

## Chunky Mixed Fruit Smoothie

1 large anjou pear or gala apple	6 oz. juice (or 3 oz juice & 3 oz. rice milk)
1/2 cup fresh pineapple chunks	1 tbsp. coconut oil or milled Salba*
1 cup frozen blueberries	1 tbsp. soy lecithin granules
1 medium size frozen banana	2-3 tbsp. Maxi Pro Soy Protein Powder**
3/4 tsp. buffered Vitamin C powder	1/2 cup soaked almonds

Choose fruit and fruit juice from your Super Beneficial list for added health benefits, e.g. cherries, blueberries and pineapples/pineapple juice. Try making your smoothie with juice alone and compare to thicker, creamier version with non-dairy milk -- rice milk is neutral for all types and soy milk is an avoid for B Sec and O N/S.) Add your dry ingredients to juice in separate glass and then add to blender. For a really thick smoothie, use less liquid. We recommend the Waring Xtreme Hi-Speed commercial blenders to make the best drinks ever. Check out [www.waytotonutrition.com](http://www.waytotonutrition.com) and click on "live enzyme cuisine" in the index.

Dry ingredients choices (best to rotate each day) are: soaked almonds, ground walnuts, pumpkin seeds (except B & AB), and hemp hearts. If you are using the nuts and seeds or perhaps tahini, there is less of a need for protein powder; however, lecithin granules are excellent for reducing gallstones. Rocky Mountain Hemp Hearts can be "eaten" with just a small amount of fruit smoothie in a separate glass. \*Salba is a new product which is a fiber that also regulates blood sugars.

Refrigerate leftovers in a glass jar and add 1/4 tsp. extra of Vitamin C to preserve it. \*\*Genestra brand Maxi Pro is a soy protein powder which Type A & AB should use. Type Bs and Os can use Genestra Pro-Rice instead.

## Grasshopper Green Smoothie

1 bosc pear or granny smith apple	6 oz. pineapple juice
2 thick rings cut-up fresh pineapple	3-6 oz. soy or almond milk*
3 sliced ripe kiwi	1 medium sliced ripe avocado
1 medium size frozen banana	1 tbsp. ground (or soaked) almonds

Place the fruit in the blender and pour juice/milk on top with added ground almonds and vitamin C powder. Remember to add less liquid or more fruit (e.g. both pear & apple) to achieve your desired thickness. *Helpful Hint:* remove the white stems in the kiwi because they may sour the drink. \*Type O & B should use almond milk.

## Quinoa-Lentil Veggie Burgers

2/3 cups quinoa, rinsed 3 times	1 tsp. dried basil
2/3 cup brown lentils*	1 tsp. dried thyme
2/3 cup brown rice	1 tsp. dried oregano
3 cups boiling water	2 tbsp. Dijon mustard (optional)
1/4 cup cold-pressed olive oil	4 large organic eggs
2 cups grated carrots	6 tbsp. brown rice flour
1 cup chopped onion	additional oil for frying
1 cup chopped celery	lettuce leaves/sliced tomatoes
1/4 cup sesame seeds/pumpkin seeds**	1 large minced garlic clove

Rinse quinoa in hot water very well, rubbing grains between fingers to dislodge coating. Drain. Combine quinoa, lentils and brown rice in 3 cups boiling water. Reduce heat to low and cover. Cook until grains are tender, about 45 minutes. Drain and cool. \*Lentils are avoid for Type O Sec and Type B so use more quinoa and rice. In olive oil, sauté on low-medium heat for about 8-10 minutes, the carrots, onion, celery, garlic and seeds. \*\*No sesame seeds for Bs or ABs and no pumpkin seeds for Type B N/S and ABs). Add to grains. Cool slightly. Stir in basil, thyme, oregano, salt. Remove 1 cup of mixture and puree in food processor. Return to grain mixture. Stir mustard (can substitute with 1 tbsp. wheat-free tamari sauce); beaten eggs; and flour into grain mixture. Press 1/2 cup of the mixture between hands to form patties. Cook patties in skillet in oil until golden brown on each side, about 5 minutes per side. Serves 8.

## Light Vegetable Soup

1/2 cup diced onion	1 cup thinly sliced carrots
1 cup thinly sliced zucchini	2 tsp. chopped fresh parsley
1/4 tsp. thyme	1/8 tsp. celtic sea salt
2 1/2 cups purified water	1-2 vegetable bouillon cubes

In a 1 1/2 quart saucepan, cook onion until translucent; add all other ingredients except water. Cover and cook over low heat, stirring occasionally, for 10 minutes until vegetables are tender. Add water and bring to a boil. Add bouillon cubes (organic only). Reduce heat to medium and cook until vegetables are soft, about 20 minutes. Remove from heat and let cool slightly. Remove 1/2 cup soup from pan and reserve; pour remaining soup into blender and process at low speed until smooth. Combine puréed and reserved mixtures in saucepan and cook, stirring constantly until hot. Serves 2.

