CHEF HANNAH'S KITCHEN

75 BIBLICAL RECIPES

Inspired by Scripture. Proven on the Scale.



PART 1: BIBLICAL JUICES, TEAS & SMOOTHIES

Drinks that nourish the body and feed the spirit.

> “He causes grass to grow for the cattle, and plants for people to use.”
>
> **Psalm 104:14**



Revitalizing Green Juice

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 1 kale leaf
- 1 tablespoon parsley
- 1 slice of melon
- Juice of 2 limes
- Water or coconut water

PREPARATION

1. Blend all ingredients until smooth. Serve chilled.

Anti-Inflammatory Juice

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 1 slice of pineapple
- 200 ml green tea
- 1 piece of ginger
- Cinnamon to taste

PREPARATION

1. Blend all the ingredients until smooth and drink chilled.

Immunity Shot

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- Juice of 1 lime
- 1 teaspoon ground ginger
- 1 teaspoon turmeric
- 1 pinch black pepper
- 1 teaspoon ground cinnamon

PREPARATION

1. Squeeze the lime into a small glass.
2. Add the spices and a little water, then mix.
3. Drink in one go.

Diuretic Juice

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 1 small slice of watermelon
- 1 lime
- 1 coffee spoon of ground ginger
- Water

PREPARATION

1. Blend all ingredients and drink without straining.

Thermogenic Juice

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 1 slice of pineapple
- 200 ml green tea
- 1 piece of ginger
- Cinnamon to taste

PREPARATION

1. Blend all ingredients until smooth.
2. Serve chilled.

Gut-Friendly Juice

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 2 tablespoons green banana biomass
- 2 tablespoons papaya
- 1 dessert spoon flaxseed
- 200 ml chamomile tea

PREPARATION

1. Blend all ingredients together.
2. Drink without straining.

Refreshing Avocado & Melon Juice

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 2 tablespoons avocado
- 1 slice of melon
- 1 piece of ginger
- 1 mint leaf

PREPARATION

1. Blend with half a glass of cold water.

Hibiscus & Strawberry Juice

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 200 ml red hibiscus tea
- 5 frozen strawberries
- 1 slice of mango

PREPARATION

1. Blend the ingredients until creamy.
2. Drink chilled.

Anti-Stress Juice

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 1/2 cup arugula leaves
- Pulp of 1 passion fruit
- 1 tablespoon honey
- Juice of 1 orange
- Water

PREPARATION

1. Blend all ingredients until smooth.
2. Drink without straining.

Cacao Smoothie

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 1 1/2 cooked yams
- 1 small banana
- 1 tablespoon cocoa powder
- 1/2 cup coconut milk

PREPARATION

1. Blend on high speed for 1 minute until creamy.
2. Add water if needed.

Coconut & Strawberry Smoothie

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 1 medium banana
- 6 medium strawberries
- 1/3 cup coconut milk
- Sweetener (optional)
- Ice to taste

Protein Shake

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 150 ml almond milk
- 1 teaspoon cocoa powder
- 30 g whey protein
- 1 small banana
- 1 teaspoon ground cinnamon

PREPARATION

1. Blend all ingredients for 1 minute.
2. Serve with cinnamon sprinkled on top.

Prune & Papaya Smoothie

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 3 soaked prunes
- 1 orange
- 1 slice of papaya
- 1 glass mineral water
- 1 tablespoon oat bran

PREPARATION

1. Blend the water, prunes, orange and papaya.
2. Add the oat bran.
3. The original suggests drinking once daily on an empty stomach in the morning.

Avocado Smoothie

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 1/2 avocado
- 3 tablespoons coconut milk
- 100 ml water
- Stevia to taste

PREPARATION

1. Blend until thick and smooth.
2. Serve chilled.

Digestive Tea

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 2 teaspoons fresh mint
- 1 handful lemongrass leaves
- 5 g fresh ginger

PREPARATION

1. Boil the ginger for 5 to 10 minutes.
2. Add lemongrass and mint; steep for another 5 minutes.

END OF PART 1

May every sip be a prayer of thanks to the Lord for the abundance of His creation.



> “Whatever you do, do it wholeheartedly, as for the Lord.”
>
> **Colossians 3:23**

PART 2: BIBLICAL SNACKS & DESSERTS

Recipes that sweeten the soul and strengthen the body.

