

New Kingdom Ministries International

AWAKENING 21 Days of Prayer & Fasting January 9-30, 2012

Since the inception of our church, we've set apart at least 21 days each January to fast and pray in order to align our hearts with God's will concerning our personal lives, the Body of Christ, our nation and our world. Fasting is one of the most powerful spiritual disciplines we should practice. Through prayer and fasting, the Holy Spirit can transform our lives and direct our paths.

Prayer and fasting can produce tremendous power when we make it a priority. According to Scripture, when God's people fast with a proper Biblical motive, which is to seek God's face and not His hand, He will hear from heaven and heal our lives, our churches, our communities, our nation and world. Here are some important guidelines to ensure your time of consecration is effective and brings about the results God desires.

Set Your Objective

Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

Make Your Commitment

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14,15) For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front:

- How long you will fast - one meal, one day, a week, 21 days, forty days. (Beginners should start slowly, building up to longer fasts.)
- The type of fast God wants you to undertake (such as water only, or water and juices; what kinds of juices you will drink and how often).
- What physical or social activities you will restrict.
- How much time each day you will devote to prayer and God's Word.

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, "when you fast," not if you fast.
- Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ.
- Fasting is a Biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "I humble myself through fasting."
- Fasting enables the Holy Spirit to heighten your spiritual awareness.
- The Holy Spirit will quicken the Word of God in your heart, and His truth will become more meaningful to you!
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life-and make you a channel of revival to others.
- Fasting and prayer are the only disciplines that fulfill the requirements of 2 Chronicles 7:14: *"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land."*

Types of Fasts:

Full Fast Drink Liquids Only (You determine how many days).

The Daniel Fast Eat fruits and vegetables only. No meat, no sweets, no bread (Read Daniel 10.)

3-Day Fast This fast can be a Full Fast, Daniel Fast, or a Partial Fast.

Partial Fast Usually from 6:00 am to 3:00 pm, or from sun up to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast, or give up at least one item of food.

Sacrificial Fast It may be appropriate to sacrifice something other than food during the course of the fast, particularly non-essentials that one may be giving higher priority above God (TV, sports, hobbies, shopping, working too much, sweets, caffeine, worry, negative thinking, etc).

Scriptures: Matthew 6:17-19, Isaiah 58

Our motives for praying are very important to God. We cannot impress God with our actions if they are not rooted in faith. Prayer and fasting should be seen as a time to abstain from feeding our flesh; and devoting time to activate the things of the Spirit. Prayer and fasting should not be done to impress people, because such attitude will make you lose your reward from the Father (Matthew 6:16-18). Remember, it is your attitude toward God and your walk with Him that is important, not how long you fast.

AWAKENING

21 Days of Prayer & Fasting

January 9-30, 2012

Day 1 – Pray for the Kingdom of God to manifest in power, with signs & wonders, mighty demonstrations, healings, deliverance, righteousness, peace, & joy in the Holy Ghost. Pray for God’s Kingdom to influence every part of our world. Pray for a Kingdom mindset and that the Holy Spirit would open your eyes to the reality and blessing of your divine inheritance in the Kingdom. Pray that a revelation of God’s Kingdom would awaken within you. Renounce allegiance to any idols you may have formed in your life – debt, people, issues, situations, things, the past, etc. Rebuild your faith, trust, and loyalty in the faithfulness and integrity of God’s Word. Declare His authority and Lordship over your life and every situation you face. Declare that God’s Kingdom rules and reigns in the earth. Today is all about the Kingdom!

Scripture References: Matthew 6:33; Luke 12:31-34; Romans 14:16-19; Ephesians 1:11

Day 2 – Pray for unity within the Body of Christ on a global level. Pray for an outpouring of God’s Spirit to flood our churches so that we may demonstrate the love and power of Jesus Christ to the world. Pray for a mighty army and company of bold believers to arise in every city, every nation, and every place. Pray for the Church, at large, to arise as the city of God built upon the Rock, which is Christ. Pray that the Body of Christ would make a greater impact in the world for Jesus. Pray for your brothers and sisters in Christ. Take a moment to ask God if there are anyone you may need to intercede for. Praying for others helps to break the power of selfishness off of our lives. Pray for our spiritually wounded. Pray for our leaders within the Body of Christ and all laborers in the vineyard. Pray as the Holy Spirit gives you utterance. Pray for strength in the midst of persecution. The Church is still the most powerful entity in the universe! Declare that the gates of hell shall not prevail against the church of the Lord Jesus Christ!

