

A Daniel Plan Feast *for the Holidays*



DANIELPLAN

A Daniel Plan Feast for the Holidays



Turkey

Indian Spiced Roast Turkey Marinade	1
Marinated Turkey	2
Cajun Turkey Tenderloins	3

Appetizers

Cranberry Pomegranate Sauce	4
Stuffed Mushrooms	5
Sassy Cucumber Mint Salad	6
Clever Kale Slaw	7
Artichoke Dip	8

Soups

Creamy Butternut Apple Soup	9
Creamy Thai Pumpkin Coconut Soup	10

Vegetable Side Dishes

Faux Mashed Potatoes	11
Rosemary Green Beans	12
Emerald Broccoli	12
Asian Brussels Sprouts	13

Starchy Side Dishes

Mashed Sweet Potatoes with Rosemary	14
Cornbread Cranberry Stuffing	15
Stuffed Yams	16
Wild Grain-A-Roni	16
Butternut-Squash Risotto	17
Pumpkin Herb Biscuits	18

Desserts

Chia Pumpkin Pie Parfaits with Banana Coconut Whip	19
Warm Sweet Potato Pudding	20
Bittersweet Chocolate Cranberry Chews	21
Chocolate Coconut Pudding	22

Indian Spiced Roast Turkey Marinade

Mareya Ibrahim

Ingredients

(For a bird up to 18 pounds)

- **1½ cup** Greek yogurt
- **¼ cup** juice from large naval orange
- **1 tsp.** grated naval orange zest
- **1 tsp.** smoked sea salt
- **1 tsp.** smoked paprika
- **1 tsp.** ground turmeric
- **1 tsp.** ground cumin
- **½ tsp.** ground coriander
- **½ tsp.** garlic powder



Directions

1. In a small bowl, add yogurt. Add zest and juice from orange and mix into yogurt with a whisk.
2. Add all spices and whisk until well combined. Let mixture set up in the refrigerator for about 1 hour.
3. Slather turkey with marinade a minimum of 24 hours for best results. Roast as normal and enjoy!



Marinated Turkey

Tana Amen

Directions

Preparation to be done the day before cooking:

1. Start with a fully thawed turkey. Remove innards from cavity (set aside for stuffing if you choose) and rinse turkey well. Pat dry with paper towels.
2. "De-glove" the skin from the turkey, being careful not to remove the skin from the turkey. You just want to separate the skin from the meat. Try not to puncture the skin. The skin will remain attached at the legs attachment points.
3. Mix all ingredients in the marinade with a whisk prior to marinating the turkey.
4. Evenly apply the marinade around the turkey meat, under the skin with clean hands (always being careful to handle ALL meat with clean hands and not touch anything else prior to washing). Be sure to apply a thick coat of marinade.
5. Apply a final, thin coat of marinade to the inside cavity of the turkey and the outer skin. If you don't have enough left, you may choose to use sea salt with a little olive oil.
6. Cover turkey and refrigerate overnight for at least 6-24 hours prior to cooking.

Tip: *The turkey recipe can be adapted to roasted chicken. Cut ingredients in half and marinate according to same instructions. Preheat oven to 425 and roast for an hour and a half. Keep chicken breast side down for the first hour and turn over for the final 30 minutes.*

Preparation for the following day:

1. Preheat oven to 400 degrees F.
2. Place turkey, breast down (for the most moist breast meat) in a roasting pan or directly on the lower rack above a roasting pan.
3. Cooking time varies, but a general rule is about 15 minutes for every pound.
4. After 30 minutes, reduce the cooking temperature to 350 degrees for the next two hours, then reduce it again to 250 degrees for the remaining time.
5. Use a baster to retrieve juices from the bottom of the pan and baste the turkey every 30 minutes or so. If there are not enough drippings you may use a little raw, organic melted butter mixed with chicken broth (optional)
6. Use a meat thermometer to insure the meat is fully cooked. The white meat should have a temperature of about 165 degrees.
7. For the last 20 minutes of cooking time turn the turkey over and turn the temperature up to 300 degrees. This will brown the skin of the breast.

Ingredients

- **1-12 lb.** free-range, hormone-free, antibiotic-free turkey
- **½ cup** of extra virgin olive oil
- **¼ cup** fresh squeezed lemon juice
- **2 tbsp.** minced garlic
- **2 tbsp.** fresh rosemary, finely chopped
- **2 tbsp.** fresh thyme, finely chopped
- **1 tbsp.** sea salt (or according to taste)
- **1 tbsp.** Pepper (or according to taste)

Cajun Turkey Tenderloins

Robert Sturm



Ingredients

(Serves 4)

- **8** turkey tenderloins (2/person)
- **4 tbsp.** cajun seasoning
- **2 tbsp.** olive oil

Directions

1. Preheat oven to 400F
2. Rub turkey tenderloins with Cajun spice.
3. Heat a cast iron skillet on medium (or any other skillet) until hot and pour olive oil in pan.
4. Sear turkey tenderloin on one side till golden brown. Turn turkey tenderloin over. Put pan in the oven for 10 – 15 minutes depending on the size of the turkey tenderloin.
5. Cook to the interior temperature of the turkey tenderloin is 165F. Enjoy hot or let cool.
6. Slice for sandwiches and keep for in the refrigerator. Keeps 5 days.