> “Taste and see that the Lord is good.”
>
> **Psalm 34:8**



Oat Bread Rolls

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 5 eggs
- 1 1/2 cups oat flour
- 1/4 cup melted butter
- Pinch of salt
- 2 teaspoons baking powder

PREPARATION

1. Beat the eggs with the salt, butter and baking powder.
2. Add the oat flour and mix well with a spatula.
3. Spoon into small molds and bake in a preheated oven for 20 minutes.

Sweet Potato Bread

YIELD: 6 servings



From the original illustrated recipe collection

INGREDIENTS

- 1 cup cooked, mashed sweet potato
- 1 cup almond flour
- 2 eggs
- Pinch of salt
- 1 teaspoon baking powder

PREPARATION

1. Mix all ingredients to make an even dough.
2. Shape into rolls and bake at 180°C (350°F) for 25 minutes.

Mini Almond Breads

YIELD: 6 rolls



From the original illustrated recipe collection

INGREDIENTS

- 5 eggs
- 1 1/2 cups almond flour
- 1/4 cup melted butter
- Pinch of salt
- 2 teaspoons baking powder

PREPARATION

1. Beat the eggs, salt, butter and baking powder.
2. Add the almond flour and mix well.
3. Spoon into small molds and bake in a preheated oven for 20 minutes.

Sweet Potato Pancakes

YIELD: 4-7 pancakes



From the original illustrated recipe collection

INGREDIENTS

- 1 cup cooked, mashed sweet potato
- 1 cup almond milk
- 1 egg
- 1 teaspoon ground ginger
- 1 cup flaxseed flour
- 2 tablespoons coconut oil

PREPARATION

1. Beat the egg with the coconut oil.
2. Add the sweet potato and almond milk.
3. Stir in the remaining ingredients.
4. Cook in a greased skillet.

Low-Carb Pancake

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 1 egg
- 1 tablespoon oat bran
- 2 tablespoons unsweetened shredded coconut
- 1 teaspoon cocoa powder
- 1 level tablespoon peanut butter

PREPARATION

1. Mix everything except the peanut butter.
2. Brown both sides in a skillet.
3. Serve topped with the peanut butter.

Sweet Tapioca Crepe

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 1 egg
- 1 tablespoon tapioca starch
- 1 tablespoon cocoa powder
- 1 banana, for filling
- Ground cinnamon to taste

PREPARATION

1. Beat the egg.
2. Add the tapioca and cocoa; mix well.
3. Pour into a greased skillet over low heat.
4. Brown both sides.
5. Fill with mashed banana and cinnamon.

Overnight Oats

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 2 tablespoons oats
- 1 tablespoon chia flour
- 200 ml almond milk
- 1 small banana
- 1 teaspoon ground cinnamon

PREPARATION

1. Add everything to a jar and mix thoroughly.
2. Refrigerate for at least 4 hours.
3. Store refrigerated for up to 3 days.

Chia Pudding

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 125 ml coconut milk
- 2 tablespoons chia seeds
- 20 g unsweetened shredded coconut
- 5 drops stevia

PREPARATION

1. Mix all ingredients.
2. Let stand for 15 minutes.
3. Mix again.
4. Refrigerate for at least 4 hours.

Homemade Granola

YIELD: Several servings



From the original illustrated recipe collection

INGREDIENTS

- 2 cups rolled oats
- 1/3 cup Brazil nuts
- 1/3 cup almonds
- 1/3 cup honey
- 2 tablespoons coconut oil
- Pinches of salt and cinnamon

PREPARATION

1. Mix dry and wet ingredients in a bowl.
2. Spread evenly on a baking sheet.
3. Bake at 200°C (390°F) for 20 minutes, stirring halfway.
4. Cool completely until crisp.

Strawberry Ice Cream

YIELD: 2 servings



From the original illustrated recipe collection

INGREDIENTS

- 1 cup strawberries
- 2 medium bananas

PREPARATION

1. Peel and chop the fruit, then freeze.
2. Blend thoroughly and enjoy immediately before it melts.

Chocolate Mousse

YIELD: 6 servings



From the original illustrated recipe collection

INGREDIENTS

- 90 g dark chocolate (over 70% cocoa)
- 100 g egg whites

PREPARATION

1. Melt the chocolate in a double boiler and set aside.
2. Beat the egg whites until stiff peaks form.
3. Gently fold the chocolate into the egg whites.
4. Refrigerate for 3 hours.