### Tahini Mango Pineapple Fruit Smoothie

This smoothie matches the Type Os very well. Type As can enjoy it as well and they have the option of using soy protein powder (some say soy is better tasting than rice protein powder). Not for Type B or AB unless the tahini is removed. Could substitute with almond butter (B) or peanut butter (AB).

1/3 cup pineapple juice	1 cup cranberry-pineapple juice
1 tbsp. lecithin granules	1 tbsp. rice protein powder
1 tbsp. tahini butter	20 almonds ground into 3 tbsp.
1/2 cup rice or almond milk	1 frozen banana
1/2 cup pineapple chunks	4-5 slices of mango (plus 1 tbsp. juice)

Pour juices into large tumbler and add tahini butter, lecithin and protein powder as well as ground almonds. Stir well and put in blender. Add fruit and blend. Serves 4.

### Strawberry Banana Fruit Smoothie

Most types can enjoy this Smoothie with the following exceptions - strawberries are an avoid for Type O N/S and Bananas an avoid for Type A Secretors and all Type ABs. Substitutions can be made - use blueberry instead of strawberry and add canned peaches or pears (packed in own juices) to replace bananas.

1 1/2 cup strawberry juice	10 large strawberries
1 tbsp. lecithin granules	1 tbsp. nutritional yeast
1 tbsp. rice or soy protein powder	2 tbsp. pumpkin seeds (or gr. nuts)
2 pineapple rings plus 1 tbsp. juice	1/2 granny smith or gala apple
1/2 canned pears with 1 tbsp juice	1 frozen banana

Pour juice in large tumbler and add powdered ingredients and mix well. Pour in blender on top of strawberries, pineapple, banana, apple and pears. Blend well. Flaxseed oil or other essential fatty acids like hemp seed or pumpkin seed oil can be added as well, 1 tbsp. per 3 cups worth (half a blender). Add buffered vitamin C to preserve the smoothie. Can be stored in glass bottle for up to 24 hours without losing its vitamins. Strawberry juice along with apricot juice is always a mixture of other juices as second and third ingredients, e.g. apple or grape juice. This is okay; only choose organic juices with no preservatives for optimal nutrition and enzymes.

### Helen's Olive & Flax Oil Dressing

2/3 cup cold-pressed olive oil	1/3 cup flax oil
1/2 cup freshly squeezed lemon juice	1/6 cup apple cider vinegar
1 tbsp. wheat-free tamari sauce	1 tbsp. pineapple or cranberry juice
2 tsp. parsley flakes	3/4 tsp. turmeric powder
3/4 tsp. paprika powder	1/2 tsp. ginger spice
1-2 cloves minced garlic	3/4 tsp. dried mustard powder
3 tbsp. pure honey	2 tsp. Romano cheese

*Note:* Type A & ABs may wish to use more lemon juice over the vinegar simply because the lemon juice is so cleansing for the lymphatic system. Remember that all blood types can have organic apple cider vinegar. Honey can be substituted with powdered or liquid stevia, a natural sweetener, which does not alter blood sugar levels in diabetics. Be sure to always buy wheat-free tamari sauce as opposed to regular soy sauce. It costs more; however, it's well worth it for the taste and nutritional benefit and not having the wheat in it. You will find many uses for tamari sauce in making soups, stews and for adding to your stir-fried brown rice.

### Olive & Walnut Oil Dressing

2/3 cup cold-pressed olive oil	1/3 cup walnut oil
1/3 cup freshly squeezed lemon juice	4 tbsp. apple cider vinegar
1 tbsp. wheat-free tamari sauce	2 tbsp. maple syrup
1 tbsp. unpasteurized honey	1 tbsp. pineapple juice
2 tsp. parsley flakes	1/2 tsp. turmeric
1/2 tsp. paprika powder	1 tsp. ginger
1/2 tsp. garlic powder (or 2 fresh cloves)	1 tsp. dried mustard powder
1 /2 tsp. Herbamare sea salt	2 tsp. Romano cheese

*Note:* Walnut oil is a Super Food plus it prevents damage caused by polyamines. As a substitute for walnut oil (harder to find and more expensive) use flaxseed oil or both flaxseed oil and pumpkin seed oil only the latter is strong-tasting so not very much is needed - use flaxseed mainly in other words. (B N/S & AB avoid pumpkinseed oil.) Instead of Herbamare sea salt, powdered dulse or kelp can be used to provide iodine to nourish the thyroid. Cut back on sweeteners if you are following candida-control diet or use stevia instead. It is safe for diabetics.