Scripture References: Psalm 133; Ephesians 4:13; Joel 2:28; Matthew 16:18

Day 3 – Pray for our church (New Kingdom Ministries International). Pray that we would arise in power, might, and influence within the city of Lafayette and surrounding areas. Pray for the vision of the church to be released into the hearts of all the members. Pray that all would be saved, filled with the Spirit, and become effective witnesses for the Lord. Pray that God would continue to add to the church such as should be saved. Pray that every member would be a consistent tither and a faithful giver to the Lord’s work. Declare throughout the day we have every necessary resource and provision to build and complete the Lord’s house before the year is out. Let’s agree together for the funds to buy property, build the sanctuary debt free, interior design, and maintenance. Let’s agree for faith, patience, wisdom, and divine direction in this entire process. Pray that we would

strengthen the unity of our church through prayer, fasting, and acts of love toward one another. Pray that supernatural blessings, favor, healings, and promotions would manifest within the lives of each believer. Pray that our church would come behind in no spiritual gift, ability, or covenant promise. Pray that we would be a beacon of light in a dark world.

Scripture References: Mark 11:22-24; Acts 2:47; Acts 4:32-37; Acts 5:14

Day 4 – Pray for our pastor (Dr. John Barton), our shepherd after God’s heart. Pray that our pastor would receive a fresh supply of God’s Spirit for wisdom, knowledge, and insight to lead the church into her destiny. Pray for a greater level of discernment that he’ll always know the will of God in every area of the ministry, and that he’ll be able to expose the plots of the enemy. Pray for uncommon favor, supernatural strength to go forth in his assignment and to lead God’s people into the Promised Land. Pray for divine protection over him, his family, and his future wife. Pray that no weapon formed against him would prosper. Pray that God would grant him favor with those in every seat of authority, and that he would thrust forth into the nations of the world setting the captives free and equipping believers to live a life of faith and victory. Pray that God would continue to speak to him through His Word and through dreams, visions, and revelations. Pray that he would walk in a greater level of boldness to proclaim truth to God’s people and that nothing would try to stop, hinder, distract, or frustrate his purpose. Pray that the oil of blessing and anointing would continue to flow in his life.

Scripture References: Jeremiah 1:4-12; Jer. 3:15; Isa. 61:1-7; Luke 4:18-21; Col. 4:3-4

Day 5 – Pray for every ministry within the church to be strengthened in unity and purpose in order to run with the vision. Pray for every minister, leader, and intercessor to develop in prayer, the Word of God, skilled wisdom, and the love of God to undergird our pastor in taking the church to the next level. Pray for intercessors to remain faithful to their post and to become skilled spiritual warriors in these last days to cover our church, our pastor, members, and to intercede for our nation. Pray that each department would develop a trustworthy, reliable, and committed support team. Take some time to pray fervently for a ministry within the church that God lays upon your heart, i.e., praise team, outreach, men’s ministry, singles, couples, etc.

Scripture References: 1 Chronicles 12:32-33; Isaiah 59:16; 1 Corinthians 12:1-7

Day 6 – Pray for a thriving youth and children’s ministry. Pray that the atmosphere would be a continual oasis of love and tender care. Pray that our teachers and leaders would continue to develop in love, joy, and patience to truly express the nature of Christ to each child. Pray that each child would have a heart and mind to hear, receive, and understand the will of God for their life. Pray that the hearts of our youth would be

ignited with fire and passion for Jesus Christ, and that each child would fulfill his or her God-given destiny in the earth. Pray for our future youth center, that it would be a drawing card to young people within our community and surrounding areas. Begin praying for the plans, strategies, administration, faculty, staff, teachers, and all the necessary resources we need to launch New Kingdom Academy – from Kindergarten to 12 Grade. Let's continue to pray for those things that concern our young people.

