

Kale-Arugula Mixed Fruit Smoothie

1 bunch young kale leaves (filled the container)
1 handful of arugula
1 nectarine
1 bartlett pear
1 granny smith apple
1 chunk pineapple
2 cups water
vitamin C powder

Minty Spinach Loganberry Smoothie

2 bunches spinach
1 handful of mint leaves
1 cup logan berries
1 peach
2 pineapple rings (with core)
2 cups water

Adaptation:

Added ½ organic lemon with peel, 1 gala apple (seeds, core, skin and all); plus ½ tbsp chia seeds.

Apple-Kale-Lemon

3-4 apples (can substitute some with pineapple)
½ lemon (juice only) prize
3 leaves of kale or bunch of spinach
3 leaves romaine
1 bunch of spinach
2 cups water

A Channel Morning Show with Cheryl & Jeremy – Sept. 4/07

They sampled the two green smoothies below. We made the fourth one choosing Spinach and Romaine (instead of kale).

Sample 1:

Kale-Arugula Mixed Fruit Smoothie

40% greens and 60% fruit and water.

Sample 2:

Minty Spinach Loganberry Smoothie

Sample 3:

Minty Spinach Loganberry with added: 1/3 lemon, 1 gala apple and 1/2 tbsp. chia seeds.

Sample 4 – made live on the show

Kale or Spinach; romaine leaves
Apples; 1/2 lemon juice only; pineapple.

Put leaves in the blender with 2 cups water.
Add apples, lemon juice and pineapple.

Taste Test at Green Smoothie Yourself!

Saturday, September 22nd 2-4 p.m. in Oakville

Sunday, September 23rd, 2-4 p.m. in Toronto

Saturday, September 29th, 2 – 4 p.m. in London

Sunday, September 30th, 1-3 p.m. in St. Thomas

RSVP to Luczak@rogers.com or call 519 680-2884

The Recipes featured on the next three pages were taste-tested on the A Channel's Morning Show on Sat., Aug. 9th.

Please also view the photo of the prepared foods on the website.

More recipes are available in Helen Luczak's "*Simply Delicious and Nutritious Cook Book*" which features more than 100 recipes.

Each blood type may also access 50 recipes for their Type O, A, B or AB diets as is presented on The Blood Type Diet Collection CDs.

For more information, please email Luczak@rogers.com or call 519 680-2884.

Goat Feta-Walnut Dip

1 cup goat feta cheese, crumbled	2 tbsp. cold pressed olive oil
1 cup walnuts, chopped very finely	1/4 to 1/2 cup almond or rice milk*
1/2 tsp. paprika	pinch of your favourite seasoning

Cover feta with water and soak for at least one hour to remove some of the salt. Drain. In a food processor, blend all ingredients. In a blender, combine half of the ingredients on low speed. While the blender is still running, add remaining half and blend until smooth. Serve chilled.

Note: Sheep feta (Greek style) and goat feta cheese are better choices than cow feta because they have more flavour and are better tolerated. Only the Type O non-secretor is to avoid all choices; however, this particular cheese will not be problematic if used in moderation, eg. sprinkled on a salad.

*Less liquid will be required if using a food processor. Blood Types B & AB can use goat milk in addition to the almond or rice milk. Type A can use soy milk.

Spinach-Basil Pesto Sauce

4-5 cups fresh basil & spinach	1/2 cup flat leaf parsley
1/4 cup pumpkin seed oil*	1/4 cup extra virgin olive oil
rind of 1 lemon	3 tbsp. lemon or lime juice
1 tsp. lecithin granules (or liquid)	1/2 cup pine nuts (or almonds)
3-4 cloves garlic (minced)	1 tsp. sea salt

In a food processor, combine all ingredients leaving the fresh basil & spinach until last, adding what you need for thickness. We recommend using 4-5 cups of fresh herbs with at least 2 cups being basil. Traditionally, pesto is made with just basil; however, some people find it quite strong tasting, so to lighten it up we've added equal amounts of spinach.

