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Strawberry-Banana Smoothie #1 4 ounces extra-firm tofu 1/4 cup unsweetened almond milk or soy milk 1/4 cup unsweetened apple juice 2 tablespoons Date Honey 1. ... Perfect for breakfast or a quick snack.
September 17, 2009 By Kristen Feola . Strawberry-Banana Smoothie #1. ... You could do a modified Daniel Fast by having some chicken or fish ...

Perfect for breakfast or a quick snack. | Ultimate Daniel Fast

A smoothie is a great choice for the Daniel Fast. You can use it as a meal (breakfast, for example), or enjoy as a mid-morning or mid-afternoon snack. Protein powder is also allowed, but there are guidelines you need to follow .

Daniel Fast Smoothie Recipes, Daniel Fast Smoothies

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Daniel Fast Smoothies: 50 Easy, Quick, Smoothie Recipes

Daniel Fast Recipe ... recipe book is a guide to help you during this fast. Daniel Fast Food List: Foods to eat
All Fruits: These can be fresh, frozen, dried, juiced or ... Blueberry Mango Smoothie 1 cup water 1 cup fresh or frozen mango chunks 1 fresh or frozen banana, peeled, sliced

Daniel Fast Recipe Book - Life Change Church

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