Scripture References: Isaiah 54:13; Matthew 19:14; Acts 2:39; Romans 4:17

Day 7 – Pray for Families. Ask God to restore the sanctity of marriage in our nation. Pray for Marriages going through troubled times. Pray that God would be the center of every home. Pray that husbands would love their wives as Christ loves the church. Pray that wives would honor and respect their husbands as the head of the home. Pray that the children would honor their parents so that their days would be long upon the earth. Pray that parents would be godly examples to their children. Pray for household salvation and family reconciliation. Pray God's blessings, favor, and protection upon your loved ones and all those who concern you.

Scripture References: Ephesians 5:21-33; Ephesians 6:1-3; 1 Peter 3:1-7; Psalm 91

Day 8 – Pray for the lost souls in our communities. Pray for God to send faithful and willing laborers into the vineyard. Pray for God to use us mightily to win souls and make disciples. Pray that God would remove the veil from the eyes of those who are lost in their sins and who are in bondage to the things of this world. Ask God to remove any false teachings that have confused their minds. Pray for doors to be open for the preaching of the gospel on television, radio, and throughout the world. Pray for a boldness to share the good news of Jesus Christ to everyone you meet. Pray that sinners would hear the Word of God with power and conviction, and turn to the One and Only True and Living God. Although we understand that God will not violate the will of the person, our prayers carry with them substantial effectiveness in the spiritual realm. Many people have been saved through the influence of praying Believers.

Scripture References: Proverbs 11:30; Matthew 9:37

Day 9 – Pray for our nation, that we may be true to our spiritual heritage and restore our anthem to its fullest "one nation, under God." Pray for the spiritual guidance of our President, Vice-President, Secretary of State, the Senate, Congress, and all those entrusted with national and world leadership. Pray that they would know what is right and to seek divine guidance in the pursuit of righteousness, freedom and security. Pray that God would grant them wisdom in dealing with the perplexing issues that rise from day to day and courage in the face of danger. Pray against corruption and that compassion would be released in the hearts of our leaders towards those who suffer. Pray for forgiveness where our nation has forgotten our Christian foundation, where we have

strayed far from God's commandments and moral standards. Pray that our nation would be delivered from pride, lust, lasciviousness, and from ungodliness. Pray for those who are serving in the armed forces; pray for them to have courage in duty, a new awareness of God's mercies, and a safe return home for everyone. Pray for the 2012 presidential election. Pray that God's will be done in America for every political office. Pray for wisdom and discernment concerning the candidates you vote for. Pray that God would continue to bless America, but that America would repent and also bless God.

Scripture References: Psalm 33:12; Romans 13:1-14; 2 Chronicles 7:14

Day 10 – Pray that God would reveal your assignment and life's purpose to you to fulfill in the earth. Pray that you would develop a close, personal, and intimate relationship with God through prayer. Ask God to help you to draw closer to Him in fellowship. Pray that you would be counted worthy of your calling. Ask God to reveal His awesome plans for your life. Pray that you would see clearly what your calling is and what you need to do in order to adequately prepare for it. If you are already functioning in your calling, ask God to give you a greater desire to do more that is according to His will. Ask God to expose anything that may be preventing you from reaching your destiny. Ask God to set you free from every bondage so that you can fulfill your God-given potential. Ask Him to empower your spirit, restore your soul, and to strengthen your body to function in harmony as you pursue your purpose. Ask God to take you higher than you've ever been before. Ask Him to send you farther than you've ever gone before. Pray this prayer - "Lord, glorify your name in me. I commit my ways to you, and I trust you to give me guidance as I accept your plan for my life. And give me a glorious future as I walk with you and submit to your authority. Help me to accept my identity in you and to be all I was created to be for your glory."

