yeast.
- **Deep Fried Foods:** No potato chips, French fries, etc.
- **Caffeine & Alcohol:** No coffee, black/green tea, soda, or energy drinks.

3 Tips for Success

1. Meal Prep is Key: Spend Sunday afternoon chopping veggies, boiling a big pot of brown rice or quinoa, and making a large batch of bean soup or chili. When you're hungry and tired, you're less likely to "break" the fast if a healthy meal is ready.

2. Drink More Water Than Usual: This fast is high in fiber. Increasing your water intake will help prevent headaches and keep your energy levels steady.

3. Don't Legalize It: If you accidentally eat something not on the list, don't quit! This is a journey of the heart, not a performance review. Ask God for grace and keep going.

Sample Menu

- **Breakfast:** Oatmeal topped with sliced bananas, walnuts, and a splash of unsweetened almond milk.
- **Lunch:** A large kale or spinach salad with chickpeas, avocado, sunflower seeds, and lemon-tahini dressing.
- **Dinner:** Vegetable soup or a "Burrito Bowl" with brown rice, black beans, sautéed peppers/onions, salsa (NO added sugar), and homemade guacamole.
- **Snack:** Apple slices with nut butter of choice (NO added sugar) or raw almonds.

RECIPES

BREAKFAST:

APPLE AND OAT PORRIDGE (Serves 4)



Ingredients

- 4 cups water
- 1 ½ cups oat bran (not oatmeal)
- 1 large apple - peeled/cored and chopped into very small pieces
- 1/3 cup raisins
- ½ teaspoon ground caraway seeds
- ½ teaspoon cinnamon
- ½ teaspoon salt
- Almond milk for serving (optional)

Directions

1. In a 2-quart saucepan over high heat, bring the water to a boil. Stir in the oat bran and allow water to return to a boil.
2. Reduce heat to low and cook for two minutes - stirring often.
3. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand until apple pieces soften - about 5 minutes - stirring occasionally.
4. Divide hot cereal evenly among 4 bowls. Serve with the almond milk, if desired.

POTATO AND GREEN ONION FRITTATA (Serves 4)



Ingredients

- 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 lbs. firm tofu
- 2-3 Tbsp. soy sauce, to taste (optional)

Directions

1. Preheat oven to 350°.
2. 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.
3. Add the garlic and heat for another 30 seconds.
4. 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.
5. Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy.
6. 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.
7. 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.

TOFU BREAKFAST SCRAMBLE (Serves 5)



Ingredients

1 box firm tofu
1 zucchini, diced small
1 tomato, diced
½ onion, diced
1 red bell pepper, diced
2 green onions, finely sliced
1 tablespoon fresh cilantro, minced
1 clove garlic, minced
Salt and pepper to taste
Tomato paste, if desired

Directions

1. Coat pan with 100% olive oil spray (or coat with EVOO)
2. Add all ingredients and fry until vegetables are soft and ready to eat.
3. Salt and pepper to taste
4. Serve with tomato paste

STEW, SOUPS AND SALADS:

GREEK VEGETABLE STEW (Serves 8)



Ingredients

2 tablespoons oil
2 onions, chopped
1 pound green string beans, broken in half
1 package frozen or fresh spinach
4 cups water
6 zucchini, chunked
4 yellow squash, chunked
2 cups celery leaves
4 tomatoes, quartered
1 teaspoon salt
8 slices lemon
1 tablespoon dried oregano
3 tablespoons fresh basil
2 cloves chopped garlic
2 tablespoons lemon juice

Directions

1. Lightly brown onions in a hot dry skillet in 2 tablespoons oil.
2. Add oregano and garlic, cook 1 minute.
3. Add 4 cups of water and tomatoes. Cook for 10 minutes.
4. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally.
5. Serve with a lemon slice in each bowl.

