

## Daniel's Diet: 10 Days To Look And Feel Great



*The Northeastern Conference Health Ministries presents the 10-Day Daniel's Diet Health Challenge  
Date: February 3<sup>rd</sup>, 2013*

**Join us as we launch this exciting activity again this year, which is a simple, interactive challenge to eat food that is both healthy and tasty.** This challenge is usually done with church members, by families, or on the job as a simple way to start the year right. This 10-Day Daniel's Diet Health Challenge has both physical & spiritual aspects.

### Physical

- Use the suggested [Daniel's Diet recipes](#) for 10 days or prepare your own recipes from the four plant-based food groups.
- Participate in 30-60 minutes of [moderately intense walking](#) 5 or more days a week. This daily time can be done all at once or in 10- or 15-minute segments. Having a pedometer and a walking buddy are strongly encouraged.
- Drink 8-10 glasses of [water](#) daily.

### Spiritual

- Get a prayer partner and read through the Daniel's Diet companion booklet: "Lessons for Life from the Prophet Daniel" during the 10 days. (This will soon be available on [nehealth.org](#)).
- For each participating church member, invite three non-Adventists friends to participate in the Daniel's Diet.



**More information coming soon to [nehealth.org](#). The program will include: registration, videos, nutrition lectures, a forum, and more! Join us for this exciting event.**

"This was a wonderful experience for me. I prayed to God for help in the new year. Since I started the Daniel's diet, I have more energy and I'm not snacking as much.... This was a wonderful experience for me. And I just pray to the Lord that I continue this way." *Veronica*

"I'm not officially on the diet, but through my parents I've begun to eat healthier. I have tried 3 of the recipes, all 3 were good. I tried the almond and sunflower cereal and it went great with my porridge. I've stopped eating sugary cereals and replaced it with fruit and nuts. Finally, it has cleared my head. In school we just started the midterms, and the 1st 2 exams were a breeze." *Andre, 14-years-old*



# The Daniel's Diet

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	1.Strawberries, Cherries, Orange 2. Steel Cut Oatmeal 3. Handful of Pistachios	1. Mango, Pear 2. Brown Rice Cereal 3. Small Handful of Brazil Nuts	1. Apple, Banana,Peach 2. Cooked Cornmeal 3. Handful of Almonds	1. Watermelon, Melon, Nectarine 2. Cream of Wheat 3. Handful of Walnuts	1.Pineapple, Kiwi 2. Oatmeal 3. Handful of Pecans
<b>Lunch</b>	1. Steamed Carrots, Cut Green Beans 2. Black Beans 3. Handful of Cashews	1. Green Salad (romaine lettuce, spinach, red onion) 2. Brown Rice 3.Lentils	1. Fruit Salad 2. Corn, Sweet Peas 3. White Potato Wedges 4. Pinto Beans	1. Steamed Broccoli and Corn 2. Cooked Garbanzos 3. Sweet Potatoes	1.Collard Greens 2. Mashed Potatoes 3. Black Eye Peas
<b>Supper</b>	Tomatoes, Cucumber, Mango, and Bell Pepper Salad (red, yellow, orange peppers)	raspberries, grapes	Pineapple, blueberries, plums	Tomatoes, Cucumber, and Bell Pepper Salad (red, yellow, orange peppers)	Grapefruit, Banana, peach

	<b>Day 6</b>	<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>
<b>Breakfast</b>	1. Grapefruit, Tangerines, 2. Cooked Millet . Handful of Almonds	1. Cantelope, Kiwi 2. Cornmeal Porridge 3. Small Handful of Brazil Nuts	1. Pears, Blueberries, Raspberries 2. Barley Flakes 3. Handful of Cashews	1. Nectarines, Plums, Strawberries 2. Brown Rice Cereal 3. Handful of Pecans	1. Papaya, Kiwi, Mangoes 2. Whole Grain Cream of Wheat 3. Handful of Almonds
<b>Lunch</b>	1. Fruit Salad 2. Plantains 3. White Beans	1. Green Salad 2. Sweet Potato Wedges 3. Red Kidney Beans	1. Green Salad 2. Cous Cous with vegetable 3. Handful of Nuts	1. Steamed Cabbage 2. Brown Rice 3. Kidney Beans	1. Cooked Greens 2. Brown Rice 3. Pinto Beans
<b>Supper</b>	Orange, Pear	Strawberrries, bananas	Kiwi Fruit, grapes	Cantelope, Apple Plums, bananas	