Serve on toasted Ezekiel or pizza crust or use with Bean-Feta Cheese Filling which is topping for Spelt Tortillas on pg. 12 in the Cook Book. This sauce can also spice up your other dips or lasagna or other noodle dishes.

Type A and Bs will use this recipe a lot because these two types have tomato as an avoid food.

Vegetable Nut Paté

3 cups assorted walnuts, pine nuts, pecans or almonds	
1/4 cup extra virgin olive oil	1/4 cup lemon juice
8-10 sun-dried tomatoes (optional)	2 cloves crushed garlic
1/2 cup chopped zucchini or cauliflower	2 stems gr. onion or
1 cup pepper or kohlrabi, finely chopped	3 tbsp. wheat-free tamari sauce
fresh herbs like basil or parsley	(or Bragg's Amino Acid)

Soak assorted nuts overnight for at least 10 hours. Drain the water and place nuts in food processor. Add liquid ingredients, vegetables and either fresh basil, chives or parsley for that added flavour.

Use the spread on rye crisps, rice crackers/cakes or spelt flatbread (available at health food stores and some grocery stores). Or you can toast your Ezekiel bread and spread on the pate. Nut spreads are also fantastic for dipping vegetables. They freeze easily and provide a very valuable source of protein. Walnuts are Super Foods - check your nut list!

Helpful Hint: Divide up the recipe and use different dried spices according to your blood type, eg. turmeric, garlic and paprika matches all blood types. Type A & B should leave out the sun-dried tomatoes. Cayenne is best suited to Type B and O, and dry mustard for Type A.

Homemade Mayonnaise

Mayonnaise is best when made without vinegar or sugar.

1 free-range egg	2 tbsp. lemon juice
1 cup olive oil	1/4 tsp. powdered kelp, optional
1 tsp. mustard, optional	1 tsp. sea salt

Beat egg in blender on low speed, then add lemon juice and seasoning. Continue to blend until smooth after slowly drizzling in the oil. For lighter taste, try flax and olive oil combination. Keeps in the refrigerator for 2 - 3 days. We recommend Ralo organic unfiltered olive oil from Greece. Available in Kitchener and the GTA area or through *Centre for Healthy Living*. www.myolivetrees.com.

Date Walnut Squares

1/2 cup softened butter
1/2 cup sucanat* (dehydrated organic sugar cane juice)
1 heaping cup spelt flour (if too wet to press down, add more flour)

Crust Preparation:

Mix above ingredients together and press down onto oblong baking dish using your fingers or a folded square of parchment paper. Bake at 375 °F for 10-12 minutes. Ground almonds can be added to the mixture instead of the extra flour adding a wonderful nutty flavour to the recipe.

Filling Preparation:

2 1/2 - 3 cups pitted dates	18 walnut halves needed for topping
1/3 to 1/2 cup butter	1 free-range organic egg
1 tsp. pure vanilla	3/4 cup walnut pieces (organic is best)
2 cups rice krispies or use healthy version of puffed brown rice	

Directions:

Wash the dates and if they are on the hard side, soften them by adding a little boiled water. Place dates on the stove in a small saucepan. Add 1/3 to 1/2 cup butter *or* leave out altogether for low-fat version, substituting with some water. Cook on medium-high heat initially and then turn to low. Stir well.

After the date butter mixture is nicely blended, remove about 3/4 cup date mixture and add it to one egg, mixed in a separate bowl. Blend together with pan mixture (with heat turned off) and add vanilla, puffed rice and walnut pieces. Empty the sauce pan contents onto the baked crust and gently spread.

Lastly, arrange the walnut halves as a topping with three or four across and six to eight lengthwise keeping in mind where you will be cutting your squares so as not to cut into any large walnuts when separating the pieces. Refrigerate and serve. Freezes well.

This recipe of squares has been enjoyed by hundreds of people who have attended *Eat Right* seminars since 1999. *Note:* Sucanat is dehydrated organic sugar cane juice available at Natural Value in the Loblaws chain stores or in your neighbourhood health food store. There are various healthy forms of Rice Crispies made with brown rice, both crispy and softer puffed versions.