GARDEN VEGETABLE SOUP (Serves 6)



Ingredients

4 tablespoons olive oil
2 cups chopped leeks, white part only (from approximately 3 medium leeks)
2 tablespoons finely minced garlic
Salt
2 cups carrots, peeled and chopped into rounds (approximately 2 medium)
2 cups peeled and diced potatoes
2 cups fresh green beans, broken or cut into 3/4-inch pieces
2 quarts vegetable broth
4 cups peeled, seeded, and chopped tomatoes
2 ears corn, kernels removed
1/2 teaspoon freshly ground black pepper
1/4 cup packed, chopped fresh parsley leaves
1 - 2 teaspoons freshly squeezed lemon juice

Directions

1. Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes.
2. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
3. Add the stock, increase the heat to high, and bring to a simmer.
4. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.
5. Remove from heat and add the parsley and lemon juice. Season to taste with kosher salt. Serve immediately.

MEDITERRANEAN LENTIL SOUP



Prep time: 20 minutes

Cooking time: 15 minutes

Yields: 8 servings

Ingredients:

2 teaspoons EVOO
1 onion, diced
2 cloves garlic, minced
32 ounces organic vegetable broth
3 large tomatoes, diced
3 cups water
1 cup dried lentils
½ teaspoon ground black pepper
¼ teaspoon oregano, dried
1 bay leaf

Directions:

1. Heat the oil in a large soup pot over medium-high heat.
2. Add the onion and sauté for 3 minutes or until clear.
3. Add the garlic and sauté for 30 seconds.
4. Add the remaining ingredients.
5. Bring the soup to a boil; reduce the heat and simmer for 15 minutes.

Notes:

- Lentils are a very healthy carbohydrate source with lots of fiber. This soup freezes well if you want to save part of it for another day.

Credit: adapted from American Diabetes Association

SOUTHWEST CORN AND BLACK BEAN SALAD (Serves 4)



Ingredients

- 1 ½ cups corn kernels (fresh or frozen)
- 1/3 cup pine nuts
- 1/4 cup lime juice
- 2 tablespoons EVOO
- 1/4 cup chopped fresh cilantro
- 2 (14.5 ounce) cans black beans, rinsed
- 2 cups shredded red cabbage
- 1 large tomato, diced
- 1/2 cup minced red onion

Directions

1. Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
2. Whisk lime juice, EVOO, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.
3. Freshly ground pepper and salt to taste just before serving

5-MINUTE TOSSED GREEN SALAD



Prep time: 5 minutes

Cooking time: 0 minutes

Yields: 1 serving

Ingredients:

- Organic Baby Romaine
- 1 Organic Carrot, sliced
- 1 Radish, peeled and sliced
- Scallions, chopped
- Cilantro, chopped
- *1 tablespoon Raisins
- 1 teaspoon Sunflower Seeds
- 1 teaspoon Pepitas
- Dressing, optional (EVOO, organic apple cider vinegar, sea salt)

Directions:

1. Rinse and drain two handfuls of organic baby romaine, add to large bowl.
2. Add all other ingredients and toss.
3. Drizzle dressing ingredients over salad.
4. Toss and serve in salad bowl.

Enjoy!

Notes:

- *Dried cranberries substituted with **raisins**, as dried cranberries have added sugar.

Credit: Pure And Wholly Living

MAIN COURSES:

GREEK STUFFED GREEN PEPPERS (Serves 6)



Stuffed peppers can be prepared in various ways and serve as an excellent main course during any partial fast. Full of flavor, nutrition and substance, consider preparing them several times during your fasting period.

Ingredients:

3 large green peppers
3 tablespoons olive oil
1 large onion, chopped
2 cloves garlic, minced
1 medium tomato, peeled, seeded and chopped
1 cup brown rice
2 ½ cups vegetable broth
¾ cups pine nuts
1/3 cups currents (can substitute raisins)
Salt and pepper to taste
3 tablespoons fresh dill, chopped
3 tablespoons fresh parsley, chopped
1 tablespoon fresh mint, chopped
EVOO, to sprinkle
Sprigs of dill for garnish

Directions:

1. Halve the pepper (lengthwise), seed and score. Set aside.
2. Heat oil in large skillet over medium heat; add onion and garlic and sauté for 2 minutes. Add the rice and cook for 2 more minutes.
3. Add the tomato, stock, pine nuts, currents and seasoning. Bring to boil, cover and simmer for 15 minutes. Stir in the fresh herbs.
4. While the rice is cooking, blanch the green peppers halves in boiling water for about 3 minutes. Remove from water and drain upside down. When the rice mixture is cooked, scoop the rice filling into all six green pepper halves.
5. Preheat oven to 375°. Place stuffed green pepper halves in lightly oiled baking dish. Drizzle a small amount of EVOO over each pepper. Bake for 25-30 minutes. Serve hot!