# 11 Days Daniel Diet Menu Planner by Yvonne Guthrie

Symbols:

\* - recipe is included

WG -whole grain

W -with

'curry' -make own

<b>Breakfast</b>	<b>Dinner</b>	<b>Supper</b>
Fruit salad, 3-4 kinds: ½ cup grape, 1 banana, 1 kiwi. 2 slice <b>WG</b> toast <b>W</b> nut butter. ½ cup granola & ¼ cup soy milk.	Brown rice and red peas or pigeon peas. *Walnut patties <b>W</b> sauce, served with coleslaw.	Fruit smoothie with flax (linseed) and Bible bread or whole grain crackers.
Melon bowl – 1/3 cup each: Crenshaw, cantaloupe, and water melon. 2 blueberry & flax waffle with fruit topping and scrambled tofu.	*Nut roast , 1-1 ½ cup millet and brown sauce, with mix raw veggies and steamed kale	Lentil soup with salad
Porridge (oat/cornmeal or grain of choice). Seven grain /'Ezekiel 49' bread with avocado served with mix Berry cup	*Season spinach bulgur and brown tofu salad. Served <b>W</b> carrot salad	Fruit kebobs- orange wedges, grapes, strawberries and kiwi on skewers
*Musili, 1-2 slice toast ( <b>WG</b> bread) and nut butter.	Stewed peas and brown rice, <b>W</b> sprouts, carrots and lettuce.	Fruit Delight (layer serving of fruits and non dairy yogurt)

Fresh fruit, 2-4 diff. kinds, ½ -1 cup *Fancy crock-pot cereal and nut/nondairy milk (almond, rice or soy) .	*Italian meat balls & WG noodles/spaghetti served with steam broccoli & cauliflower and tossed salad	¼ cup figs& almond, slices of avocado and veggie WG crackers
*Cashew French toast W berry sauce, served with pineapple, apple & strawberries slices.	WG roti & ‘curry’ chickpea , served with alfalfa sprout, carrot and spinach salad.	‘Lite’ vegetable soup
Cucumber& tomato salad W avocado, ackee &veggie ‘fish’ or chunks served with boil banana and yam	Mix green salad, *Better than beef with gravy served over mashed potatoes and steam asparagus	*Waldorf salad , with grapes and orange chunks.
*Hi- fiber omega-3 granola served with fresh fruits	*Vegetable couscous served with sprout & lettuce.	(Air popped) popcorn, persimmons and pears 1 cup
Scrambled tofu ‘n grits, pineapple, apricots and kiwi	*Yellow African rice, oven ‘fried’ tofu and *Bean& carrot salad	*Sprout drink
*Soy corn muffins with berry sauce or nut butter, plums, mangos and oranges	*Enchiladas, steamed beet/ cauliflower and tossed green salad	Creamy tomato soup with WG crackers
Bake WG dumplings, steamed callalo or collard greens W ‘curry’ chunks	Mixed lettuce salad and *zucchini-spinach lasagna	Fruit smoothie or fruit platter and rice cake W apple butter.

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W -with  
‘curry’ -make own

## Daniel's Diet Recipes #3

[Credit: Yvonne Guthrie (2011)]

### Orzo-corn and tofu salad in tomato shell

½ cup diced red, green, yellow peppers	4 cups orzo- cooked
2 cups cooked corn	2 stalks green onions
2/3 cups diced celery	¼ cup green or black olives
2 tsp lemon juice	2 tbsp olive oil
1 Tbsp Bragg amino	4 large tomatoes
1 cup shredded lettuce	1 cup cooked scramble tofu
1 tsp onion powder	½ tsp garlic powder

1. Cut off top of tomatoes, scoop out inside of tomatoes & place mixture in a bowl.
2. Drain tomato shells, by inverting on a plate with paper towel
3. Combine all ingredient in a bowl
4. Fill each tomato shell with corn salad mixture

Serve each on a bed of lettuce or raw salad of choice. For variation: use bell peppers instead of tomatoes, and add 1 diced tomato to mixture.