## Turkey Stir-fry

*Preparing Meat:* Cut boneless, skinless turkey breast meat into long thin pieces about 3" x 1 1/2". If you like, marinate the pieces in a mixture of wheat-free tamari sauce with honey and spices or purchase some Kitchen Thai sauces. The Pad Thai sauce is sweet and pleasant or you may prefer a spicier, curry flavour one. A simpler marinade could be just adding lemon juice with a little olive oil and spices.

*Oil to Use:* Grapeseed oil for frying in the wok is recommended as it does not become toxic at stir fry temperatures. If using plain olive oil, be sure to not let the temperature get too hot so that it smokes because the fat becomes rancid. Invest in a good wok as it will make a huge difference in ease of preparation.

### *Ingredient Suggestions:*

1 medium Spanish onion; 1 red or orange/yellow pepper, sliced; 6 large mushrooms; 12-15 snow peas or sugar snaps; 1 medium sliced zucchini; 2-3 garlic cloves; 1 cup of broccoli or cauliflower florets; 4 large stems of bok choy, chopped into diagonal pieces; 8 string beans, sliced in half diagonally; 2 medium-sized carrots cut in diagonal pieces (or substitute with turnips or celery); Swiss chard or kale leaves or mustard greens; bean sprouts (optional)

### *Cooking Instructions:*

Stir fry the meat first until there are no raw spots making sure that the pieces are kept moist with sufficient sauce and oil. When finished, take out of wok and set aside in a bowl and place a lid on top to keep it warm. Wash the wok out if there is any residue and re-oil the wok to prepare for vegetable stir-fry.

Lightly stir fry the carrot or turnip or celery sticks; kohlrabi; string beans; and stem portions of the bok choy and broccoli first because they take longer to cook. It's best to not overcook them as crunchy veggies are best. Add your choice of the other vegetables such as zucchini; peppers; broccoli florets; snow peas; onions; and mushrooms\* half-way through the cooking time since they will cook quickly owing to the heat and moisture of the other partially cooked vegetables. Leafy veggies like bok choy, kale or Swiss chard requires only 2 minutes cooking time at the very end. \*I often pan-fry the mushrooms separately.

At the end of the vegetable stir fry, add the meat back in and simmer with the lid on for a minute or two to until the meat is heated up and flavours are blended. You may wish to add some bean sprouts at the same time that the meat is heated up.

## Home-made Turkey Burgers

1 lb. ground turkey  
6 rye crisp crackers  
(*Type B*: substitute with rice or oat crackers)\*  
1 organic egg  
Herbamare or seasalt to taste

In a mixing bowl, place ground turkey and add an egg and mix. Grind the rye crisps in a coffee grinder (dedicated for use with nuts & seeds only) and add to the mixture. Adjust the amount of crackers according to how wet the turkey mixture is. If you are using a large egg, it may be too moist. Basically, you will want to be able to handle the meat easily to make into patties.

It's best to make four to six burgers at a time and freeze what you don't eat. The procedure for preparing burgers for freezing is: wash out your foam meat tray and place two patties in the tray and then place a sheet of parchment paper (heavier wax paper) on top and this allows you to put another two patties on top. Put in a freezer bag and use a straw to draw out the excess air and twist closed with a twist tie. Remember to mark your package with the name of the contents and date.  
*\*Note:* some suggestions for alternative grain fillers are: oat crackers; rice crackers or rice cakes; gr. pumpkin seeds; Ezekiel bread crumbs (toast a slice of Ezekiel and then grind in the grinder - it has to be very dry first though).

## Baked Salmon

2 fillets of salmon (or rainbow trout)  
1 tsp. of butter  
dill or dried mustard or paprika  
(according to your liking)  
1-2 cloves garlic  
fresh or dried parsley  
1 tsp. freshly squeezed lemon juice  
sea salt with kelp, to taste

Rinse the salmon and place in baking pan which has been lined with parchment paper or foil (shiny side touching the fish). Place dabs of butter on the fillet. Mince the garlic and apply in dabs as well. Squeeze on some lemon juice, then add spices. If your dish doesn't have a lid, make a lid out of foil. Bake at 300°F for 10 min. then reduce heat to 200°F and bake for additional 10 min. and then turn off the oven and leave the fish there until the rice and vegetables have been served up - fish tends to cool down quickly. Use a spatula to lift the fillet off of the skin, leaving the skin behind. Squeeze on more lemon juice at the dinner table. Pacific ocean-caught salmon is far superior to Atlantic farm-raised salmon. It's best to buy the same size or thickness of fillets for even cooking consistency.