Scripture References: Psalm 32:8; Isaiah 48:17; Rom. 8:28; Hebrews 12:1; Psalm 37:5

Day 11 – Pray for our nation's economy. Pray against national debt. Nothing is impossible with God. Release godly strategies for financial recovery within our government. Pray that the financial responsibilities of our nation be released into the hands of wise stewards. Declare a turnaround in our nation's economy – jobs and better jobs. Break the back of generational debt from our children and future generations. Our descendants will be wealthy and riches will be in their house (Ps. 112:3). None righteous will beg for bread (Ps. 37:25). Declare that we will once again be lenders and not borrowers. Mercy, grace, recovery, restoration of godly foundations, and a return to righteous leadership will return to our nation. Pray that God would expose the unrighteous plans of the wicked. Heaven is our supply line. Release witty inventions and businesses within your city and our nation. God will bless the work of our hands. Pray that there would be a shift in the financial order of things. The wealth of the wicked is coming into the hands of the righteous.

Scripture References: Proverbs 8; Proverbs 13:22; Joel 2:21-27

Day 12 – “Pray for the peace of Jerusalem. Those who love you will prosper” (Psalm 122:6). Bless God’s chosen people throughout the day. Our Father is the God of Israel. Pray that they will come into the saving knowledge of His Son Jesus Christ. Pray for the spiritual restoration of that nation and their leaders. Pray that God would cleanse them from their iniquities and pardon their sins. Ask God to redeem Israel out of all of their troubles. Pray that the eyes of their understanding would be enlightened to know the love of God and to be filled with His Holy Spirit. Protect Israel from terrorism and destruction. Let your people dwell safely in their land. Reveal your Son Jesus Christ to them. Pray that America will never turn their back against Israel. May their enemies be at peace with them. Bless Israel in the name of Jesus.

Scripture References: Psalm 122:6; Isaiah 45:3; Psalm 25:22; Proverbs 16:7; Ezekiel 34:27

Day 13 - Pray for financial breakthrough in your personal finances. Pray that you would believe and trust God’s word so that your faith would unlock blessings. Renounce any sins of theft (robbing God through tithes & offerings). Renounce sins of worry, anxiety, and impatience that rob you of your blessing. Pray that you would receive wisdom to be a wise steward over what God has given you. Cast down the fear of lack, the sin of greed, and unbalanced priorities. As your heart is purified and as your mind is renewed in this area, ask God to withhold nothing from you so that you can be a blessing to His Kingdom. Pray that this will be your year to flourish and walk in a greater level of financial prosperity and debt freedom. Speak to every mountain of lack in your life to be removed in Jesus name. Declare your financial harvest throughout the day!

Scripture References: Luke 6:38; Philippians 4:19; Deut. 8:18; Malachi 3:10-12

Day 14 - MY PERSONAL REQUESTS DURING THE FAST

I need God’s guidance for _____.

I’m asking God for _____.

I want to be delivered from _____.

I’m praying specifically for this area of my life _____.

Scripture References: Psalm 32:8; Matthew 7:7; Jeremiah 17:14; Exodus 3:7-10

Day 15 – Pray for healing, wholeness, and divine health in your body. Don't just pray for the symptoms; attack the source of every ailment. Pray in the Holy Ghost over every part of your body that is causing problems. Decree that every organ, tissue, and cell are lining up with the Word of God. Command sickness, disease, death, accidents, or disorders to flee from your life. Ask the Lord to release His power. Ask that the light of the Holy Spirit would shine within your soul to reveal anything that may be blocking your healing... such as anger, bitterness, unforgiveness, guilt, fear, unbelief, or condemnation. Cast down these thoughts and see your life in light of God's Word. Break generational curses over your family and begin to release a new cycle of God's favor and blessings in every area of your life.

Scripture References: Isaiah 53:4-5; 1 Peter 2:24; Acts 10:38; Matthew 9:29

Day 16 – Pray for John Barton Ministries to reach beyond its local sphere into the global harvest field. Pray for more opportunities to reach the nations, empower leaders, and equip believers to fulfill their divine assignment. Pray for more covenant partners to connect with Dr. John Barton in changing lives and changing futures. Pray for more doors to open through television and radio on a local and global basis. Pray for advanced technology and marketing strategies to reach more people with the gospel of the Kingdom. Pray for a greater level of excellence in ministry with staff, volunteers, and contractors. Pray that the Living Your Destiny Conference will continue to impact lives and gather believers from the north, south, east, and west. Pray for the release of finances, resources, and provisions to underwrite every Kingdom project and initiative.