### Tabouleh salad on a bed of lettuce

Boiling water	1 Tbsp Braggs amino
1 cup bulgur	1 medium red onion
1 medium tomato diced	½ cucumber seeded and diced
4 radish slivered	½ cup parsley chopped
2 Tbsp fresh mint minced	1 tsp olive oil
1 tsp grated lemon rind	3 tsp lemon juice
½ cup diced red, green, orange, and yellow bell peppers	

1. In a large bowl, pour one cup boiling water over the bulgur and let stand for 20 min until water is absorbed in a small contain pour some boiling water over onion let stand 1 min then drain.
2. Add onion, tomato, cucumber, radish, parsley, mint, oil, lemon rinds, lemon juice, peppers, and Braggs, in a bowl toss.
3. Add to bulgur, combine thoroughly, chill before serving

Serve on bed of lettuce

## **Quinoa Salad**

2 cup of quinoa	3 cup vegetable stock
1 red onion diced	1 cup diced red, green, yellow peppers
1 cucumber finely diced	¼ cup minced fresh basil, parsley and chives
¼ cup orange juice	1 tsp grated orange rind
¼ cup lemon juice	1Tbsp Braggs
1 Tbsp olive oil	¼ cup pine nuts
1 cup diced tofu marinated in Braggs, then sauté	

1. In a medium pot bring stock to boil and stir in quinoa and return to boil. Lower heat and simmer cover 20-25 min until liquid is absorbed.
2. Pour quinoa in a large bowl stir in onions, peppers, cucumbers, herbs, and tofu
3. in a small bowl combine orange juice, lemon juice, rind, and olive oil. Serve quinoa salad on a bed of red or green lettuce. Sprinkle with pine nuts. Pour dressing over.

## **Vegetable couscous**

3 tbsp olive oil	2 medium onion sliced
2 large carrots sliced 4 inches thick	2 tomatoes blanched and diced
3 cloves garlic	4 cups vegetable
½ tsp thyme and basil each	½ tsp iodized sea salt or Bragg's amino
1 green zucchini	4 Brussels sprouts cut in quarters
2 cups cooked chick peas	¼ cup golden raisins
2 cup couscous	1 tbsp non stick

In a sauce pan add onions and garlic and sauté, stirring occasionally  
Add thyme and basil, 2 tbsp of olive oil, zucchini, carrots, Brussels sprout stirring for two minutes. Add Braggs. Then add a cup of vegetable stock and simmer for 2 minutes. Add chick peas and tomatoes and stir.  
Drain off stock into and sauce pan and add another cup.  
Bring liquid to boil & add raisins and 1tbsp of olive oil. Stir in couscous.  
Remove from heat  
Cover and let stand for 10 mins.  
Fluff with a fork  
Serve couscous on a platter & pour vegetables over it

Serves: 4-6.

## **Barley Patties & lettuce and carrot salad**

2cups dried barley	1 red or green bell pepper finely chopped
3Tbs chopped leeks	3Tbsp finely chopped fresh parsley
2Tbs Braggs liquid Amino acid	1Tbs veggie chick season of choice

1 med onion dice or 2Tbs onion powder    1Tbsp dried sage  
3cloves garlic diced or 1tsp garlic powder  
1 cup sunflower seed coarsely ground in processor  
1c mustard or collard green (stems removed) finely chopped

1. Put Barley in bowl & add water to cover, leave to soak for 2 hours. Drain & rinse barley, then transfer to large saucepan, add 5cups of water, bring to boil over medium heat. Reduce heat, cover pot & allow to simmer until all water is absorbed about 30-40 min.
2. Meanwhile, in large bowl stir together all other ingredients, except sunflower **seed**. Then add barley when done, mixing ingredients well.
3. Spread sunflower seed on plate, form barley mixture into patties, then place on sunflower seeds to coat it.
4. Place patties on baking sheet, put in 350 pre-heated oven for 20-25 minutes. Flip patties on other side for last 10 min.

Serves: 6-8.

Patties combine well with a variety of lettuce, cucumber and carrot salad.

### **Black Bean Patties and Couscous with coleslaw**

1 cup dried black beans	4 cup water
3Tbs chopped leeks	1Tbs olive oil (optional), 2Tbs water
1Tbs finely chopped fresh cilantro	2 cloves garlic chopped
2tsp ground cumin seeds	2tsp dried thyme
1tsp sage (optional)	1 tsp turmeric
1med onion finely chopped	2tsp lime juice
2Tbs tomato paste	3Tbs cornmeal

Soak beans in bowl water to cover for 8 hours or overnight, then rinse and drain. Place saucepan over medium heat, then add 4cups of water to beans & bring to boil, simmer until tender for about 35-40 minutes.

Put beans in bowl, drain & mash well.