PART 3: BIBLICAL VEGETABLES & SALADS

Foods from the earth that God provided to nourish us.

> “God said: See, I have given you every seed-bearing plant and every fruit-bearing tree.”
>
> **Genesis 1:29**



Stuffed Zucchini

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 3 medium zucchini, halved
- 300 g ground beef
- 2 eggs
- 2 garlic cloves
- 3 tablespoons olive oil
- Salt, pepper and oregano

PREPARATION

1. Saute the garlic and ground beef.
2. Scoop out the zucchini flesh to make boats.
3. Mix the zucchini flesh with the beef and beaten eggs.
4. Fill the zucchini halves.
5. Cover with foil and bake at 180°C (350°F) for 20 minutes.
6. Remove the foil and brown the tops.

Pumpkin Shepherd's Pie

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 1/2 Japanese pumpkin (kabocha)
- 300 g ground beef
- 1 tomato
- Onion
- Garlic
- Olive oil
- Salt and pepper

PREPARATION

1. Saute the onion and garlic with the diced pumpkin.
2. Cook until tender, then mash into a puree.
3. In another pan, saute the meat with onion, garlic and tomato.
4. Layer in ramekins with meat on the bottom and pumpkin puree on top.

Broccoli Shepherd's Pie

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 3 cups cooked broccoli
- 1 tablespoon butter
- Shredded chicken
- Pepper
- 1 small cooked potato
- 1 egg white
- Salt
- Nutmeg

PREPARATION

1. Process the broccoli, potato, butter and egg white; season.
2. Place chicken on the bottom of a greased baking dish and the broccoli puree on top.
3. Bake at 200°C (390°F) for 25 minutes.

Cauliflower Shepherd's Pie

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 800 g cauliflower
- 400 g ground beef
- 1 egg
- 4 garlic cloves
- 1 onion
- 2 tomatoes
- Salt, pepper and oregano

PREPARATION

1. Cook and mash the cauliflower.
2. Saute the onion and garlic; add the cauliflower and set aside.
3. Brown the meat with seasonings.
4. Place the meat in an ovenproof dish and cover with the cauliflower mixture.
5. Bake at 180°C (350°F) for 15-20 minutes.

Eggplant Lasagna

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 2 medium eggplants
- 300 g ground beef
- 2 tomatoes
- 1/2 onion
- Basil and oregano
- Olive oil and salt
- Grated Parmesan cheese

PREPARATION

1. Sear the eggplant slices in a skillet.
2. Layer the eggplant, ground beef and tomato.
3. Make a sauce with onion, tomato and herbs.
4. Pour over the layers and top with grated cheese.
5. Bake for 15 minutes.

Spiced Roasted Pumpkin

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 1 small kabocha pumpkin
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1 teaspoon sea salt
- 4 tablespoons extra-virgin olive oil

PREPARATION

1. Preheat the oven to 220°C (425°F).
2. Dice the pumpkin and toss with all seasonings.
3. Roast for 30-40 minutes until well browned.

Zucchini Chips

YIELD: 20 servings



From the original illustrated recipe collection

INGREDIENTS

- 500 g grated zucchini
- 100 g Parmesan cheese
- 1 pinch black pepper
- 1 pinch sea salt
- Olive oil

PREPARATION

1. Grate and squeeze the zucchini to remove water.
2. Mix in the remaining ingredients.
3. Shape into circles on a greased baking sheet.
4. Bake at 180°C (350°F) for 30 minutes until golden.

Brazilian Parsnip Gnocchi

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 2 medium cooked Brazilian parsnips (arracacha)
- 1/2 cup rice flour
- 1 tablespoon flaxseed flour
- 5 tablespoons sweet tapioca starch
- 1 tablespoon olive oil
- Salt and pepper

PREPARATION

1. Mash the warm parsnips and mix with the other ingredients to form a dough.
2. Roll into ropes and cut into 2 cm pieces.
3. Cook in salted water until the gnocchi rise to the surface.

