

## Chunky Mixed Fruit Smoothie

1 large anjou pear or gala apple	6 oz. juice (or 3 oz ea. juice & rice milk)
1/2 cup fresh pineapple chunks	1 tbsp. Genestra Berry EFA Plus
1 cup frozen blueberries	1 tbsp. lecithin granules
1 frozen banana or 1 cup mango	2-3 tbsp. protein powder
1-2 tbsp. gogi berries (optional)	1-2 tbsp. sprouted flaxseed
3/4 tsp. buffered Vitamin C powder	handful of soaked almonds (about 30)

Choose fruit and fruit juice from your Super Beneficial list for added health benefits. It's good making your smoothie with juice alone and then comparing that with a thicker, creamier version using a non-dairy milk -- rice milk or almond milk (both are neutral for all types). The almonds have to be soaked overnight (discard water). Put them in the blender first with the liquid. If using a super food like dried gogi berries, add at the beginning as well. We recommend Waring Xtreme Hi-Speed commercial blenders to make the smoothest thick drinks.

The Berry EFA Plus is a Genestra product that contains the omega 3 oils with an awesome berry concentrate. For variety, you can also add walnuts, tahini, or hemp hearts. Sprouted flaxseed is superior to milled flaxseed. Lecithin granules reduce gallstones. Protein powders are best matched to your blood type and your needs; however, it's important to *stir it in after* blending. All blood types can have hemp seed protein although you'll probably use less due to the taste. There are also raw forms of whey protein that are options. At our Centre, we promote Genestra's Pro-Rice protein powder because it's non-allergenic and St. Francis Go-Protein formula which tastes divine and has acidophilus (probiotic) in it as a bonus. Refrigerate leftovers in a glass jar and add 1/4 tsp. extra of Vitamin C to preserve it.

## 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.

## **Banana Ice Cream**

### *Prepare ahead:*

Freeze 3 bananas by removing the peel, cut in half, and store in freezer bags  
Add 1 cup of organic cashews to 1 1/4 cup water and blend or food process until creamy-like consistency. Then pour into ice cube trays.

### *Place in food processor:*

2-3 frozen bananas (peel and freeze bananas)\*  
2-3 frozen cubes of cashew cream  
1 tsp. pure vanilla or other flavouring (carob powder, coconut, orange oil)

As you blend the banana and cashew cream cubes in a food processor (not blender), you may notice the banana looks gritty. Continue processing until it "creams" up like a soft serve ice cream. The trick is knowing when to stop to prevent overheating causing melting. (*Note: You can mix everything together instead of adding topping.*)

### *Prepare topping:*

In a food processor, blend 1 cup strawberries or raspberries with 1 tbsp. honey or agave syrup (raw food ingredient which isn't as sweet as honey). If your fruit is frozen solid, leave it out on the counter to slowly defrost. The added honey helps to get the fruit blending. Sometimes strawberries are sweet enough and don't require adding a sweetener. This recipe also offers a golden opportunity to try stevia which is a natural herbal sweetener that is safe for diabetics.

## **Berry Banana Smoothie**

1 cup berry flavoured yogurt	1 cup mixed frozen berries
1 frozen banana, cut into pieces	1 tsp. Berry EFA Plus ( <i>refer to page 1</i> )
1 tbsp. lecithin granules	1 tsp. goat whey powder*

Bananas make a great smoothie ingredient; however, they are avoided for Type A secretors and all ABs. This recipe is therefore recommended for Type Os and Bs. Instead of yogurt, almond milk can be substituted (or raw milk). If wanting to enjoy this drink with a Type A or AB, a good "banana" substitute is tree-ripened peaches (providing sweetness) and avocado (richness). \*Goat whey powder is the dehydrated minerals taken from goat milk. Mineral Matrix is the brand name.