Sauté leeks in oil or water for 2 minutes, then add other herbs and seasonings for 2 more minutes, remove from stove. Add tomato paste, lime juice and 1Tbs cornmeal to mixture.

Pour mixture over beans stir & until thoroughly combined

Sprinkle remaining cornmeal on work surface; take heaping spoon of mixture to form patties on surface, repeat until finished.

Bake in pre-heated oven @350 F until golden brown for about 20-25 min.

Serves: 4-6. (Can use red beans instead)

\*While beans are cooking, prepare couscous and coleslaw.

Serve with sauce of choice.

### **Yvonne's 'Curried' cauliflower, broccoli and potatoes**

1 head cauliflower cut into med size pieces	½ tsp sea salt x2	2
2 cups potatoes (red) cut in chunks	1tsp cumin	
2 cups broccoli florets or broccoli chunks	½ tsp masala	
4 clove garlic minced	1cup sliced carrots	
1 onion minced	1can coconut milk	
½ each green, red, yellow and orange bell peppers		
1Tbs Lime juice		

Place large pot with water on stove & bring to boil. Add salt & potatoes & cook until tender. Add carrots, broccoli and cauliflower in the last 3-5 min.  
Strain: reserving the water for stock. Plunge veggies into cold water.

Heat skillet, add onion and sauté with 2Tbs stock, add coconut milk, curry, cumin and masala. Simmer for 10 minutes.  
Add bell peppers and salt. Stir for 2 minutes, and then combine all other ingredients. Stir & allow to simmer for about 2-3 minutes.  
Remove from heat then or add lime juice.

Serve on bed of spinach or raw salad of choice.

### **Vegetarian Black Bean chili W Brown Rice and Spinach Salad**

1 cup TVP mince – soaked in 1cup water with 1Tbs Braggs for 5-10 min	
1 Onion chopped	4 Cloves garlic (minced)
3Tbs chili	1tsp cumin
½ tsp sea salt	14oz veggie broth
3 cups black bean	1 ½ cup kidney bean
1 ½ cup diced tomatoes	16 oz. or 2 cups fresh or frozen corn
3 carrots diced	1Tbs lime juice
¾ cup tomato paste	

Drain TVP, then place in pot with 1cup water and lime juice over medium heat. Allow to cook for 5-7minutes, then drain.  
Heat large skillet; add onions & garlic; sauté, then stir in cooked TVP.  
Keep stirring, then add cumin and chili & cook for 5min.  
Add veggie broth, stir, adding beans, tomatoes and corn. Cook for 10min. Add salt and tomato paste & cook for 5min. more.

Cook brown rice and serve with salad.

### **Italian 'Meat' Balls**

1 ½ c whole wheat flour	1 tsp marjoram
2 c bread crumbs	1tsp iodized sea salt
2 c chopped pecans	½ tsp garlic powder
1Tbsp basil	1 tsp onion powder
2 c CASHEW CHEESE*	

Stir all ingredients together, mixing well; then form into balls. Bake on sprayed/greased cookie sheet at 350 F for 35 to 40 minutes, turning once.  
Recipe can be used to make patties or loaf.

## CASHEW CHEESE

1cup raw cashews  
2 ½ cup water  
¼ cup yeast flakes  
1Tbsp lemon juice  
½ tsp garlic powder

1tsp onion powder  
4 oz pimentos or 1red pepper  
5Tbsp arrowroot powder  
½ tsp coriander  
2 tsp iodized sea salt

Blend cashews with 1c water until smooth; add pimento and remaining water while blending. Then add all other ingredients and blend for 1minute. Cook on low heat in saucepan until thick, take off heat and cool.

Makes about 4 cups.

Variation: to make **Spicy Cheese**, add ½ tsp cumin

## Millet Burgers

2c cooked millet  
2Tbsp rice flour  
½ tsp garlic  
1onion minced  
½c soft bread crumbs

½ c nuts  
1c tofu  
3Tbsp Braggs liquid Amino Acids  
¼c yeast flakes

Mix all ingredients together in a bowl combine well. Form into burgers, bake at 350 F for 35-45 min on greased sheet, turning once.

Makes about 12

## Enchiladas

1doz WG tortillas  
15oz. tomato sauce  
½ c water  
2 ½ tsp chili powder  
1tsp salt  
Guacamole

¼ tsp cumin  
3 c cooked pinto beans (mashed)  
Spicy cheese  
½ c green onions chopped  
½ garlic powder

Combine tomato sauce, water, chili, salt, garlic and cumin in a pot & bring to boil; then simmer for 10-15 min. Steam tortilla on one side; fill with beans, cheese and onions.

