



RECIPES FOR FASTING

JUICE RECIPES

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PARTIAL FAST RECIPES

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JUICE RECIPES:

VERY MERRY BERRY

► In blender combine:

- 1/2 - 3/4 cup berries (any combination)
- 1/3 Banana - you can add more, but remember, they have lots of sugar
- 2 scoops whey (or other) protein powder
- 1/3 - 1/2 juice combo (you can combine – EXAMPLE: orange and pomegranate)
- 1/8 small avocado
- 4 - 5 cubes ice
- Blend until smooth, enjoy!

CARROT CABBAGE JUICE RECIPE

► This drink is good for cleansing.

Juice the following in your juicer and drink immediately (cabbage juice loses its effectiveness almost immediately)

- 3 medium carrots
- 1/4 head of cabbage
- 1 stalk of celery
- 5 cherries, pitted

TROPICAL TANGO

► In blender combine:

- 1/2 - 3/4 cup pineapple & mango
- 1/3 Banana
- 2 scoops whey (or other) protein powder
- 1/3 - 1/2 cup orange juice
- 1/8 small avocado
- 4 - 5 cubes ice
- Blend until smooth, enjoy!

GREEN CUISINE

► You will need a vegetable/fruit juicer for this recipe.

Juice Ingredients to obtain:

- 1 cup spinach juice
- 1 cup cucumber juice
- 1/2 cup bell pepper juice
- 1/2 cup celery juice
- 3/4 cup carrot juice
- 1 teaspoon salt
- Avocado - as much or as little as you like
- Extract your juices, then blend all ingredients together
- Makes 1 quart - Dilute if you wish

POTASSIUM BROTH

► Makes a 2-day supply.

Cover with water in a soup pot, Add approximately:

- 3 to 4 Carrots
- 3 Stalks Celery
- 2 turnips or beets with skin, halved
- 1/2 Head Red Cabbage
- 1 Onion
- Simmer, covered, 30 minutes or so Strain and discard solids
- Optional: Add 2 teaspoons Bragg's Liquid Aminos or 1 teaspoon miso for taste
- Store covered in the refrigerator.

GAZPACHO BLEND

► In blender combine:

- 1 medium tomato
- 1 cucumber, peeled & seeded
- 1/4 small white onion
- 1/2 - 1 serrano chile (optional - depends on how hot you like it)
- 1 small or 1/2 large red or orange bell pepper - cored & seeded
- 1/2 - 3/4 teaspoon salt
- 1/8 avocado
- Blend together everything except the avocado, then strain.
- Add avocado and re-blend
- Gazpacho can be diluted and is delicious over ice (use small pieces).

JUICE RECIPES:

BREAKFAST SUPER JUICE

► This is an excellent juice first thing in the morning. It helps boost energy levels and get you ready to start the day.

Mix it 50/50 with distilled water and drink it slowly.

► You will need a vegetable/fruit juicer for this recipe.

- 1 whole cucumber unpeeled (but washed well)
- 3 Stalks Celery
- 2-4 handfuls of spinach
- 8 green lettuce leaves (no iceberg lettuce)
- Add any other greens such as parsley or fresh alfalfa sprouts
- You can also add the juice of a lemon for a more tart juice



KALE SOUP

- 2 large cans of chicken broth
- 1 can of water – use chicken broth can to measure
- 1 chopped onion
- 1 Tablespoon chopped fresh garlic
- Simmer 30 minutes
- Add 1 large pack of Kale
- Simmer additional minutes.
- *Option: sauté onion and garlic in olive oil before adding chicken broth and water*

LEMON AND GARLIC POTATO SALAD

- ~ Serves 5
- 2-1/2 pounds red potatoes
 - 1/2 cup chopped parsley
 - 1 clove garlic, minced
 - Juice of 2 lemons
 - 1 Tablespoon vegetable oil
 - Salt and pepper to taste
- *Boil potatoes, and cool. Add remaining ingredients and mix well. Chill and serve.*

LENTILS WITH A TANGY TOMATO SAUCE

- 2 cans diced tomatoes
- 2 cans water (14.5 oz cans)
- 2 Teaspoons of soy sauce
- 1 cup lentils
- 1 bag frozen spinach
- 1 bag frozen carrots, or peas and carrots
- Chopped celery
- Chopped onion (optional)

• *Rinse lentils and put them in a pot, covering them with water, and bring to a boil. Then simmer on low heat until almost all water is absorbed and lentils are well cooked. Add extra water if longer time is needed. To make the sauce, first saute the garlic in 1 Tablespoon oil until golden. Add both cans of tomatoes and simmer 10-15 minutes. Add water and vinegar and bring to a boil. Remove from heat immediately and add salt to taste. Finally, slice onion in thin, small pieces and saute in remaining 1 Tablespoon oil until brown and crispy.*

Spoon lentils onto plate. Pour sauce over lentils, sprinkle with onions and serve. After the fast option: Cook 1/2 cup of brown rice according to directions. Arrange dish with a layer of lentils (on the bottom), followed by a layer of rice, then another layer of lentils and another layer of rice. Sprinkle the onions and the sauce on top and serve.

SPINACH WITH DILL

- ~ Serves 4 *A delicious dish prepared with ground beef, which I omitted.*
- 1 medium onion, chopped
 - 1 Tablespoon vegetable oil
 - 2 garlic cloves, chopped
 - 2 Tablespoons chopped fresh dill
 - 15-ounce can tomato sauce
 - 10 ounces frozen, thawed spinach
 - 1/2 cup water
 - Salt and pepper to taste
- *Sauté onions in oil. Add garlic and dill to saucepan and continue to saute for two minutes. Add tomato sauce and bring to a boil. Simmer for 10 minutes on low heat. Add spinach and water, then bring to a boil again. Cover and simmer on low heat for 15 minutes.*

Serve warm over baked potato.

After fast option: Serve warm over rice.

PINTO BEANS – FASTING STYLE

- One 16-ounce can cooked Pinto beans
- 1 large onion, chopped
- 1 large tomato, diced
- 1-1/2 Tablespoons olive oil
- 1 teaspoon cumin powder
- 1/4 cup parsley, chopped
- Juice of 2 lemons
- Salt, pepper and red chili pepper to taste
- *Cook on low for 20-30 minutes.*

LENTIL STEW

- 2 cans diced tomatoes
 - 2 cans water (14.5 oz cans)
 - 2 Teaspoons of soy sauce
 - 1 cup lentils
 - 1 bag frozen spinach
 - 1 bag frozen carrots, or peas and carrots
 - Chopped celery
 - Chopped onion (optional)
- *Cook in 4 qt. sauce pan until done. For a vegetable soup-follow same directions, omit lentils and use vegetables of choice.*

After fast option: Serve over brown rice.



**DO YOU HAVE RECIPES TO SHARE?
LET US KNOW.** fastingrecipes@freechapel.org