

## Snacks for the Daniel Fast

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To have a successful Daniel Fast, it's a good idea to have several snack foods available for those times when you "need a little something." I suggest you still take snacks in "servings," so you don't over eat on these sometimes high-calorie foods.

- ❖ Rice cakes, just plain old crunchy patties
- ❖ Rice cakes with peanut butter and raisins
- ❖ Almonds
- ❖ Dried fruit including apricots
- ❖ Apples dipped in nut butter
- ❖ Sliced fruit
- ❖ Veggies with dip
- ❖ Popped popcorn
- ❖ Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit
- ❖ Fruit kabobs
- ❖ Frozen fruit including grapes, blueberries, strawberries and bananas
- ❖ Whole wheat crackers\* with nut butter
- ❖ Hummus with flat bread\*

\* You can find a recipes made only from Daniel Fast Friendly ingredients in the Daniel Fast Cookbook – Version II