Scripture References: Jeremiah 1:5; Psalms 2:8; Isaiah 60:1-3; Romans 1:15-16

Day 17 – Pray for God's presence in our schools, colleges, and universities. Ask Him to select teachers and administrators who honor His statutes, protect our children, and inspire them to discover their God-given callings. As we lift up this vital and influential institution, it's our hope that a reverence for scriptural tenets will once again permeate America's classrooms. Pray that Christian teachers would see their jobs as God-given opportunities to shape the lives of young people. Pray against issues such as bullying, racism, and hatred, that our schools within our community. Pray for the standard of excellence to be restored in our educational institutes and that our educators will pass on that spirit of excellence, requiring excellence, rather than sloth and ignorance. Pray for our sons and daughters to make wise choices and to develop solid friendships with those who are following God. Pray for the election of godly leaders on our school boards and in the administration of our schools.

Scripture References: Proverbs 2:3-5; Psalm 119:66; 1 Timothy 4:12; Eccl. 2:13-14

Day 18 – Take authority over every principality, demonic powers, and spiritual wickedness in high places. In the name of Jesus, bind the spirit of fear, anxiety, depression, oppression, weariness, doubt, stress, bitterness, jealousy, unforgiveness, failure and poverty, and cast them out of your life. Release the fruits of the Spirit and prosperity in your life. Plead the Blood of Jesus over you, your family, your home, vehicles, job, school and renounce Satan’s power over your life. Render the enemy helpless, powerless, and ineffective over your life. Put on the whole Armor of God by acknowledging each spiritual weapon and praying in the Holy Spirit. Put on the Girdle of Truth, the Breastplate of Righteousness, the Gospel Shoes of Peace, and the Helmet of Salvation. Lift up the Shield of Faith against all the fiery darts of the enemy; and take in your hand the Sword of the Spirit, which is the Word of God against all the forces of evil in your life and family. Tear down every stronghold of Satan and bind the enemy’s plans that have been formed against you and cast them out of your life. Surrender your mind to the Holy Spirit, and declare that you have the mind of Christ. Declare that God has not given you the spirit of fear, but of power, of love and of a sound mind. Begin praising God for the victory you have in Christ.

Scripture References: Ephesians 6:10-20; 2 Timothy 1:7; Mark 16:17-18; Phil 2:5

Day 19 – Pray for a balanced life. Pray to understand that you were created for a specific purpose and a plan. Pray that you would know that it is God’s will to have a life filled with joy, purpose and victory. Pray to fulfill the destiny God has planned for your life. Pray for a desire to live a life of obedience to the Word of God. Pray that you would attain balance in all areas of your life - God, family, ministry, business, personal time, and recreation. Pray for wisdom to have priorities in the proper place and to have a Christ-centered attitude. Examine your life for areas you feel may be out of balance. Pray for a greater level of focus, and to keep from being distracted by the things that would steal your time, attention, and energy. Ask God to protect you from those things that may try to keep you from reaching your goals and achieving the dreams that He has put in your heart to accomplish. Pray for wisdom and strength to produce an abundant life. Acknowledge God’s constant presence and for helping you to grow and increase in every area of your life.

Scripture References: Genesis 1:28; Proverbs 11:1; John 15:16; Hebrews 13:21

Day 20 – Pray in the Holy Spirit throughout the day. Ask for a fresh anointing and an infilling of His power and presence in your life.

Day 21 – This is a day of absolute praise, worship, and thanksgiving unto the Lord. Praise Him for answering your prayers and fulfilling His promises in your life, family, church, business, and community. Praise God for Who He is and ALL He has done. Let everything that hath breath praise the Lord!

Daniel Fast

Food List & Recipes

Foods to include in your diet during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

REMEMBER TO READ THE LABELS!