Roasted Okra with Almonds

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 150 g okra
- 1 lime
- 1 teaspoon paprika
- 1 teaspoon rosemary
- 10 almonds
- 1 tablespoon olive oil
- Salt and pepper to taste

PREPARATION

1. Season the okra with olive oil, paprika, rosemary, salt and pepper.
2. Place the okra and lime halves in an earthenware baking dish.
3. Roast at 220°C (425°F) for 30-40 minutes until golden.
4. Chop the almonds and sprinkle them on top before serving.

Vegetable Muffins

YIELD: 6 servings



From the original illustrated recipe collection

INGREDIENTS

- 6 medium eggs
- 1 small carrot
- 1 leek
- 1 small onion
- 1/2 cup cooked broccoli
- 100 g spinach
- 30 g Parmesan cheese
- Olive oil, salt and pepper

PREPARATION

1. Saute the chopped vegetables in olive oil until softened.
2. Divide evenly among silicone muffin molds.
3. Beat the eggs with grated cheese and pour over the vegetables.
4. Bake at 180°C (350°F) for 20 minutes, until golden.

Zucchini Omelet

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 3 eggs
- 100 g raw zucchini
- 1/2 small onion
- 1/2 small tomato
- Parsley
- Salt
- Pepper

PREPARATION

1. Finely grate the zucchini.
2. Saute with the onion, tomato and parsley.
3. Pour in the eggs beaten with salt and pepper.
4. Cook until set, then serve.

Mushroom & Herb Omelet

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 150 g enoki mushrooms
- 2 eggs
- Basil, parsley, sage and thyme
- Sesame oil and olive oil
- Salt and pepper

PREPARATION

1. Saute the mushrooms in sesame oil over low heat for 5 minutes.
2. Beat the eggs with chopped herbs.
3. Make an omelet in an oiled skillet, fill with the mushrooms and serve.

Cauliflower Patties

YIELD: 20 servings



From the original illustrated recipe collection

INGREDIENTS

- 1 cooked cauliflower
- 100 g Parmesan cheese
- 3 eggs
- 1 teaspoon paprika
- 1 teaspoon turmeric
- Salt
- Olive oil

PREPARATION

1. Process the cauliflower and squeeze through a cloth to remove excess liquid.
2. Mix with the eggs, cheese, paprika and turmeric.
3. Shape into patties and brown both sides in an oiled skillet.

Cauliflower Rice

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 1 large cauliflower
- 1 garlic clove
- 1 tablespoon olive oil
- Parsley
- Salt
- Pepper

PREPARATION

1. Grate or process the cauliflower until it resembles rice.
2. Saute with chopped garlic and 50 ml water until dry.
3. Season to taste and serve.

Egg Moqueca

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 4 eggs
- 1 medium tomato
- 1/2 red bell pepper
- 1 small onion
- 1 ladle homemade tomato sauce
- Fresh cilantro
- Olive oil and salt