BEAN AND RICE CASSEROLE (Serves 4)



Ingredients

- 1 medium onion, chopped
- 2 cups uncooked brown rice
- 1 can red kidney beans (15 1/4 - 19 oz), drained and rinsed
- 1 can black beans (15 1/4 - 19 oz), drained and rinsed
- 1 can garbanzo beans (15 1/4 - 19 oz), drained and rinsed
- 1 can stewed tomatoes (14 1/2 - 16 oz), drained
- 1 can chopped mild chilies (4 oz), drained
- 10 ounces frozen green peas, thawed by placing under running water
- 1 cup frozen corn, thawed by placing under running water

Directions

Preheat oven to 375°.

1. In a 5-qt Dutch oven over medium high heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.
2. Add rice; cook while stirring until parched and slightly opaque.
3. Add beans, tomatoes, chilies and 3 1/2 cups of water to rice and onion in Dutch oven and bring mixture to boil.
4. Cover tightly, place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).
5. Add peas and corn, adjust seasonings, and return to oven until heated through.

STIR FRY VEGETABLES WITH BROWN RICE (Serves 4)



Ingredients

- 1 tablespoon sesame oil
- 3 green onions, finely chopped
- 3 tablespoons fresh ginger, minced
- 4 cups fresh broccoli, chopped
- ½ pound fresh green beans, chopped
- 2 carrots, peeled and sliced on diagonal
- 2 cloves garlic, minced
- 4 cups greens, chopped (kale, bok choy, spinach, collards, etc.)
- 1 can sliced water chestnuts, drained
- 3 cups cooked brown rice
- 2 tablespoons soy sauce
- 1 ½ cups peas (if frozen, run under water to thaw)
- ½ cup toasted sliced almonds

Directions

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.
2. Add green onions and ginger. Sauté for 5 minutes.
3. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.
6. Serve as a complete meal.

Tip: Serve this dish as a complete main dish along with a side of sliced fruit such as oranges, pineapple or mango. This is also a great recipe to double and then use the leftovers for lunch. Merely heat or eat at room temperature.

BEAN CURRY AND RICE (Serves 8)



Ingredients

2 tablespoons olive oil
1 large white onion, chopped
1/2 cup dry lentils
2 cloves garlic, minced
3 tablespoons curry powder
1 teaspoon ground cumin
1 pinch cayenne pepper
1 can crushed tomatoes (28-ounce)
1 can garbanzo beans, drained and rinsed (15-ounce)
1 can kidney beans, drained and rinsed (8-ounce)
1/2 cup raisins
8 cups cooked brown rice
salt and pepper to taste

Directions

1. Prepare the brown rice according to package directions so you have enough for 8 servings.
2. Heat the oil in a large pot over medium heat, and cook the onion until tender.
3. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir for 2 minutes.
4. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt and pepper.
5. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

CURRY JACKFRUIT (Serves 8)



Ingredients

1 tablespoon olive oil
1 yellow onion, chopped
1 bell pepper, chopped
3 garlic cloves, minced (about 1 tablespoon)
1-inch fresh ginger, minced (about 1 tablespoon); may use ground ginger
4 teaspoons curry powder
1 teaspoon ground cumin
½ teaspoon ground turmeric
1 (14.5 oz) can crushed fire-roasted tomatoes; may use crushed tomatoes
1 (14.5 oz) can full-fat coconut milk
1 teaspoon fine sea salt
1 (20 oz.) can green jackfruit, drained and rinsed
Fresh cilantro, for garnish