SAMPLE RECIPES FOR DANIEL FAST

BREAKFAST

1. Muesli with unsweetened soy milk
2. Rice cakes (made with brown rice) with peanut butter and raisins
3. Fruit smoothies with unsweetened soy milk
4. Sautéed apples in coconut oil with brown rice
5. Oatmeal with dried fruit and unsweetened soy milk
6. Homemade tortillas with stir-fried veggies

<http://daniel-fast.com/recipes.html>

LUNCH/DINNER

1. Cajun Red Beans and Rice

½ tablespoon extra-virgin olive oil
½ cup chopped green pepper
½ cup chopped red onion
½ cup sliced celery
¼ cup water
2 teaspoons Creole Seasoning (see recipe below)
1 (15.5-ounce) can red kidney beans, rinsed and drained
2 cups cooked brown rice

Heat olive oil in a large, deep skillet over medium heat. Add green peppers, onions, and celery. Cook until vegetables are softened, about 3-5 minutes. Add water and **Creole Seasoning**. Stir well. Mix in kidney beans and rice. Lower heat and cook another 5 minutes or until heated through.

Yield: 8 servings (serving size: ½ cup)

Recipe Notes

Serve with sliced avocado and/or sliced green onions.

Creole Seasoning

2 tablespoons paprika
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon salt
½ teaspoon pepper
½ teaspoon thyme
½ teaspoon dried basil
½ teaspoon dried oregano
½ teaspoon cayenne pepper

Mix all ingredients in a small glass jar. Cover, and store until ready to use.

Yield: 12 servings (serving size: about 1 teaspoon)

Add 1 (14.5-ounce) can diced tomatoes.

Stovetop directions using dry rice: Sauté vegetables as directed. While vegetables are cooking, bring 2 cups water to a boil. Lower heat, and add vegetables, 1 cup uncooked brown rice, and beans. Cover, and Simmer about 45 minutes, or until rice is light and fluffy.

(Source: www.ultimatedanielfast.com)

2. Amy's Organic (**The products listed below can be found in the frozen food section of Wal-Mart, Target and Fresh Market; PRODUCTS WILL VARY AT EACH STORE**)
 - a. Bean and Rice Burrito Non-Dairy
 - b. Black Bean & Enchilada Whole Mean
 - c. Texas Veggie Burger

FOR AN ENTIRE LIST OF PRODUCTS PLEASE CLICK ON THE LINK BELOW. PLEASE NOTE WHILE THE PRODUCTS ON THIS LIST ARE CONSIDERED NON-DAIRY, PLEASE READ TO LABEL TO AVOID PRODUCTS WITH SWEETENERS.

<http://www.amys.com/products/product-result?&dairyfreeclaim=true&page=1>

DESSERTS/SNACKS

1. Apple Raisin Nut Cookies

2 cups chopped apples, unpeeled (about 2 apples)

1 cup brown rice flour

1 cup cashew halves and pieces

1 cup pecan halves

1 cup raisins

Instructions

Preheat oven to 350 degrees. Add apples, brown rice flour, cashews, pecans, and raisins to a food processor. Process about 30 seconds for a smooth texture or 15 seconds for a nuttier cookie.

Drop by spoonfuls, two inches apart, on an ungreased 11 by 17-inch baking sheet. Bake 15 minutes. Let cool on a wire rack.

Yield: 16 servings (serving size: about 1 cookie)

(Source: www.ultimatedanielfast.com)

2. **FRESH FRUIT!!!!**
3. **Cinnamon Baked Apples (GREAT RECIPE FOR BREAKFAST TOO!!)**

2 cups thinly-sliced apples, unpeeled (about 2 apples)

1 cup unsweetened apple juice

1/8 teaspoon cinnamon

Instructions

Preheat oven to 350 degrees. Place sliced apples in an 8 x 8-inch baking dish. In a small bowl, whisk apple juice and cinnamon, and pour over apples. Bake 15 minutes, stir, and bake another 15 minutes. Serve warm.

Yield: 4 servings (serving size: about 1/2 cup)

Recipe Notes

Pour over [Baked Oatmeal](#).

Add sliced bananas, raisins, and chopped nuts.

(Source: www.ultimatedanielfast.com)

FOR MORE RECIPES VISIT THE FOLLOWING WEBSITES

www.ultimatedanielfast.com , click “recipes”

www.amys.com

<http://daniel-fast.com/recipes.html>