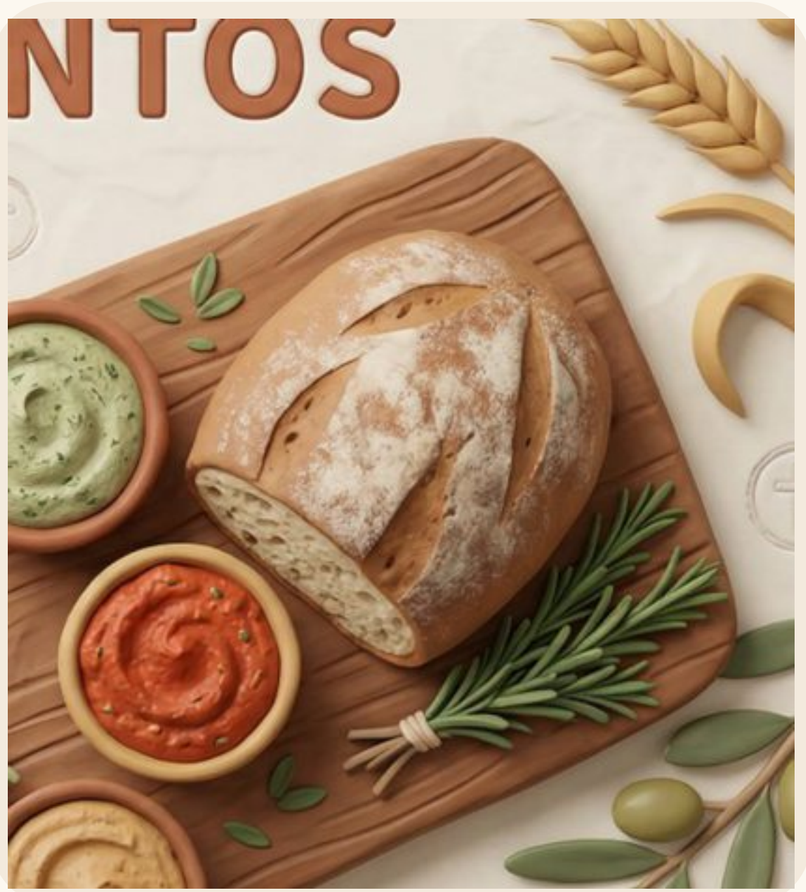
PREPARATION

1. Brown the garlic and onion (garlic is mentioned in the method but not quantified in the ingredient list).
2. Add the pepper and tomato; simmer with the sauce.
3. Make wells in the sauce and add the eggs.
4. Cover and cook over low heat until done to your liking.

END OF PART 3

The earth brought forth herbs, plants and fruit trees - all gifts from God to sustain us.

> “Better is a dinner of vegetables where love is than a fattened ox with hatred.”
>
> **Proverbs 15:17**



PART 4: BIBLICAL SIDE DISHES



Small bites, great blessings at the table.

> “Better is dry bread with joy than a house full of feasting and strife.”
>
> **Proverbs 17:1**

Guacamole

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 1 ripe avocado
- Chopped onion
- Lime juice
- Cilantro (optional)
- Diced, deseeded tomatoes
- Deseeded chili pepper
- Olive oil
- Salt

PREPARATION

1. Mash the avocado in a bowl.
2. Mix in all the other ingredients.
3. Serve immediately.

Avocado & Hard-Boiled Egg Spread

YIELD: 2 servings



From the original illustrated recipe collection

INGREDIENTS

- 2 medium avocados
- 2 medium hard-boiled eggs
- 10 ml lime juice
- Chopped parsley
- Green onions
- Extra-virgin olive oil
- Salt and black pepper

PREPARATION

1. Mix and mash all the ingredients until creamy.

Onion & Leek Antipasto

YIELD: 5 servings



From the original illustrated recipe collection

INGREDIENTS

- 1 leek
- 1 small onion
- 2 limes
- 2 garlic cloves
- Oregano
- Salt

PREPARATION

1. Finely slice the leek and dice the onion.
2. Crush the garlic and combine all the ingredients.
3. Drizzle with lime juice and serve.

Low-Carb Farofa

YIELD: 6 servings



From the original illustrated recipe collection

INGREDIENTS

- 100 g almonds
- 1 tablespoon unsalted butter
- 1 small grilled chicken breast fillet, shredded
- Parsley, salt and black pepper

PREPARATION

1. Shred the grilled chicken.
2. Grind the almonds into a coarse flour.
3. Toast the almond meal in butter.
4. Add the shredded chicken and season with salt and pepper.
5. Finish with parsley.

Tuna Spread

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 1 can tuna
- 2 tablespoons cottage cheese or ricotta
- Chopped fresh herbs to taste
- Pepper to taste

PREPARATION

1. Drain the tuna and place it in a bowl.
2. Mix in the remaining ingredients thoroughly.
3. Refrigerate for 20 minutes and serve with whole-grain toast.

END OF PART 4

May every meal be a moment of gratitude, sharing and love, just as the Lord taught us.

> “Whether you eat or drink, or whatever you do, do everything for the glory of God.”
>
> **1 Corinthians 10:31**



PART 5: BIBLICAL BROTHS, CREAMS & SOUPS



Food that warms the body and comforts the soul.

> “Give me a little water to drink from your jar.”
>
> **Genesis 24:43**

Homemade Vegetable Broth

YIELD: 5 servings



From the original illustrated recipe collection

INGREDIENTS

- 2 cups celery
- 1 small carrot
- 1 teaspoon bay leaf
- 4 sprigs thyme
- 5 liters water

PREPARATION

1. Dice the celery and carrot.
2. Place in a pot with the water.
3. Simmer over medium heat for 40 minutes.
4. Turn off the heat and let stand for 30 minutes.
5. Strain and use the broth in other preparations.