Directions

1. In a large deep skillet (use a 3.5-quart or larger pot), heat the olive oil over medium heat. Sauté the onion and bell pepper until they soften, about 5 minutes.
2. Add in the garlic and ginger and sauté for 1 minute more, just until they are fragrant. Add in the curry powder, cumin, and turmeric and stir until the vegetables are coated with the spices.
3. Pour in the crushed tomatoes and coconut milk, and season with 1 teaspoon of salt. Bring the liquid to a boil.
4. While the curry sauce is heating up, break up the rinsed jackfruit with your fingers, creating a texture similar to shredded chicken. Rinse the jackfruit again, after it has been shredded, to remove any extra brine, then drain well. Add the drained jackfruit to the sauce.
5. Once the sauce is boiling, lower the heat to a simmer to let the flavors meld, at least 10 minutes, but you can let it simmer longer if you like.
6. When everything is heated through, taste the sauce and adjust any seasoning to your taste. You can add extra curry powder or a pinch of cayenne if you like it spicier. Serve warm over cooked rice, and garnish with fresh cilantro.

Credit: Detoxinista

VEGAN PEPPER STEAK



Prep time: 10 minutes

Cooking time: 15 minutes

Yields: 6+ servings

Ingredients

3 cups oyster mushroom, shredded
1 cup green bell pepper, thinly sliced
1 cup red onion, thinly sliced
2 tablespoons organic coconut aminos
1 teaspoon onion powder
1 teaspoon garlic powder
2 tablespoons grape seed oil

Directions

1. Shred oyster mushrooms by pulling them apart. Add to a large bowl.
2. In the same large bowl with the mushrooms, add seasonings to taste (coconut aminos, onion powder, garlic powder. Mix well using a fork.
3. In a cast-iron skillet, heat grape seed oil at medium-high temperature.
4. Sauté green bell pepper & red onion until onions become translucent (about 5 min).
5. Add seasoned mushrooms and sauté for 10 min.
6. Serve immediately.

Note:

Pairs well with mashed potatoes and corn.

Credit: adapted from Surviving Vegan

VEGAN ZUCCHINI SPAGHETTI PUTTANESCA



photo by Warren Jefferson

Prep time: 10 minutes

Cooking time: 20 minutes

Yields: 4 servings

Ingredients:

1 tablespoon EVOO
4 garlic cloves, minced (or less, if you don't love garlic)
¼ teaspoon red pepper flakes
28-oz. can whole peeled tomatoes
¼ cup small capers, drained + 1 teaspoon brine
¼ cup chopped pitted olives (Kalamata work best, but also green and black olives)
salt
handful of fresh parsley, chopped
6 medium zucchinis, trimmed and *spiralized

Directions:

Heat the oil in a medium saucepot over medium-high heat. Once oil is shimmering, add garlic and red pepper flakes and stir constantly for 30 seconds or until fragrant. Immediately add the tomatoes, crushing with your hands as you add them to the pot or with a wooden spoon. Stir in the capers and brine, and olives. Bring the mixture to a rapid simmer and then reduce heat to low and let simmer for 15 minutes or until sauce thickens. Taste and season with salt, if needed. Stir in the parsley.

Meanwhile, place a large skillet over medium-high heat. Once the pan heats, add the zucchini noodles and toss well for 5 minutes or until al dente. Transfer to a colander, drain, and set aside.

Pat the zucchini noodles dry to remove extra moisture and then portion into four bowls. Top with the puttanesca sauce. Garnish with extra parsley.

Notes:

- Per serving (1 out of 4) - calories: 134, fat: 6g, saturated fat: 1g, carbs: 17g, fiber: 5g, sugars: 13g, protein: 5g, sodium: 109mg

*Optional: A good handheld spiralizer can be purchased in store between \$10 and \$20, or online for less than \$10.