Roll up and place in baking dish with seam down, cover with hot sauce and cheese.

Bake at 350 degrees F for 20 min.

Serve with Raw salad & garnished with Guacamole.

Variation: use black beans instead.

## Zucchini-Spinach Lasagna

9 **WG** lasagna noodles cooked

1tsp iodized sea salt

3 clove garlic (minced)	½ tsp basil
2/3 c onion (chopped)	½ tsp oregano
½ c bell pepper (chopped)	1 c cooked spinach
2 med zucchini (sliced)	1 c Ricotta-style filling
16oz stewed tomato (drained)	2 c Cashew cheese

Sauté onion, garlic and bell peppers in 2Tbs water until slightly tender, then add zucchini, tomato, tomato sauce, salt, basil and oregano. Simmer for 10 min. In casserole dish do layers of sauce, noodles, spinach, Ricotta-style filling and Cashew cheese. (Repeat in that order).

Bake at 350 degrees F for 45min. Serves: 8.

### **Ricotta-Style Filling**

2(16oz) firm tofu	2 tsp iodized salt
¼ c lemon juice	4 tsp basil
4tsp honey/ Agave	1tsp garlic powder

Drain tofu, mashed well with masher. Then mix all ingredients thoroughly. Makes approx. 4cups. Use in lasagna recipe.

### **Hi- Fiber Oega-3 Granola**

2 ripe bananas	6 c. old-fashioned rolled oats
1 c. pitted dates	1 c. wheat bran
¾ c. water	½ c. ground flaxseed
1 ¼ tsp. iodized salt	1c. chopped walnuts
1c. coconut flakes	

1. Heat dates and water together, then blend in blender until smooth, adding banana and salt.
2. Combine remaining ingredients in bowl. Pour banana/date mixture over dry ingredients. Mix well. Should form some clumps.
3. Bake on two nonstick cookie sheet in oven at 200 degrees F for @ least 1hour. Served with fruit and all natural, non-sweetened apple sauce; nut/soy milk; or as a topping over all natural pudding or smoothie.

### **Fancy Crock-pot Cereal**

¼ c. wheat berries	¼ c. barley
¼ c. oat grouts or rolled oats	½ t iodized sea salt
½ c. applesauce	¼ c. shredded coconut
¼ c. quinoa or millet	1tsp coriander
¼ c. chopped pineapple (dried)	¼ c. raisins*

1. Cook on low overnight, except for raisins
2. Add in raisins in morning. Serve with fresh fruit and nut/soy milk.

### **Cashew French Toast**

¼ c. pitted dates	½ c. raw cashews
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1c. water

1/8 tsp iodized salt

8 slices whole grain bread

Blend dates, cashew, salt and water until very smooth. Pour into shallow dish. Dip bread into this batter. Make brown in pre-heated non-stick skillet over medium heat.

May also bake French Toast in oven at 350 F on baking sheet, turning once.

### **Soy Corn Muffins**

2c. Soaked soybeans

2c. Cornmeal, unrefined

8c. Water

1 1/2 t iodized sea salt

1/4 c. rolled oats

2Tbsp honey/Agave

1/2 t onion powder

1. Soak soybeans overnight in 6cups of water.  
(Can be done prior and frozen.)
2. Combine all ingredients, except for cornmeal.
3. Blend until smooth, pour in bowl, adding cornmeal & mix well.
4. Fill muffin tin with batter, bake at 400 degrees F for 30 min.  
(Soaked soy beans also act as leavening agent).

### **Muesli**

3 Apples unpeeled and diced

4c. Rolled oats

1 fresh pineapple or 26 oz (diced)

1c. Raisins

3/4 c. chopped walnuts

3/4 c. unsweetened coconut

46 oz natural, unsweetened pineapple juice

Combine all ingredients in a large bowl. Cover with the pineapple juice and let stand overnight in refrigerator. Serve in morning.

Note: can use other dried fruits instead of raisins, e.g. currants, peaches, dates. May also use other nuts.

### **Sprout Drink**

4c. Cool pineapple juice

4c. Alfalfa sprout

1c. Raw sunflower seed

In a blender, place 2cups of pineapple juice and all other ingredients. Blend until smooth and creamy. Mix in remaining juice. Mix well.

This is a live food, should not sit for long time. Drink immediately.