Cajun Seasoning

Ingredients

- **1 tbsp. & 1½ tsp.** Paprika
 - **1 tbsp.** salt
 - **1 tbsp.** black pepper
 - **1 tsp.** white pepper
 - **1 tsp.** cayenne
- **1 tsp.** granulated garlic (or garlic powder)
- **1 tsp.** granulated onion (or onion powder)
- **½ tsp.** thyme, cracked
 - **½ tsp.** oregano, whole or crushed

Directions

Place all ingredients in a bowl. Blend till smooth. Keep in airtight container.



Cranberry Pomegranate Sauce

Sally Cameron

Ingredients

(Serves 6-8)

- 1 large orange
- 2 **tbsp.** organic natural sugar
- 1 **tbsp.** granulated stevia
(Like Wholesome Sweeteners)
- 12 **oz bag** or fresh raw cranberries
(washed and picked over)
- ½ **cup** pomegranate seeds
- **Pinch** salt
- **Pinch** cinnamon



Directions

1. Zest the orange, then juice. You should get about 1 1/2- 2 teaspoons of zest and 1/2 cup of juice.
2. Place juice, sugar and stevia into a medium (3 quart) pan and melt the sugar until smooth over medium low heat, stirring.
3. Add cranberries, bring to a boil and cover with a lid.
4. Turn to medium low and cook for 5-7 minutes.
5. Add pomegranate seeds, orange zest, salt and cinnamon. Cool and serve.

Stuffed Mushrooms

Jenny Ross



Ingredients

(Makes 16 small to midsize or 4 entrée-size mushrooms)

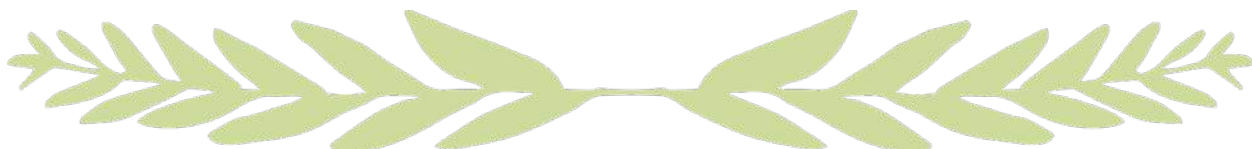
- **4 cups** cremini mushrooms (medium to large stems) *or* 4 large portobello mushrooms

Sauce:

- **1 cup** basil
- **1½ cups** pistachios or pecans
- **4 cloves** garlic
- **1** red bell pepper
- **¼ cup** sun-dried tomatoes
- **¾ cup** extra-virgin olive oil
- **1 tsp.** sea salt

Directions

1. Begin by preparing the filling. Blend the olive oil, basil, garlic, and sea salt well in a basic blender.
2. After a rich emulsion forms, add in the nuts of choice and blend well until a thick paste forms.
3. Chop the sun-dried tomatoes evenly and fold into mixture.
4. Slice the red bell pepper lengthwise and remove stem and seeds. Dice down to 1/8-inch pieces and add to filling mixture.
5. In a medium-size mixing bowl, toss the mushrooms (after de-stemming and wiping clean with a damp cloth) with a little olive oil until lightly coated.
6. On a baking tray, arrange mushrooms concave side up so that they are barely touching one another.
7. Fill mushroom caps evenly with filling.
8. Bake at 200 degrees for 20 minutes and then check.
9. Enjoy topped with additional nuts, marinara, or dried herbs.



Sassy Cucumber Mint Salad

Tana Amen



Ingredients

- 4 small Persian cucumbers *or* 2 larger cucumbers, cut into thin slices
- 1 red pepper, diced
- ½ cup grape tomatoes, halved
- ½ cup edamame (*shelled and cooked*)
- 1 carrot, grated
- 2 tsp. tahini
- 1 garlic clove *or* shallot, quartered
- 2 tbsp. sesame oil or peanut oil
- 2 tsp. rice wine vinegar (*with no sugar added*)
- 2 tbsp. low sodium soy sauce *or* 2 tsp. Braggs Liquid
- 2 tsp. fresh ginger root, diced or grated
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 tbsp. black sesame seeds (*found in the Asian section of most supermarkets*)



Directions

1. In a blender, put tahini, garlic (or shallot), vinegar, soy sauce, ginger, salt and pepper. Blend briefly.
2. While blender is running add oil in a slow stream. Set dressing aside.
3. In a salad bowl, toss together, cucumbers, red pepper, tomatoes, edamame and carrot.
4. Either dish salad mix into bowls and drizzle a small amount of salad onto each salad or toss dressing into the entire salad mix before dishing.
5. Sprinkle with sesame seeds before serving.
6. Add sunflower seeds and chives if desired.