## The More Salads, the Better

It seems an increasing number of people are recognizing the value of eating more salads and it's really nice to see that the food industry is accommodating our needs at the grocery store. We have greater selection and there is also a resurgence of interest in getting food from the local farmer's market. These days, organic farmers number enough to be able to hold annual conferences and trade shows.

From the perspective of a blood type diet specialist, I promote more dark leafy greens for Type Os who require the Vitamin K to build their blood plus if they are to adhere to the 75/25 ratio for alkaline food vs. acid foods, the salads are a must to go along with their meat and fish servings. I'm a broken record for saying that the meat serving is to be the size of the palm of your hand and then the rest of your dinner plate is to be vegetables, particularly raw leafy green vegetables. Type As are the mainly vegetarian types so their meal begins with a salad and then protein sources, like pieces of salmon or left-over turkey, are added in.

My hope is that the salads contained in this Cook Book will be enjoyed by many and that soon they will become an important part of one's daily routine, whether it's making them at home with delicious home-made dressings\* or choosing salads when eating out and taking a pass on subs or burgers. \*The problem with store-bought salad dressings is that they harmful trans fats like refined canola. And making your own dressings offers an opportunity to enjoy super healthy oils like cold pressed organic extra virgin olive-oil, flaxseed oil and walnut oil.

There is a variety of salads now available in the grocery store packaged in clam shells, bags or sold loose by bulk. It's important to buy organic whenever possible such as "spring mix" which contains delicate young lettuce leaves that are pre-washed and "ready to eat". Take some time to read labels and be sure to carefully inspect packages to ensure that your product is as fresh as possible.

Speaking of fresh, tupperware has the Fridge Smart line which does just that. There is a set of five containers designed with air-flow openings which are opened or closed to match the type of vegetables you are storing. They prolong the life of your produce keeping everything amazingly fresh and thank goodness some are large enough for storing kale and Swiss chard for green smoothies. We hope that you will try out our new Green Smoothie recipes in this 3<sup>rd</sup> edition. Salads and green smoothies definitely lead the way to achieving optimal wellness! For more information on how to order Tupperware, please visit [www.waytotonutrition.com](http://www.waytotonutrition.com)

### Helen's Olive & Flax Oil Dressing

2/3 cup cold-pressed olive oil	1/3 cup flaxseed oil
1/2 cup freshly squeezed lemon juice	3-4 tbsp. 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	2 tsp. dried mustard powder
2 tbsp. pure honey	2 tsp. Romano cheese

Use only the highest quality olive oil and flaxseed oil sold in dark glass bottles. Check out [www.myolivetrees.com](http://www.myolivetrees.com). Apple cider vinegar (ACV) is acceptable for all blood types; however it has to come in a glass bottle and be organic. This recipe can be made with as little as 1 tbsp ACV plus the full amount of lemon juice (A & AB) *or* use more ACV (Type O & B). Honey can be substituted with powdered or liquid stevia, a natural sweetener, which does not alter blood sugar levels in diabetics. It's really important to buy wheat-free tamari sauce -- you will find many uses for it 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 or 1/8 tsp. minced ginger
1/4 tsp. minced garlic	1 tsp. dried mustard powder
1/2 tsp. Herbamare sea salt	1 tbsp. Romano cheese

Walnut oil is a Super Food which protects the colon. One might have to shop around to find it and be prepared to pay more for it as well. Type O & A can use sesame oil in this recipe as well pumpkin seed oil; however, go easy on them as they are strong tasting. This recipe is sweetened by honey and maple syrup. Agave nectar, a raw food ingredient, can be used as well. Herbamare is a brand name sea salt. It's just one option and there are many others like Himalayan or Celtic sea salt. To help nourish the thyroid, try adding powdered dulse or kelp which is rich in iodine.