Low-Carb Pumpkin Broth

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 250 g cooked kabocha pumpkin
- 1 garlic clove
- 200 g sauteed ground beef
- Olive oil
- 150 g tomato
- 1/2 onion
- 1 cup cooked broccoli
- Salt

PREPARATION

1. Brown the garlic and onion in olive oil.
2. Add the pumpkin and tomato.
3. Add 200 ml water and cook for 10 minutes.
4. Blend until smooth.
5. Return to the pot; add the meat and broccoli.
6. Serve hot.

Tip from the source: Use pre-cooked vegetables to save time.

Creamy Spinach Soup

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 500 g spinach
- 200 g heavy cream
- 3 garlic cloves
- 1 small onion
- Grated Parmesan cheese
- Olive oil, salt and pepper

PREPARATION

1. Saute the onion and garlic in olive oil.
2. Add the spinach and cook.
3. Add the cream and allow to reduce.
4. Blend until smooth and creamy.
5. Finish with grated cheese and serve.

Fresh Avocado & Cucumber Cream

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 1 small avocado
- 1 small cucumber
- 1 tablespoon olive oil
- 10 ml lime juice
- Sea salt
- 1 tablespoon chopped onion

PREPARATION

1. Blend everything with a hand blender.
2. Serve fresh.

Roasted Carrot Cream

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 6 medium carrots
- 2 small onions
- 400 ml almond milk
- 3 teaspoons rosemary
- Olive oil, salt, turmeric and pepper

PREPARATION

1. Roast the carrots and onions at 220°C (425°F) until golden, about 30 minutes.
2. Blend with almond milk until silky.
3. Adjust the salt and serve with fresh rosemary.

Tip: Finish with a drizzle of olive oil and rosemary.

Mushroom Soup

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 200 g button mushrooms
- 200 g dried shiitake mushrooms
- 2 cups coconut milk
- 500 g cubed chicken breast
- Curry, ginger and paprika
- Garlic and olive oil
- Parsley and green onions

PREPARATION

1. Season and saute the chicken in olive oil.
2. Slice and add the mushrooms.
3. Add coconut milk and an equal amount of water.
4. Bring to a boil and add curry.
5. Serve with fresh parsley and green onions.

Chicken & Vegetable Soup

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 400 g cubed chicken breast
- 1 zucchini
- 1 onion
- Parsley
- Olive oil
- 1 carrot
- 1 small sweet potato
- 2 garlic cloves
- Salt and pepper

PREPARATION

1. Saute the garlic and onion.
2. Add the chicken and brown it.
3. Add the vegetables and cover with water.
4. Cook over medium heat for 25 minutes.
5. Finish with fresh parsley.

Light Caldo Verde Soup

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 3 cooked sweet potatoes
- 1 bunch kale, thinly sliced
- 200 g smoked chicken sausage
- 1 onion
- 2 garlic cloves
- Olive oil, salt and pepper

PREPARATION

1. Mash the cooked potatoes with water to make a thick broth.
2. Saute the sausage with onion and garlic.
3. Stir into the broth and add the sliced kale.
4. Cook another 5 minutes and serve.

Pumpkin & Coconut Cream

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 500 g kabocha pumpkin
- 200 ml coconut milk
- 1 onion
- 2 garlic cloves
- Ginger and turmeric
- Olive oil, salt and pepper

PREPARATION

1. Saute the onion and garlic.
2. Add the pumpkin and water; cook until tender.
3. Blend with coconut milk until creamy.
4. Season and serve.

Ginger Detox Soup

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 1 carrot
- 1 zucchini
- 1 sweet potato
- 1 piece fresh ginger
- Juice of 1 lime
- 1 onion
- Turmeric, salt, pepper and olive oil

PREPARATION

1. Saute the onion and ginger.
2. Add the diced vegetables and cover with water.
3. Cook until tender, then blend until smooth.
4. Finish with lime juice and turmeric.

END OF PART 5

As rain nourishes the earth, the Lord nourishes us with His grace every day.