Clever Kale Slaw

Tana Amen

Ingredients

- **3 cups** shredded Kale or Swiss Chard
- **½ cup** shredded green cabbage
- **½ cup** shredded purple cabbage
(option: use 1 cup prepackaged coleslaw mix instead of cabbage)
- **¼ cup** shredded carrot
- **½ cup** chopped raw cashews
- **½ cup** Vegenaïse *or* organic mayo
- **1 tbsp.** apple cider vinegar
- **½ packet** (whole leaf) Stevia (optional)
- **½ tsp.** allspice
- **1/8 tsp.** cinnamon
- **1/8 tsp.** nutmeg
- **1 tsp.** fresh oregano, finely chopped
or **½ tsp.** dried oregano
- **1 tsp.** fresh thyme
or **½ tsp.** dried thyme
- **1/3 tsp.** curry powder
- **¼ tsp.** salt
- **¼ tsp.** pepper
- **¼ cup** raw sunflower seeds
- **½ cup** dried cranberries



Tip: Try combining ingredients for the dressing (except Vegenaïse/organic mayo) in a blender or food processor with ¼ cup sesame oil and ½ cup raw peanuts or almonds. Puree and pour over salad blend. Toss well.



Directions

1. Combine kale, cabbage, carrot, and nuts.
2. In a small mixing bowl, combine Vegenaïse/organic mayonnaise, vinegar, stevia, spices, oregano and thyme. Whisk until mixture is blended well.
3. Toss with salad mix.
4. Allow salad to refrigerate for 30 minutes prior to serving if possible so flavors can "marry."
5. Top with sunflower seeds and dried cranberries.

Spinach & Artichoke Dip

The Daniel Plan Cookbook



Ingredients

(Serves 4-6)

- **1 box** (10 oz.) frozen spinach
- **12 oz.** frozen artichoke hearts
- **1 ½ tbsp.** extra-virgin olive oil
- **¾ cup** finely chopped onion
- **3-4** large garlic cloves, minced
- **1 ½ tsp.** dried oregano *or* **1 tbs.** fresh
- **5 oz.** plain Greek yogurt
- **¾ cup** grated Parmesan cheese
- **¾ tsp.** salt
- **¼ tsp.** black pepper



Directions

1. Pre-heat oven to 350°.
2. Cook frozen spinach according to package directions.
3. Place cooked spinach in a sieve and press all water out of the spinach. Do the same with the artichoke hearts. Coarsely chop the spinach and artichokes.
4. In a medium pan, heat olive oil over medium low heat. Add onion and oregano. Cook until soft. Add garlic, and cook 1 more minute while stirring.
5. Stir in artichokes, spinach, yogurt and ½ cup of the Parmesan. Season with salt and pepper. For a creamier consistency, add a couple more tablespoons of Greek yogurt or vegan or organic mayonnaise.
6. Place dip in an oven safe shallow dish and bake until heated through. Top with the remaining ¼ cup of Parmesan and serve. If you want to brown the top, place under a hot broiler for 1 minute until cheese melts.

Creamy Butternut Apple Soup

Sally Cameron

Ingredients

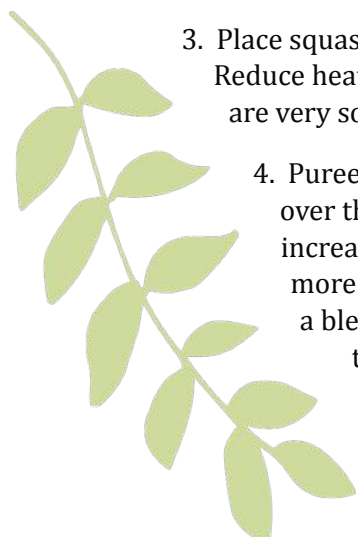
(Serves 6 as a main course, 9 as a first course)

- **1 2 ½-3** pound butternut squash (or 2 1/4 pounds of the ready, pre-cubed squash)
- **2 ¼ lbs.** Granny Smith apple
- **3 cups** water
- **2 tsp.** agave syrup (optional)
- **1 tbsp.** of mild sweet curry powder
- **¼ tsp.** of ground chipotle powder (optional)
- **1 tbsp.** pureed organic ginger in a jar (or fresh finely zested with a microplane or ginger grater)
- **Pinch** of ground clove (optional)
- **1 tsp.** sea salt
- **½ tsp.** black pepper
- **1 cup** coconut milk
- **1 tbsp.** finely chopped chives (optional garnish)