## Miso Wakame Soup

2 1/2 cups purified water  
1 tsp. minced fresh ginger  
2 tsp. grated carrot  
4-inch piece of wakame seaweed\*  
1 tbsp. miso dissolved in 1 tablespoon of warm water\*\*  
1/4 cup extra firm tofu cut into small, bite size cubes

2 green onions, chopped  
1/2 cup sliced bok choy  
1 tsp. of olive oil

Soak the *wakame* in water for 15 minutes, drain, cut into 1-inch pieces. Sauté tofu, bok choy and carrots in olive oil. In a medium saucepan, combine the water, most of the green onion (reserve 1 tsp. for garnish), and ginger. Bring to a boil over high heat; reduce heat to low and simmer for 5 minutes. Remove from heat and stir in dissolved miso. Add wakame and sautéed tofu, bok choy and carrots. Garnish with reserved green onion and serve.

\*Wakame is a Japanese sea weed harvested from deep cold sea. Health food stores and Asian markets would carry it. Dehydrated wakame should be stored in an airtight container in a dark, dry place. Cooked wakame should be refrigerated. Wakame is rich in magnesium, potassium and trace minerals.

\*\*Miso is a fermented soya bean paste which comes in different types often distinguished by colours such as white, red or light-colored. If you are a beginner try the lighter variety first with the grains added, eg. rice miso. Store miso paste in a container in the fridge for up to a year. Miso is rich in calcium, iron, and zinc.

## Asparagus Soup

1 - 2 tbsp. organic butter  
3 - 4 large yellow onions, chopped  
5 cans chicken or vegetable broth\*  
3 1/2 lbs. fresh asparagus, cut tops off and set aside, cut stalks into 1" pieces

sea salt to taste

Sauté onions in butter until soft and golden. Heat broth, and add cooked onions and 1" asparagus stalk pieces (break off tough ends). Cook on low until asparagus stalks are soft. While cooking, add sea salt. Purée, then return to heat and add asparagus tops. Cook for 10 more minutes (take off heat before tops become too soft). For a cool soup, refrigerate. \*Note: Type Bs and ABs use vegetable broth.

## Miso Vegetable Soup

1 tbsp. olive oil	2 finely chopped green onions
1/2 cup carrot sliced in coins	1/2 cup sliced celery
7 cups purified water	1 1/2 cup chopped fresh spinach
1/4 cup miso (white, yellow, red)*	1 cup of hot water (to add to miso)
7 oz. package firm tofu	chopped lemon grass ( <i>optional</i> )

Sauté onion, celery and carrot in olive oil for 2 minutes. Bring water to boil in large saucepan and cook spinach and tofu until tender. Set aside. *Tip:* For soft version soup, add tofu which has simply been cut into small cubes. For meatier texture version, lightly stir fry the tofu also cut in small cubes so that it becomes chewier.

Miso is stirred in a cup of hot water until dissolved. Add the miso to the soup in the pot which has finished cooking but is still hot. The white miso is considered to be the sweetest tasting. Organic is always best. Serve hot. Serves 3.

*I believe that miso belongs to the highest class of medicines, those which help prevent disease and strengthen the body through continued usage.... Some people speak of miso as a condiment, but miso brings out the flavor and nutritional value in all foods and helps the body digest and assimilate whatever we eat. — Dr. Shinichiro Akizuki*

## Carrot Soup

2 cups carrots, slivered & steamed until tender	
1 1/2 - 2 cups vegetable steaming water or vegetable stock*	
1-2 tbsp unrefined, cold-pressed olive oil	2 tbsp. wheat-free tamari soy sauce
2 tsp. dried parsley flakes	1 tsp. dill weed or tarragon, crushed
1/2 tsp. sea salt	several dashes sea kelp
cayenne pepper, to taste (for Type O & B only - otherwise use coriander seed)	
1 tsp. fresh onion or garlic, crushed, or 1/4 tsp onion or garlic powder ( <i>optional</i> )	

Liquefy all ingredients in a blender or food processor until smooth.

Heat the soup in a saucepan, low to medium heat. Do not boil.

Serve hot, garnished with chopped chives, green onions or grated fresh ginger.

Keeps 3-5 days in the refrigerator. Do not freeze. Serves 4.