Credit: Inspiralized

MILLET WITH ROASTED SUNFLOWER SEEDS



Prep time: 5 minutes

Cooking time: 45 minutes

Yields: 4 servings

Ingredients:

1 cup millet
1/2 cup sunflower seeds
3 cups water
Pinch of sea salt

Directions:

1. Wash and drain millet.
2. Dry-roast sunflower seeds in a skillet over medium heat until they smell nutty, approximately 4 minutes.
3. Bring water to boil and add millet and seeds.
4. Cover and simmer for 30 minutes.
5. When done, fluff and let sit for 10 minutes. Mix, serve and enjoy.

Note:

If millet is too dry for you, add more water when cooking, or add a tablespoon of olive oil when it is done.

Credit: Nourished Body and Mind

PERFECT PURPLE SMOOTHIE



Photo by Stephen Blancett

Prep time: 10 minutes

Cooking time: 0 minutes

Yields: 2 servings

Homemade almond milk is the base and cayenne powder gives it a spicy punch that intensifies the rest of the flavors. Drink one serving for lunch and chill the other for a fast and easy mid-afternoon reviver.

Ingredients:

- 12 oz acai juice
- 6 oz almond milk
- 1 cup fresh or frozen wild blueberries
- 1 frozen banana
- ½ cup fresh or frozen raspberries
- 1 Tbsp whole ground flaxseed meal
- 1 cup coconut water ice cubes
- 1 Tbsp macro greens or other vegan, *non-GMO greens powder, *optional*
- ½ tsp apple cider vinegar
- 1 to 3 dashes cayenne powder

Directions:

1. Combine all ingredients in a high-speed blender and blend until smooth.
2. Store in two insulated cups and keep chilled until ready to serve.

Notes:

- Not to be confused as a beverage, this is considered a meal replacement. For a quick and easy option, you can have this for breakfast or lunch, as opposed to cooking.
- *Make sure the greens powder does not contain any added sugars. Another healthy option would be to toss a bunch of your favorite leafy green vegetables in the blender.

Credit: Natural Awakenings

SIDES AND SNACKS:

SAUTÉED SPINACH AND WATERCRESS



Prep time: 5 minutes

Cooking time: 5 minutes

Yields: 4 servings

Ingredients:

1 Tablespoon EVOO
2 Cups Fresh Watercress
8 Cups Fresh Spinach
1 Pinch Sea Salt

Directions:

1. In a large sauté pan, heat EVOO on medium heat.
2. Add watercress and sauté until tender, about 3 minutes.
3. Remove from heat and add spinach to wilt. Season with salt.

Notes:

- Nutritional analysis per serving:
calories 46, carbohydrates 3.6 g, fiber 1.4 g, protein 2.1 g, fat 3.6 g, cholesterol 0 mg,
sodium 113 mg, calcium 87 mg

Credit: Dr. Mark Hyman

KALE GREENS



Prep time: 15 minutes

Cooking time: 60 minutes

Yields: 7-10 servings

Ingredients:

- 2 bunches organic kale
- 5 tablespoons Special Seasoning (see page 28 for recipe)
- 1 whole scotch bonnet pepper, optional
- 2 boxes vegan vegetable stock

Directions:

1. Chop kale into slices. You may remove stem, but not mandatory
2. Add the whole carton of vegetable stock to a large pot.
3. Add Special Seasoning and scotch bonnet pepper, if using, to the pot with vegetable stock.
4. Add chopped kale to the pot with vegetable stock. Bring to a boil, then turn down to low heat. Do not allow the kale greens to boil as this will make them mushy.
5. Cover pot and steam on low for 60 minutes. If the greens are not to your desired tenderness continue to steam, checking tenderness every 15 minutes. Add vegetable stock as needed.

Notes:

- If you have a pressure cooker or crockpot, cooking time will be cut in half.
- Adjust seasoning to your taste. You may add more onion powder, garlic powder, etc.