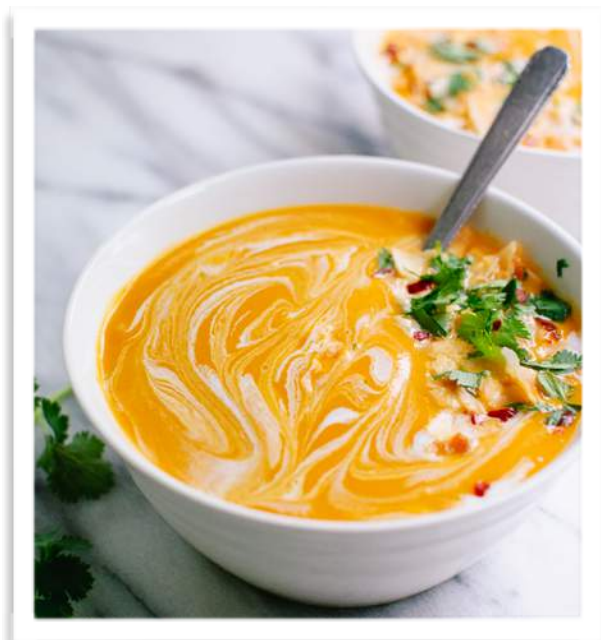
Directions

1. Cut a thin slice off the top and bottom of the squash. Peel butternut squash with a sharp vegetable peeler. With a sharp, heavy knife, cut across the neck and round base of the squash separating them. Then cut each piece in half lengthwise. This will make the squash easier to handle. With a tablespoon, scoop out the seeds and fibrous flesh of the bottom of the squash. Discard. Chop the squash into medium chunks.
2. Peel apples, core and cut into medium chunks.
3. Place squash, apples, water and agave syrup in a 4-5 quart pot and bring to a boil. Reduce heat to low, add the spices, cover the pot and simmer until squash and apples are very soft when pierced with the tip of a paring knife, about 25-30 minutes.
4. Puree mixture in a blender in 2-3 batches for safety. Place a folded kitchen towel over the blender lid and holding it in place, turn the blender on low. Slowly increase the speed and puree the mixture until smooth. Blender should not be more than half full when you start. Hot liquids expand quickly when pureeing in a blender. Alternatively you can use a hand held immersion blender to puree the soup right in the pot. Add the coconut milk.
5. Heat soup gently over low heat until hot if you have made it ahead and refrigerated it. Taste for seasoning. For garnish, sprinkle with chopped chives.



Creamy Thai Pumpkin Soup

Mareya Ibrahim



Ingredients

(Serves 4-6)

- **1½ tsp.** coconut or grape seed oil
- **2 tbsp.** red onion, finely diced
- **1** clove fresh garlic
- **2 tbsp.** yellow curry paste (find this prepared in the Asian specialties section of the store)
- **13.5 oz. can** light coconut milk
- **3 Cups** low sodium vegetable broth
- **30 oz.** organic pumpkin puree
- **1** small red chili seeded and finely chopped (be careful of the seeds and your eyes). You can also substitute ½ tsp. dried red chili flake
- **1 tbsp.** fresh cilantro or parsley, chopped
- Sea salt to taste

Directions

1. In a large saucepan, heat oil and sauté onion and garlic over medium low heat until translucent, taking care not to brown. Add chili.
2. Add the curry paste and sauté until fragrant, about 3 minutes. Add the broth and the pumpkin and whisk together until well incorporated and creamy.
3. Add the coconut milk and cook until mixture bubbles for a few minutes.
4. Remove from heat and garnish with a drizzle of coconut milk and fresh cilantro.

Faux Mashed Potatoes (“Creamed” Cauliflower)

The Daniel Plan Cookbook



Ingredients

(Serves 4-6)

- **2¼-2½ lbs.** white cauliflower
(about 1 very large head)
- **3 tbsp.** extra-virgin olive oil
- **1** large leek
- **2-3 tsp.** fresh thyme, chopped
or 1 tsp. dried)
- **3** large garlic cloves, minced
- **½ cup** grated Parmesan cheese
- **¼ cup** sour cream
- Kosher and sea salt and pepper to taste

Directions

1. Cut the core out of the cauliflower head. Break the rest into small florets, trimming off any large stems. You should have about 8-9 cups. Bring several inches of water to a boil with a steamer basket insert in a large pot. Add cauliflower, cover, and steam 13-15 minutes or until very soft. Drain water, and place cauliflower back in the pan to stay hot.
2. Trim off tough green top and root end of the leek. Use the white and pale green part only. Cut leek in half lengthwise, and run under cold water to remove sand and dirt. Cut the leek halves crosswise into thin slices.
3. Heat 1 tablespoon of the olive oil in a large sauté or fry pan over medium heat. Slowly cook leek with thyme over medium-low to medium heat until soft. Do not brown. Add garlic, and cook 1 more minute. Sprinkle with salt and pepper.
4. Add hot cauliflower and leek mixture to the bowl of a food processor. Add the Parmesan, the remaining 2 tablespoons olive oil, and sour cream. Puree until smooth and creamy. Taste, and add salt and pepper as needed.