*Note:* If using electric steamer, the water can be collected and used in this recipe; otherwise buy an organic vegetable broth (in the carton) at the health food store.

## Hummus Dip

The traditional bean for hummus is chick peas (Type O only); so for other types, we recommend substituting with northern beans. Type Bs and ABs can't have tahini or sesame seeds (red flag avoids) so the alternative for tahini is almond butter,

1 large onion, minced	1/2 cup lemon juice
1-2 cloves garlic, minced	1/4 cup organic tahini
1 tbsp. wheat-free tamari sauce	1 tbsp. olive oil
1/2 cup toasted sesame seeds	salt to taste, if desired
2 cups cooked chick peas (drain & rinse if canned)	

Sauté onion & garlic in oil until soft. Set aside.

Combine and purée in a food processor: chick peas (or northern beans); onion; garlic; lemon juice; tamari sauce; tahini (or almond butter); sesame seeds; sea salt.

Serve with non-wheat crackers or spelt flatbread, Finn crisps (except B or better yet, with fresh veggies, eg. carrots, celery, asparagus, kohlrabi, or broccoli.

## 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 soy or rice milk*
1/2 tsp. paprika	pinch of cayenne (caution for As)

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 together. Depending upon how dry your cheese is and personal preference, you may use up to 1/2 cup of milk.

\*All types can have rice milk whereas soy milk is recommended for Type A & AB. Another neutral milk is almond milk, and some stores have hemp milk and oat milk.

Some people aren't too sure about the taste of goat products - be open-minded as goat feta is preferable to cow feta. You could mix it half and half. All types can have Greek feta made from sheep milk; however, does cost a bit more. When purchasing dairy products, it's always best to invest in quality. Choose organic whenever possible to avoid being exposed to hormones given to dairy cows. Another reason has to do with organic usually being more alkaline. In some communities, raw milk products are available; the live enzymes in raw milk, kefir, etc. are excellent!

## Vegetable-Nut Pâté

3 cups assorted pumpkin seeds, walnuts, pine nuts, pecans or almonds\*  
1/4 cup extra virgin olive oil                      juice of one large lemon  
8-10 sun-dried tomatoes                              2 cloves crushed garlic  
1/2 cup chopped zucchini or cauliflower\*      2 stems gr. onion or celery, chopped  
1 finely chopped orange or yellow pepper      3 tbsp. wheat-free tamari sauce  
fresh herbs like basil or parsley

The best mix is a cup each of walnuts and almonds; and then use pine nuts and pecans and some seeds in the third cup. Soak nuts and seeds for at least 8 hours. Drain the water and place in food processor. Add liquid ingredients, vegetables and spices. It's best to experiment with your spices to suit your taste. Use either fresh basil or parsley for that added flavour. Dried spices such as turmeric, dried mustard, paprika or cayenne (omit for Type As or ABs) can be used as well. \**Note:* zucchini is neutral for all types and cauliflower is encouraged for all types except Type Os. Remember that tomato is a red flag avoid for A & B Secretors and caution on the peppers since both are night shades that are harmful for arthritics.

Enjoy the pâté with fresh veggies or crackers or rice cakes, etc. For occasional entertaining, enjoy organic black bean chips and don't worry about the small amount of corn in them. If you have the time, try making the spelt tortillas (pg 47) with rice flour and then crisp them up by baking (just until warm) in the oven.

*Helpful Hint:* Divide up your recipe and use different spices or herbs which are beneficial for the blood types in your family. Nut spreads can be frozen in small containers and pulled out for when you travel or for lunches. You may notice that walnuts are included in several recipes in the Cook Book. Why? They are beneficial!

## Homemade Mayonnaise

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.