> “The Lord is my shepherd; I shall not want.”
>
> **Psalm 23:1**



PART 6: BIBLICAL CHICKEN



Protein that strengthens the temple of the Holy Spirit.

> “Do you not know that your body is a temple of the Holy Spirit?”
>
> **1 Corinthians 6:19**

Grilled Chicken Poke Bowl

YIELD: 5 servings



From the original illustrated recipe collection

INGREDIENTS

- 500 g chicken fillet
- 1 medium avocado
- Crisp lettuce and arugula
- 1 tablespoon sesame seeds
- 1 lime
- Olive oil and salt

PREPARATION

1. Grill the chicken fillet in a skillet.
2. Put the greens and thinly sliced avocado in a bowl.
3. Top with chicken and sesame seeds.
4. Finish with olive oil, lime juice and salt.

Chicken Curry

YIELD: 10 servings



From the original illustrated recipe collection

INGREDIENTS

- 1 kg cubed chicken breast
- 2 garlic cloves
- 1 lime
- 1 teaspoon curry powder
- 1 medium onion
- Olive oil
- Salt

PREPARATION

1. Marinate the chicken with squeezed garlic and salt.
2. Brown the onion rings in olive oil.
3. Add the chicken and curry.
4. Pour in a little water.
5. Lower the heat and cook for 2 minutes, with the lid partly open.

Give us today our daily bread. - Matthew 6:11

Baked Chicken Bites

YIELD: 10 servings



From the original illustrated recipe collection

INGREDIENTS

- 300 g cooked chicken fillet
- 500 g cauliflower
- 500 g cauliflower (repeated in original ingredient panel)
- 1 teaspoon salt and pepper
- 1 egg white
- 1 tablespoon sesame seeds, for sprinkling

PREPARATION

1. Process the chicken, cauliflower, egg white, salt and pepper.
2. Shape into balls and place on a greased baking sheet.
3. Sprinkle sesame seeds on top.
4. Bake for 25 minutes.

Tip: Fresh herbs and spices add brighter flavor.

Chicken Stuffed with Ricotta & Spinach

YIELD: 2 servings



From the original illustrated recipe collection

INGREDIENTS

- 2 chicken breasts
- 100 g ricotta
- 1 cup spinach
- Lime, garlic and medium onion
- Unsalted butter and olive oil
- Parsley, salt and pepper

PREPARATION

1. Cut a pocket in each chicken breast.
2. Marinate with lime juice, garlic, salt and pepper for 2 hours.
3. Saute the spinach and mix with seasoned ricotta.
4. Fill the pockets and secure with toothpicks.
5. Brush with butter and roast at 200°C (390°F) for 50 minutes.

Za'atar Chicken with Hearts of Palm & Orange Salad

YIELD: 2 servings



From the original illustrated recipe collection

INGREDIENTS

- 400 g chicken breast
- Mustard, olive oil, salt and pepper
- Curly lettuce and green beans
- Canned hearts of palm
- Small oranges

PREPARATION

1. Season the chicken with salt, pepper and mustard.
2. Grill for 6 minutes per side.
3. Blanch the green beans for 3 minutes.
4. Assemble the salad with all the ingredients and serve.

Roasted Chicken & Vegetables

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 400 g chicken breast
- Mixed vegetables: carrot, zucchini, tomato, onion and red bell pepper
- Garlic, dried herbs, olive oil, salt, pepper and fresh basil

PREPARATION

1. Dice the vegetables and roast at 200°C (390°F) for 15 minutes.
2. Season the chicken and roast separately for 15-20 minutes, turning halfway.
3. Slice the chicken and serve with the vegetables and fresh basil.

Tip: Use fresh herbs for extra flavor!

Protein Chicken Mini Pies

YIELD: 14 mini pies



From the original illustrated recipe collection

INGREDIENTS

- 600 g shredded chicken
- 1/2 cup water
- Herbs to taste
- Sesame seeds
- 1 egg
- 1 small leek
- 2 cups finely grated carrot
- Salt

PREPARATION

1. Cook and shred the chicken in a pressure cooker (10 minutes).
2. Whisk the egg, water, leek, herbs and salt.
3. Add the shredded chicken and grated carrot.
4. Divide among greased molds.
5. Sprinkle with sesame seeds and bake at 200°C (390°F) for 20 minutes.