Rosemary Green Beans

Jenny Ross

Ingredients

(Serves 4)

- **2 cups** raw green beans
- **4 tbsp.** olive oil
- **2 tbsp.** fresh rosemary
- **1 tbsp.** fresh garlic
- **1 tsp.** sea salt

Directions

1. Toss together and bake on low at 250 for 20 minutes and then check.



Emerald Broccoli

The Daniel Plan Cookbook

Ingredients

(Serves 4)

- **2 cups** water
- **6 cups** broccoli florets
- **1 cup** organic or homemade pesto
- **1 tsp.** Kosher or sea salt
- **1** lemon wedge
- **2 tbsp.** red pepper flakes *(optional)*



Directions

1. Pour water into a medium-sized pot with a steaming basket inside. Steam the broccoli for 6 minutes. Cover and let sit for 6 minutes. The broccoli should be an emerald green and still somewhat firm.
2. Remove the broccoli from the pot. In a mid-sized mixing bowl, toss the broccoli with pesto and salt while still hot. Sprinkle with chile flakes and a spritz of lemon. This dish will save for an additional 3 days in the refrigerator and is also delicious as a cold side salad.

Asian Brussels Sprouts

Robert Sturm



Directions

1. Warm up sesame oil in pan. Sauté turkey bacon, Serrano chili, ginger and garlic for 1 minute.
2. Add Brussels sprouts and sauté till tender (about 3 minutes). Do not over-cook because it will just get mushy.
3. Season with sesame seeds and salt.
4. Serve immediately. Takes about 15 minutes to make.

Ingredients

(Serves 4)

- **10 - 12** Brussels sprouts, cut in half, sliced thin
- **1 tbsp.** sesame oil
- **1 tbsp.** turkey bacon, chopped fine
- **1 tbsp.** ginger, chopped fine
- **1 tbsp.** garlic, minced
- **1 tbsp.** Serrano chili, minced
- **1 tsp.** sesame seeds
- **½ tsp.** All Purpose Seasoning *or* salt and pepper to taste
- **½ cup** cilantro leaves

All Purpose Seasoning

Ingredients

- **½ cup** Salt, non-iodized
- **2 tbsp.** black pepper, ground
- **1 tbsp.** white pepper, ground
- **½ tsp.** red pepper, ground
- **1 tbsp.** granulated garlic
- **2 tbsp.** granulated onion
- **1 tbsp.** Hungarian Paprika

Directions

Place all ingredients in a baggie. Shake until mixed well. Put in storage container. Use as desired.



Mashed Sweet Potatoes with Rosemary

Sally Cameron

Ingredients

(Serves 4)

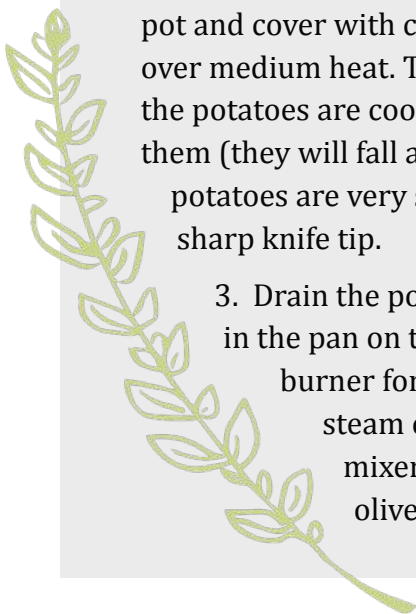
- **2 lbs.** sweet potatoes
- **2 tbsp.** butter or olive oil
- **1 tbsp.** chopped fresh rosemary (or thyme works well too)
- **1-2 tbsp.** chopped toasted pecans (garnish, optional)



Directions

1. Peel sweet potatoes. If they are large, cut them in half crosswise to make them more manageable. Trim a piece from the long side of the sweet potato to create a flat surface. Place the flat surface on the cutting board for stability and cut the potato into planks about 1" in width. Then cut the planks into the same size diced potatoes.
2. Place the potatoes into a medium saucepan or pot and cover with cold water. Bring to a simmer over medium heat. Turn down if needed once the potatoes are cooking. You don't want to boil them (they will fall apart). Cook until the potatoes are very soft when pierced with a sharp knife tip.
3. Drain the potatoes and place them back in the pan on the warm (but turned off) burner for a few minutes. This will steam off excess moisture. Mash the potatoes with an electric handheld mixer or an immersion blender with the whip attachment. Add butter or olive oil and rosemary. Serve warm.