### Almond Mayonnaise Dip

1/2 cup raw almonds	1/4 to 3/4 cup purified water
1/4 tsp. garlic powder	3/4 tsp. sea salt
1 cup flaxseed or pumpkin seed oil	3 tbsp. lemon juice
1/2 tsp. raw, organic apple cider vinegar	

Cover almonds with boiling water, allow to cool slightly. Slip off skins and have all other ingredients ready. Place almonds in blender or food processor and grind to a fine powder. Add half the water along with garlic powder and seasonings. Blend well, then add the remaining water to form a smooth cream. With blender running low, remove insert top and drizzle in the oil in a thin stream until mixture is thick. Keep blender running and add lemon juice and vinegar. Blend on low 1 minute longer to allow mixture to thicken to desired consistency. Scrape into a jar with a screw top and refrigerate. This will keep 10 days to 2 weeks. Makes an excellent party dip or snack food when served with raw vegetables. *Note:* pumpkinseed oil is an avoid for Type AB & B Sec.

### The Body Ecology Diet Gravy

2 tbsp. organic unrefined coconut oil, butter or ghee	1/4 tsp. fresh minced garlic
2 1/2 to 3 tbsp. amaranth flour	2 cups vegetable broth
1 tsp. of Herbamare or other spice blend	

In a small skillet, make a roux by melting butter or oil and quickly stirring in flour. Very slowly add broth, stirring constantly. Add garlic and seasoning.

*Variation:* Sauté sliced onions and shitake mushrooms in the same skillet you will be using to make the gravy. Remove them to make gravy and return afterwards.

*Note:* This recipe is an adaptation to the B.E.D. Gravy ([www.bodyecologydiet.com](http://www.bodyecologydiet.com)).

### Bernaise Sauce

1 free-range egg	1 tsp. raw apple cider vinegar
1 tsp. mustard	1 tbsp. lemon juice
1/2 cup melted butter	1/2 tsp. to 1 tsp. sea salt to taste

Melt butter in a small pan, set aside to cool. In a blender, add the rest of ingredients and then very gradually add in the melted butter.

## Pesto Sauce

2 bunches of fresh basil	1 stock of marjoram
1 clove of garlic	3/4 cup pine nuts
1/4 cup extra virgin olive oil	2 tbsp. lemon juice
3/4 cup Romano cheese	sea salt to taste

Wash the basil and marjoram and remove stems. Peel and coarsely chop the garlic. In a blender, puree the herbs, garlic and pine nuts to a paste while adding the oil and lemon juice. Fold in the cheese and if necessary, add sea salt. Pesto will keep for about 6 weeks. Great to use pesto instead of tomato sauce on pizza.

## The Body Ecology Diet Pesto Sauce

3-4 cups fresh basil	3/4 cup flax or pumpkin seed oil*
1 tsp. sea salt	rind of 1 lemon
3 tbsp. lemon juice	3-4 cloves garlic
1/2 cup flat leaf parsley	1 tsp. lecithin

In a blender combine ingredients. Blend until thoroughly pureed. \*Type B & AB should use flaxseed oil, not pumpkin seed oil. *Note:* This recipe represents an adaptation to the B.E.D. Pesto Sauce recipe found in the Body Ecology Diet book.

## Spinach-Basil Pesto Sauce

4-5 cups fresh basil & spinach	1/2 cup flat leaf parsley
1/4 cup pumpkin seed oil* <i>see note above</i>	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
3-4 cloves garlic	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. 48*.

## 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 or coconut oil is best for stir-frying at higher temperatures because they don't burn easily. If using olive oil, be sure keep the temperature no higher than medium or it will break down and become a toxic trans fat. 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. \*If you are a mushroom connoisseur, you could fry them in a separate pan and then toss them in the stir fry once it's finished to just warm up the mushrooms.

Also, at the end of the 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 fresh bean sprouts as well for that nice final touch.

## 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 sea salt 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

sea salt with kelp, to taste

1-2 cloves garlic, minced

fresh or dried parsley

1 tsp. freshly squeezed lemon juice

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 (or coconut oil) 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 5 min. (check to see that it's cooked but avoid overcooking), 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.