Credit: adapted from Surviving Vegan

BRUSSELS SPROUTS AND RED BELL PEPPER STRIPS



Prep time: 10 minutes

Cooking time: 10 minutes

Yields: 4 servings

Ingredients:

10 ounces fresh or frozen Brussels sprouts, thawed if frozen

1/2 large red bell pepper, cut in thin strips

1 tablespoon plus 1 teaspoon EVOO

1/2 teaspoon Worcestershire sauce (lowest sodium available)

1/2 teaspoon grated lemon zest

1 tablespoon fresh lemon juice

1/8 teaspoon sea salt

4 to 6 drops *red hot-pepper sauce, or red pepper flakes to taste (optional)

Directions:

Steam the Brussels sprouts and bell pepper for 6 to 8 minutes, or until tender. Transfer to a medium bowl. Stir in the remaining ingredients.

Notes:

- This recipe has been adapted.
- *Make sure the hot pepper does not contain any added sugar.

Credit: Go Red for Women

LOTS OF GARLIC HUMMUS



Photo by David Kaplan

Prep time: 10 minutes

Cooking time: 0 minutes

Yields: 4 servings

Accented with the tangy taste of fresh lemon juice and a bit of heat from the chili powder, this is an easy, ready-made sandwich spread for a lunchbox.

Ingredients:

1 cup chickpeas (garbanzo beans), drained and rinsed
¼ cup plus 2 Tbsp filtered or spring water, plus more as needed
5 cloves garlic, chopped
2 Tbsp sesame tahini
2 Tbsp freshly squeezed lemon juice
½ tsp chili powder, plus more for garnish
¼ tsp sea salt

Directions:

Place all the ingredients in a blender and process until smooth. Add a bit more water if needed to achieve desired consistency.

Transfer the hummus to a decorated bowl and sprinkle the top with a pinch more chili powder to taste for a festive presentation.

Credit: Laura Theodore, Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet

SPINACH-ARTICHOKE DIP



Prep time: 5 minutes

Cooking time: 25 minutes

Yields: 8 servings

Ingredients:

8 ounces firm tofu, drained

1 cup chopped canned artichokes, drained, reserve 2 tablespoons canned juices

½ (10-ounce) package frozen chopped spinach, thawed, squeezed dry

1 teaspoon dried basil

1 teaspoon salt

1/8 teaspoon pepper

2 teaspoons EVOO

¼ cup diced onion

2 cloves garlic, minced

Directions:

Preheat oven to 375°. Place tofu, artichokes, artichoke juice, and spinach in a food processor or blender. Process until smooth. Transfer mixture to a medium-sized bowl. Stir in basil, salt, and pepper. Set aside.

Heat oil in a small skillet, and cook onions and garlic until onions are translucent. Remove from heat, and stir into spinach artichoke mixture. Place in a 3-cup glass or ceramic baking dish that has been rubbed with olive oil. Bake for 20 minutes, or until edges start to brown. Serve warm.

Credit: Ultimate Daniel Fast

FLATBREAD (UNLEAVENED)



Prep time: 60 minutes

Cooking time: 20 minutes

Yields: 4 servings

Ingredients:

2 ½ cups whole grain flour (brown rice, spelt, whole wheat, etc.)
2 tablespoons flaxseed meal (optional)
1 teaspoon dried crushed rosemary
1 teaspoon salt
1 cup warm water
1 tablespoon EVOO
½ teaspoon dried basil
½ teaspoon garlic powder
½ teaspoon dried parsley

Directions:

Preheat oven to 400°. Mix flour, flaxseed meal, rosemary, salt, and water in a food processor until dough forms a ball. Turn dough onto a floured work surface, and knead for 5 minutes. Transfer to a bowl, and cover tightly with plastic wrap. Let dough rest at room temperature for 30-60 minutes.

Roll dough out to ¼-inch thickness to cover an oiled 11 x 17-inch baking sheet. With a fork, poke holes all across dough. Mix olive oil, basil, and garlic powder in a small bowl, and stir well. Use a basting brush to spread oil mixture across dough. Score (make shallow cuts without separating into pieces) with a knife into 12 (3 x 3 1/2-inch) squares. Bake 15-20 minutes or until slightly crispy, and remove from oven. Let cool on baking sheet 10 minutes before cutting and serving. Yield: 4 servings (serving size: 2 pieces)

Notes:

- Flaxseed meal is a powder made from ground flaxseeds. It can be found in health food stores and some grocery stores. Instead of buying flaxseed meal, you can also grind whole flaxseeds at home by using a coffee or seed grinder.
- Making this recipe in a bread machine is easy. Simply put the setting on “Dough” and let the machine do all the kneading work for you!