Tip: To save time, these sweet potatoes can be made a day ahead and warmed before serving. To heat, place the sweet potatoes in a medium glass or stainless steel bowl over a pan with simmering water. Cover with foil and heat until hot, stirring occasionally.



Cornbread Cranberry Dressing

Sally Cameron

Ingredients

(Serves 6-8)

- 1 loaf of gluten-free or regular cornbread
- 1 medium leek
- ½ medium onion
- 2 large celery ribs
- 1 small fennel bulb
- 2 **tbsp.** unsalted butter (or olive oil)
- 2 large cloves of garlic
- ½ **cup** or 2 **ounces** dried cranberries (or more if you prefer a wet dressing)
- 2 **tbsp.** fresh chopped parsley
- 2 **tsp.** fresh chopped thyme
- 1 egg, beaten
- ½ **cup** milk (regular or alternative)
- ¾ **tsp.** salt
- ¼ **tsp.** ground black pepper



Directions

1. Start a day or two ahead by baking the gluten-free cornbread. When the cornbread has cooled completely, cut it into slices about 1/2" wide, then cut it into small cubes. Place the cubes onto a rimmed baking sheet and allow the cornbread cubes to air dry, uncovered, for about 24 hours. Place dried cubes in an air tight container and set aside until you are ready to finish the dressing
2. Prep your vegetables.
 - Leek: Trim the root end and dark top greens off the leek. Split the leek lengthwise in half, then each half again into a quarter. Cut into thin slices. Wash under cold running water to clean any sand or dirt.
 - Onion: Chop into small dice
 - Celery: cut the ribs in halves or quarters, depending on size, then crosswise into small pieces.
 - Fennel: trim ribs off of the bulb and discard. Cut a thin slice off of the bottom root end. Cut the bulb in half, then each half into thin slices. Chop the slices into small pieces.
3. In a large sauté pan over medium-low heat, melt the butter. Add the leek, onion, celery and fennel and cook until the vegetables are soft and translucent, about 7-10 minutes. Stir occasionally. Add the garlic and sauté another 1 minute. Add salt and pepper.
4. Add the dried cornbread cubes and mix in gently. Add the cranberries, parsley, thyme, and the beaten egg and milk. Mix gently.
5. Spoon dressing into a 2-3 quart casserole or gratin dish. Cover with foil. Bake in a pre-heated 350 degree oven for 35-40 minutes, then uncover and bake an additional 10 minutes for a golden top.



Stuffed Yams

Jenny Ross



Ingredients

(Serves 2)

- 2 four-to-six inch yams
- 1 cup broccoli
- 1 cup diced green beans

Sauce:

- 1 cup raw tahini
- 1 clove garlic
- 1 tsp. sea salt
- 1 tbsp. chili powder
- 1 tsp. dark raw honey
- ½ tsp. cinnamon
- 1 cup carrot juice or 2 Roma tomatoes

Directions

1. Begin by blending sauce ingredients in a basic blender.
2. Steam or bake yams and steam other vegetables until tender.
3. Slice yams lengthwise, and mash flesh briefly to a course texture. Then fill each half with ½ cup vegetables atop the mash.
4. Drizzle with sauce and enjoy.

Wild Grain-A-Roni

Robert Sturm



Ingredients

- ½ cup wheat berries
 - ½ cup wild rice
 - ½ cup brown rice
 - 2 oz. olive oil (use 1 oz. at a time)
 - 1 cup sweet onion, small diced
 - 4 ½ cups chicken stock
 - ½ cup Asiago or Parmesan Cheese, shredded
 - ¼ tsp. All Purpose seasoning
- Optional (see page 13 for recipe)*

Directions

1. Sauté onions in 1 ounce of olive oil till tender. About 3 minutes.
2. Add rice.
3. Continue to sauté until onions are brown. About 5 minutes.
4. Add stock. Bring to a boil. Cover and simmer 1 hour or until done.
5. Option: Pour the rice and stock in a rice cooker and follow manufacturers directions. When the rice is cooked, season with 1 ounce of olive oil, cheese and All-Purpose Seasoning.

