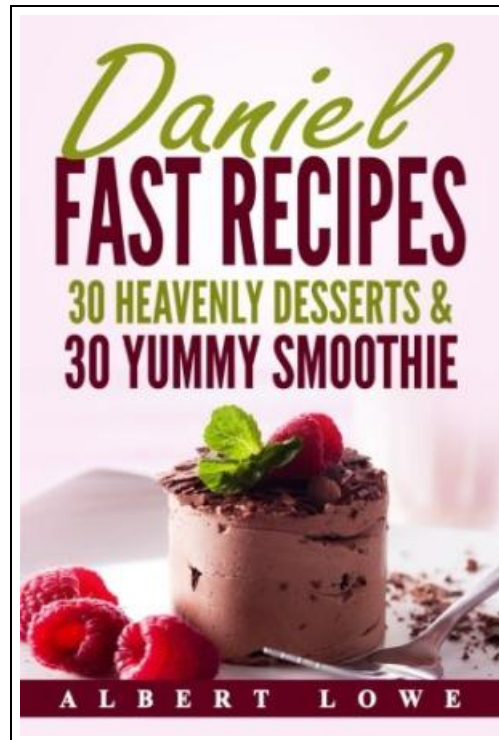


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DANIEL FAST RECIPES: 30 HEAVENLY DESSERTS 30 YUMMY SMOOTHIE (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Daniel Fast Recipes 30 Heavenly Desserts 30 Yummy Smoothie The Daniel Fast is a spiritually motivated diet based on the Biblical Book of Daniel, and commonly refers to a 10- or 21-day abstinence from foods declared unclean by God in the Laws of Moses. This is a form of fasting that aims towards refraining from eating Royal food according to the book of Daniel. Which typically includes meats, leavened and sweet bread, and wine. Instead, this holy diet promotes food grown from seeds, including fruits, vegetables, lentils, and water. In the modern versions of this Daniel Fast diet, the food choices are now extended to all whole grains, fruits, vegetables, pulses, nuts, seeds and various natural oil. In essence, this is the best natural vegan diet that excludes any consumption of all animal products. Now, just because it is holy, it is wholesome, it is natural and it is healthy doesn't mean it should not taste great, in this book, my goal is to share with you, how sweet, how savory, how wholesome the authentic taste of sweetness this great world has to offer to its people. As a retired pastry chef, I have worked with desserts and sweets for 29 long years, but just in last three years, I started learning and discovering the fascinating book of Daniel and the amazing health benefits and advice that it provides us. This book is a direct result of some of the creations I have made following the guidelines of this holy book. In this book, you will find 30 great tasting easy to make dessert recipes, along with 30 best tasting smoothie recipes all of which can be made...



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