Credit: Ultimate Daniel Fast

SOCCA FLATBREAD



Prep time: 10 minutes

Cooking time: 15 minutes

Yields: 4-8 servings

Ingredients:

1 cup Chickpea Flour
½ teaspoon salt
¼ teaspoon ground black pepper
¼ teaspoon garlic powder, optional
1 cup warm water
1 tablespoon EVOO, optional
Fresh or dried herbs, optional

Directions:

In a bowl, whisk together chickpea flour, salt, pepper and garlic powder. Whisk water and EVOO into the flour mixture until completely combined. Add fresh or dried herbs, if desired. Set this mixture aside and preheat oven to 450°.

Place a 10-inch cast iron skillet in the oven while it preheats. Liberally grease heated skillet with EVOO (olive oil spray coats the pan well). Pour batter into heated pan and bake for 15 minutes, or until set and golden brown. Remove from pan and serve immediately with the toppings of your choice.

Makes one 10-inch flatbread.

Topping Ideas:

- Sautéed spinach, sun-dried tomatoes and thinly sliced red onions
- Hummus, mushrooms and chopped red peppers

Credit: Bob's Red Mill

HOMEMADE CRACKERS (UNLEAVENED)



Prep time: 15 minutes

Cooking time: 15 minutes

Yields: 4 servings

These easy to make crackers are a welcome addition for any of your simple meals, including soups and salads...also a pleasant snack.

Ingredients:

- 1 ¼ cups whole wheat flour, divided (rye, buckwheat or cornmeal can be substituted)
- ½ teaspoon salt
- 2 tablespoons grapeseed or olive oil; more as needed
- 4 tablespoons water; add more as needed
- 1 teaspoon seasoning, such as dried herbs, chili powder, garlic powder, onion powder, etc. (optional)
- 2 teaspoons seeds, herbs or spices (optional)
- 2 teaspoons olive oil (optional)

Directions:

1. Using a food processor to mix 1 cup of the flour, ½ teaspoon salt and oil.
2. Add 3 tablespoons water and mix well. Gradually add more water, mixing after each addition, until mixture forms a compact ball. If it seems too sticky to handle, add more flour.
3. Sprinkle your work surface (or a baking sheet-sized piece of parchment paper) with some of the remaining flour then press and roll the dough to about 1/8-inch thickness, trying to get it fairly uniform. If the dough is too dry to roll out, return it to the food processor and add a little more water. If necessary to prevent sticking, dust your hands and the rolling pin with a little more flour.
4. Place the rolled-out dough on a baking sheet dusted with a little flour or cornmeal (if you've used parchment paper, transfer dough and paper to baking sheet). You can score the dough into pieces of your choice if you like, leaving the dough intact or cut into shapes.
5. Bake for 10 – 15 minutes in a preheated 400-degree oven, until light brown.
6. Remove from oven and if desired, brush with olive oil and sprinkle with seeds, herbs, or spices.
7. Cool and break into pieces. If making several batches, mix another while the first one bakes. You can re-use the parchment paper several times.

SPECIAL SEASONING



Ingredients

- 2 ½ tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried leaf oregano
- 1 tablespoon dried thyme

Directions

1. Place all ingredients into a small bowl.
2. Thoroughly mix with a whisk.
3. Store your Special Seasoning in an airtight jar or container.

SNACK SUGGESTIONS:

- Nuts and seeds (preferably raw, without salt)
- *Dried fruit
- Rice cakes with/without any nut butter (may add raisins)
- Apples dipped in nut butter
- Fresh fruit (sliced or whole)
- Veggies with spinach-artichoke dip
- Popped popcorn
- Trail mix made with nuts, raisins, sunflower seeds, coconut pieces and *dried fruit
- Fruit kabobs
- Unleavened crackers with nut butter
- Hummus with flat bread

** without added sweeteners*