Butternut Squash Risotto

Jenny Ross



Ingredients

(Serves 2)

Risotto:

- **4 cups** steamed Arborio rice
- **1 tsp.** sea salt

Puree:

- **2 ½ cups** diced butternut squash
- **¼ cup** extra-virgin olive oil
- **2 tbsp.** raw honey (optional)
- **1 clove** garlic
- **2 tbsp.** stemmed fresh rosemary
- **1** Roma tomato
- **1 tbsp.** dried basil
- **½ cup** water

Directions

1. In a medium-size bowl, combine rice and sea salt and toss well.
2. Let sit until the rest of the recipe is prepared.
3. In a high-powered blender, combine all puree ingredients and puree to a smooth consistency. Butternut squash is very dense, so it's important to really work with this mixture until it's rich and creamy.
4. Pour over the rice and toss well.
5. Transfer to a deep baking dish and bake at 250 for 20 minutes.
6. Enjoy garnished with fresh tomato or avocado.



Pumpkin Herb Biscuits

Tana Amen



Ingredients

- ¼ organic cooked pumpkin (Can be canned.)
- 2 **tbsp.** coconut milk
- 2 **tbsp.** honey (optional)
- 3 eggs
- ¼ **cup** melted coconut oil
- ½ **tsp.** fresh rosemary, chopped
- ½ **tsp.** fresh thyme, chopped
- ¾ **cup** almond flour
- 2 **tbsp.** coconut flour
- 1 **tsp.** baking powder
- ¼ **tsp.** salt (optional)



Tip: You can use only one flour (either almond meal or coconut flour), but blending often turns out better with gluten free baking.

Directions

1. Preheat the oven to 350°F.
2. In medium to large bowl, combine the pumpkin, coconut milk, honey, eggs, melted coconut oil and herbs. Mix thoroughly.
3. In separate bowl, combine almond flour, coconut flour, salt and baking powder. Mix thoroughly.
4. Add dry ingredients to the bowl of wet ingredients and stir until mixed thoroughly.
5. Line a baking sheet with parchment paper. Portion the dough with an ice cream scoop (or make them cookie size) and place onto baking sheet. Bake for 20 to 30 minutes for biscuits or about 11 to 15 minutes for cookies, depending on the portion size, until lightly browned and firm. I like mine moist so I bake for the lesser time.

Chia Pumpkin Pie Parfaits

with Banana Coconut Whip

Mareya Ibrahim



Ingredients

(Serves 2-4)

Parfait Filling:

- **1 cup** pumpkin puree
- **¾ cup** Greek yogurt (or coconut yogurt)
- **2 tsp.** chia seeds
- **2 tsp.** stevia liquid
- **¾ tsp.** cinnamon
- **¼ tsp.** pumpkin pie spice
- **¼ tsp.** pure vanilla extract

Banana Whip:

- **½ cup** canned coconut cream
- **½** frozen banana
or **½** fresh banana and **½ cup** ice)
- **2 tsp.** stevia (powder or liquid)
- **½ tsp.** pure vanilla extract

Toppings:

- **2 tbs.** of your favorite low sugar granola
- Optional: Unsweetened coconut flakes

Directions

1. In a bowl, mix together parfait ingredients; adjust spices as desired. Add chia seeds and mix in thoroughly. Layer into a mason jar and chill overnight.
2. In a blender, combine banana whip ingredients until light and fluffy.
3. In a parfait glass or champagne flute, layer pumpkin mixture with banana whip on top.

Warm Sweet Potato Pudding

Tana Amen

Ingredients

- **1 lb.** sweet potatoes, peeled and cubed
- **1** bosc pear, cored and cubed
- **¾ tsp.** ground cinnamon
- **1/8 tsp.** ground nutmeg
- **¼ cup** pure maple syrup
- **¼ cup** macadamia nuts
- **2 tbsp.** coconut butter
- **1 tbsp.** unsweetened coconut flakes



Directions

1. Fill the bottom of a large pot with water. Place a steamer basket in the bottom of a large pot; making sure that the basket isn't covered with water. Bring the water to a full boil.
2. Add the sweet potatoes and pear to the steamer basket. Cover and steam the sweet potatoes and pear until very tender, about 10- 15 minutes.
3. Put macadamia nuts in a food processor and pulse until they are a fine consistency.
4. Add steamed sweet potatoes, pear, cinnamon, nutmeg and maple syrup to the processor and mix until all ingredients are well blended and smooth.
5. Sprinkle with coconut flakes and serve warm.