*Note:* Pacific ocean-caught salmon is far superior to Atlantic farm-raised salmon. The highest omega 3 fish oils will always be found in cold-water ocean caught fish.

## Pad Thai Spicy Turkey Meatballs

2 lb. ground turkey	2 tbsp. rice vinegar
1/4 cup sugar	1/4 cup rice vinegar
1 tsp. Sambal Oelek (hot pepper sauce)	1 organic farm-fresh egg
3 tbsp. wheat-free tamari sauce	1 cup dry ezekiel breadcrumbs
1 organic farm-fresh egg	sea salt to taste (optional)
1 tbsp. chopped fresh cilantro (coriander)	1/4 cup canned coconut milk
2 tbsp. each minced ginger, garlic and green onion	
3 tbsp. unsweetened medium flaked coconut (optional)	

In large bowl combine meat, 2 tbsp. rice vinegar, ginger, green onions, garlic, coconut milk, shredded coconut, tamari sauce, crumbs and egg. Mix lightly but thoroughly, seasoning to taste. Shape into 1" balls. Cover and refrigerate one hour (holds together better). Cook on greased pre-heated grill over low heat or bake at 350°F for 5-7 minutes per side until thoroughly cooked.

In small bowl, combine fresh cilantro, 1/4 cup rice vinegar, sugar and Sambal Oelek. Major grocery stores carry the Thai Kitchen brand which is what you need to buy the Sambal Oelek and Pad Thai sauce. Pour over cooked meatballs. Serve as appetizers with dipping sauce on the side or as a main entrée dish with steamed jasmine rice and curried vegetables or Pad Thai noodles.

*Notes:* 2 meatballs equal 120 calories. A pound of meat makes 24 meatballs. Type Os can make beef meatballs. Leftover cooked meatballs may be frozen for up to 3 months, thawed and reheated before serving. The coconut milk adds a wonderful Thai flavour to the meatballs. We allow it for 80/20 compliance since it's a specialty recipe.

## Pad Thai Noodles

One package (16 oz) medium rice noodles	2 tbsp. olive oil
3 garlic cloves, minced or grated	1/2 cup cooked shrimp (optional)
1 tbsp. fish sauce (Thai Kitchen)	1 tsp. Sambal Oelek (hot chili paste)
2 tsp. organic sugar	2 large free-range eggs
1 tbsp. fish sauce (2 <sup>nd</sup> amount)	1 fresh lime cut in half
4 oz. fresh bean sprouts	4 green onions sliced
Thai Kitchen Pad Thai sauce (optional)	

*Garnishes:* chopped fresh bean sprouts, chopped unsalted peanuts, chopped fresh cilantro, diced English cucumber, lemon wedges, lime wedges.

## **Pad Thai Noodles** (cont'd)

*Instructions:* Cover noodles with boiling water. Let stand 30 minutes until softened. Rinse and drain thoroughly. Set aside. Oil wok or large fry pan and turn onto high heat initially, then reduce to medium heat when adding garlic - stir fry until golden. Add shrimp, stir frying until pink. Add first amount of fish sauce, Sambal Oelek and sugar. Stir. Make a well in the center. Add eggs, break yolks and cook without stirring until partially set. Then stir fry until set. Push to side. Add noodles. Stir fry until heated thoroughly. Add second amount of fish sauce and stir. Squeeze juice from lime over mixture. Add bean sprouts and green onion. Arrange on platter and garnish as desired.

Thai Kitchen also makes a tasty Pad Thai sauce which may be added for extra sweetness and flavour.