Chicken Strips with Vegetables

YIELD: 2 servings



From the original illustrated recipe collection

INGREDIENTS

- 400 g chicken breast
- 1 zucchini
- 3 asparagus spears
- Olive oil and salt
- 70 g broccoli
- 1/2 tomato
- Onion and garlic
- Fresh parsley

PREPARATION

1. Season the chicken with salt.
2. Brown the onion and garlic in olive oil.
3. Add the chicken and cook.
4. Quickly cook the vegetables and combine everything.
5. Adjust the salt and finish with parsley.

I will take care that your harvest is plentiful. - Leviticus 26:10

END OF PART 6

Care for your body with love, for it is the temple where the Lord dwells.

> “I can do all things through the One who strengthens me.”
>
> **Philippians 4:13**



PART 7: BIBLICAL MEATS & FISH

Recipes inspired by biblical tables, from land and sea.

> “They came to eat bread by the sea.”
>
> **John 21:12**



Wholesome Beef Burger

YIELD: 3 servings



From the original illustrated recipe collection

INGREDIENTS

- 400 g lean round beef
- 1 egg white
- 1 tablespoon chia
- 1 tablespoon golden flaxseed flour
- 1/2 small onion
- Parsley, salt and pepper

PREPARATION

1. Mix all ingredients in a bowl.
2. Shape into 4 equal burgers.
3. Grill in a nonstick skillet with olive oil until browned.
4. Serve with salad or vegetables.

Low-Carb Beef Stroganoff

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 300 g sirloin, cubed
- 1 medium tomato
- 1 medium onion
- 7 tablespoons heavy cream
- Mustard
- Green onions
- Olive oil, vinegar and salt

PREPARATION

1. Brown the onion and add the mashed tomato.
2. Add the vinegar and let reduce.
3. Grill the sirloin; stir in the sauce and mustard.
4. Remove from the heat and fold in the cream.
5. Serve topped with fresh green onions.

Sole with Cherry Tomatoes

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 150 g sole
- 100 g cherry tomatoes
- 1 garlic clove
- Olive oil
- Salt
- Pepper

PREPARATION

1. Season the fish.
2. Grill both sides.
3. Saute the tomatoes with garlic.
4. Serve the fish with the tomatoes.

Hake Fillet en Papillote

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 100 g hake
- 50 g fennel bulb
- Thyme and dill
- 15 cherry tomatoes
- Olive oil, pepper and salt

PREPARATION

1. Preheat the oven to 180°C (350°F).
2. Season the fish.
3. Line a foil packet with fennel; add the fish and tomatoes.
4. Drizzle with olive oil.
5. Bake for 20-30 minutes.

Salmon Fillet en Papillote

YIELD: 1 serving



From the original illustrated recipe collection

INGREDIENTS

- 220 g salmon fillet
- Zucchini and carrot
- Onion and leek
- Lemon juice, salt and dill

PREPARATION

1. Season the salmon and marinate for 10 minutes.
2. Mix the seasoned vegetables.
3. On parchment paper, arrange the vegetables, lay the salmon on top and close the packet.
4. Bake at 230°C (445°F) for 15 minutes.

Collard Green Rolls with Cod

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 300 g salted cod, sauteed
- 10 collard green leaves
- 2 garlic cloves
- 1 cup coconut milk
- 10 sliced almonds
- Olive oil and nutmeg

PREPARATION

1. Cook the collard green leaves for 15 minutes.
2. Cook the cod in coconut milk for 5-6 minutes.
3. Brown the garlic in olive oil and mix with the cod and nutmeg.
4. Fill the leaves, scatter almonds over them and bake at 180°C (350°F) until golden.

Light Beef & Vegetable Stew

YIELD: 4 servings



From the original illustrated recipe collection

INGREDIENTS

- 400 g lean beef, cut into small cubes
- 1 onion
- Olive oil
- Pepper
- 2 tomatoes
- 1 bell pepper
- Salt
- Parsley and green onions

PREPARATION

1. Brown the onion and garlic (the original method mentions garlic without an amount).
2. Add the beef and saute.
3. Add the vegetables and season.
4. Cook until the liquid reduces.
5. Finish with fresh herbs.