Bittersweet Chocolate Cranberry Chews

The Daniel Plan Cookbook

Ingredients

(8 Pieces)

- 4 oz. 70% bittersweet chocolate
- ¼ cup chopped walnuts
- ¼ cup dried cranberries
- 2 tbs. unsweetened shredded coconut
- 8 2-inch paper baking cups (mini size)



Directions

1. With a serrated, bread or a large chefs knife, chop the chocolate into small pieces. Melt chocolate either in the microwave or a double boiler.
 - *To melt chocolate in the microwave*, place chocolate in a microwave-safe bowl. Microwave using 50% power for 1 minute. Remove and stir. Continue in 30-second increments until chocolate is mostly melted. It's ready when there are still a few lumps. They will smooth out as you stir.
 - *To melt chocolate in a double boiler*, place a few inches of water in a small pan over medium heat and bring to a simmer. Turn heat to low, and sit a small bowl on top and barely into the pan; it should not touch the hot water. Put chocolate in the bowl. Stir occasionally until chocolate melts smooth.
2. Place 8 paper baking cups on a flat plate, baking sheet, or mini cupcake pan. Drizzle in 1 teaspoon of melted chocolate, then top with a sprinkle of nuts, coconut, and a 68 dried cranberries. Drizzle with 1 teaspoon melted chocolate, and sprinkle with a bit more nuts and coconut. Refrigerate to set.

Chocolate Coconut Pudding

The Daniel Plan Cookbook

Ingredients

(Serves 6)

- **6 oz.** 70% bittersweet chocolate
- **2** large eggs
- **10 drops** liquid stevia extract
(vanilla cream or plain)
- **1 tsp.** pure vanilla extract
- **Pinch** of salt
- **1 cup** (8 oz) coconut milk



Directions

1. Chop chocolate into small pieces. Using a long serrated bread knife or a heavy chef's knife makes it easy. Place chopped chocolate into the bowl of a food processor. Process until very fine. Add the eggs, stevia, vanilla, and salt. Process for a few more seconds.
2. In a small pan over medium heat, bring the coconut milk to a boil. When it boils, remove from the heat.
3. Start the food processor, and slowly pour the hot milk through the feed tube. Process pudding until smooth.
4. Pour the hot liquid chocolate equally into six 2-ounce ramekins, dishes, or cups. Refrigerate until chilled and set, about 2 hours.

Daniel Plan Signature Chefs & Contributors

Jenny Ross

Jenny Ross is the internationally recognized chef, author, educator, and force behind Jenny Ross Living Foods, including the raw food restaurant 118 Degrees, the popular Raw Basics detox meal programs, and nationwide grocery product line 118 Degrees. She has been an early pioneer of the raw movement, coaching clients about the healing power of living foods, while motivating them to adopt a more vibrant, healthy lifestyle. She has a degree in holistic nutrition and certificates as a health and life coach. Jenny was one of the contributing chefs of *The Daniel Plan Cookbook*.



Sally Cameron

Sally Cameron is a professional chef, author, recipe developer, educator, certified health coach, and one of the contributors to *The Daniel Plan Cookbook*. Sally's mission is to educate, empower and encourage people to create great tasting meals at home using healthy ingredients and easy techniques. Sally is the publisher of the popular food blog, *A Food Centric Life*. She holds a culinary degree from The Art Institute and health coaching certification from The Institute for Integrative Nutrition.



Mareya Ibrahim

Mareya Ibrahim is best known as "The Fit Foodie". She is an award-winning entrepreneur, television chef, author, and one of The Daniel Plan signature chefs. She is also the CEO and founder of Grow Green Industries, Inc. and cocreator of eatCleaner, the premier lifestyle destination for fit food information. Her book *The Clean Eating Handbook* is touted as the "go-to" guide for anyone looking to eat cleaner and get leaner. She is a featured chef on ABC's Emmy-nominated cooking show *Recipe Rehab*, eHow.com, Livestrong, and the food expert for San Diego's Channel 6 News.



Tana Amen

Tana Amen, RN, BSN, helps people realize that they are not stuck with the brain and body they have by empowering them with simple strategies that will transform them into WARRIORS for their health. Tana is the executive vice president of the Amen Clinics, the NY Times bestselling author of "The Omni Diet", highly respected health and fitness expert, and a nationally renowned speaker, and media guest. Tana believes that everyone can optimize his or her health by using "The Brain Warrior's Way" that she and her husband have developed and perfected. Her call to action energizes and inspires her followers.



Robert Sturm

Robert Sturm is one of California's premier chefs and food designers. He has been in the food service industry for more than 30 years, working as an independent consultant to leading restaurants chains around the country. He has been featured in many publications, appears on television and radio, and has been a featured chef at the United Nations, the White House, and the Kremlin. Robert is the three-time winner of the U.S. Chef's Open, a past gold medal member of the US Culinary Olympic Team, and has won many national and international culinary titles and food design awards.



The Daniel Plan Cookbook

The Daniel Plan Cookbook: 40 Days to a Healthier Life is a beautiful four-color cookbook filled with more than 100 delicious, Daniel Plan-approved recipes that offer an abundance of options to bring nutritious cooking into your kitchen to help transform your health in the best way imaginable – from the inside out.