### **Fruit N Wheat Germ Shake**

1/2 c. crushed pineapple

7-8 strawberries

1 ripe banana

1 1/2Tbs sunflower seed

3Tbs wheat germ

3c. Soymilk/nut milk

1tsp lecithin

Blend all ingredients in blender until smooth. Serve.

### **Waldorf Salad**

1c. Sliced seedless grapes

½ c. walnuts chopped

1 ½Tbs lemon juice or to taste

¼ tsp iodized sea salt

2c. Diced apples

Mix all ingredients. Chill then serve.

### **Barley Soup**

¼ c whole barley

¼ c. onions chopped

1c. carrots

½ c. celery diced

1tsp salt

2 clove minced garlic

2c. tomatoes

1c. peas

chopped parsley

6 c water

Cook barley 1-2 hours in 6 cups water. Add remaining ingredients and simmer until tender. Add chopped parsley just before serving.

### **Yellow African Rice**

2c. Boiling water

1tsp **Cinnamon Substitute**

½ tsp turmeric

1tsp salt

1c. Brown rice

1tsp honey/Agave

½ raisins

Add all ingredients except raisins to boiling water in saucepan. Reduce heat & allow to simmer for 45-55 minutes until water is absorbed.

Stir in raisins and serve.

### **Cinnamon Substitute**

½ cup coriander with ¼ cup cardamom.

Or

1cup coriander with ¼ cup sassafras.

Mix together and use as cinnamon. This does not irritate the stomach lining and intestinal tract like regular spices such as vanilla, nutmeg, etc.

Store in airtight container.

### **Homemade 'Curry Powder**

2 Tbs garlic powder

2 Tbs cumin

2Tbs cardamom

2 Tbs turmeric

Blend/mix all ingredients together. Store in airtight container, and use in recipes that call

for curry.

### Chicken-style Seasoning

1c. yeast flakes	3Tbs onion powder
1 ½Tbs garlic powder	2Tbs iodized sea salt
2 ½Tbs Italian seasoning	2Tbs dried parsley
1Tbs paprika	1tsp savory
3tsp barley malt powder	

Blend ingredients finely, then store in airtight container.

### Walnut Patties

4c. Whole wheat bread crumbs, grounded	½ tsp salt
1c. Walnut grounded	2Tbs yeast flakes
5Tbs Braggs amino	1 ½tsp garlic powder
1 tsp onion powder	1 6oz can tomato paste
½ bell pepper diced	1sm onion chopped
2-4Tbs water	

Mix all ingredients in a bowl, then add water to make moist not soggy. Form into patties, place in oven on cookie sheet to bake at 350 F for 30 min, until browned, turning once. Serves 6-7 patties. Can also make into veggie -balls.

### Blueberry and Flax waffle

Blend in a blender till creamy

½ c. water	½ c. blueberry
½ tsp salt	½ c. rolled oats
1tsp vanilla	1Tbs Agave nectar/ honey

Add 1cup water, 1cup quick oats, 3Tbs bran and ¼ cup flax seed meal. Let stand 5 minutes, preheat a waffle iron and spray with nonstick spray, follow waffle iron directions for amount of batter to use for each waffle.

### Better Than Beef

Blend in blender until smooth  
2c. or 16 oz. cooked red beans  
2Tbs Bragg amino  
1tsp onion powder

1 ½ c. water
3Tbs beef like seasoning
½ tsp garlic powder

Then pour in bowl & Mix in  
**2 ½ cups instant gluten flour,**

Knead for about 1 minute. Shape about 2-3 inches thick. Bake on cookie sheet or in pan at 350 degrees F for 1-1 ½ hour or until brown. Can be used in sandwiches, soup, salad, or any dish.

### **Nut Roast**

¾c. almond or peanut butter \*  
2Tbs onion flakes  
1tsp sage  
5Tbs Braggs amino

2Tbs yeast flakes  
1tsp garlic  
1tsp basil  
1c.bread crumbs

Mix nut butter and water into consistency of whip cream, then cream all ingredients together. Place in crock- pot with 1 inch of water, steam on high for 4 hours. Remove and slice.

\*Variation:

Use 1c. Oats with 1c. Walnut, pecan or almond ground and 1cup water.

Place all ingredients, except oats, nut and bread crumbs in pot bring to boil; then turn off. In a bowl put dry ingredients then add liquid and let set until absorbed. Form, place on greased cookie sheet, bake at 350 degrees F for 30- 35 minutes. Serves: 4-6.