## **Pad Thai Vegetable Stir Fry**

Making a dish of stirred fried vegetables to go with the pad thai noodles is a great idea for good health and taste. We recommend using grapeseed oil for stir-frying in the wok (doesn't break down at high temperatures) and adding some fish sauce for flavour as well. The amounts given below will serve 4 to 6 people:

12-15 snow peas	1 small sliced zucchini
1/2 cup of broccoli florets	1/4 cup sliced Chinese radish
3 large stems of bok choy, chopped diagonally	1 small Spanish onion
1 medium-sized carrot cut in lengthwise pieces	1 red pepper (optional)*

*Instructions:* Lightly stir fry in grapeseed oil (or olive oil) the vegetables. It's best to cook the stem portion of the bok choy and broccoli first and then add the remaining ingredients and cook until el dente (crunchy). If making all three dishes (turkey meatballs, stir-fried veggies and Pad Thai noodles), it's best to cook the meatballs first and keep them in a covered casserole dish soaking in the sauce on simmer. Then make the veggies next and set aside in a covered casserole dish to keep warm while cooking the noodles. The vegetables and meatballs will be warmed up when the hot noodles are placed on top.

*Tip:* If you find the meal to be a bit too spicy for your liking, have a couple of pineapple rings on hand to cleanse the palette. \*An avoid for Type A Sec and ABs.

## Helen's Cranberry Yogurt Muffins

1 cup large flake rolled oats*	1 cup plain yogurt
1/3 cup extra virgin olive oil	2/3 cup organic sugar or sucanat
1 cup whole spelt flour	1 free-range egg
1/2 tsp. baking soda	1 tsp. aluminum-free baking powder
1 cup cranberries (chopped in half) <i>or blueberries or half and half</i>	1 tsp. sea salt

1. Soak oats (Type O N/S use kamut flakes\*) in yogurt in medium size bowl.
2. Add oil, sugar and egg. Beat well.
3. Sift in salt, soda, baking powder and spelt flour (O N/S can use a half and half mixture choosing from millet, amaranth, brown rice, almond or kamut flours).
4. Before stirring, sprinkle cranberries over flour mixture.
5. Stir to blend - do not overmix. This is key!
6. Cut circles out of parchment paper to line bottom of each cup in the pan. Bake at 400°F for approximately 25 minutes.

These muffins are incredibly light in texture and melt in your mouth. Flour and grain substitutions are given above for Type O N/S. Consider the yogurt and sucanat as part of the 80/20 compliance program.

## No-Grain Zucchini Muffins

3 cups blanched almond flour	2 tsp. cinnamon (optional)*
1 tsp. nutmeg	1 tsp. baking soda
1/2 tsp. sea salt	3 medium eggs, beaten
1/3 cup coconut oil or melted butter	1/4 cup (or less) pure honey
2-3 drops lemon oil or 1/2 tsp. grated lemon	
3 cups (or less) grated zucchini -- if too much used, muffins too moist)	

Preheat oven to 350°F. Grease muffin pan with butter or coconut oil. Mix dry ingredients in large bowl. Add wet ingredients including zucchini and blend. Divide batter into small size muffin tins and do not overfill due to moistness of the muffins. Bake for 15 min. and check with toothpick. Use wire racks to cool. (*Note: cinnamon can be substituted with 1/4 tsp. cloves for Type O.*) *Special thanks to Nancy Lee Bentley of Wisconsin for contributing this recipe!*

## Fresh Carrot Cake

3 large organic eggs	1 cup plain organic yogurt
1 cup unsweetened applesauce	1/2 cup organic sugar*
1/2 cup sucanat	1/2 cup extra virgin olive oil
2 tbsp grated orange zest (optional)	1 tsp vanilla extract
3 1/2 cups whole spelt flour	2 tsp cinnamon ( <i>optional</i> )
1/2 tsp ground ginger	1/4 tsp nutmeg
1/8 tsp ground cloves	2 tsp baking powder
1 tsp baking soda	1/2 tsp sea salt
2 cups grated carrot (or 1 carrot 1 pineapple)	1 cup Thompson raisins

\*Organic sugar is often used with sucanat in recipes where some lightness in texture is desired - available in grocery stores with health food isles like Loblaws or A & P. Type O N/S would avoid the spelt flour and instead use 1 cup kamut; 1 cup brown rice flour; 1 cup almond flour and half cup of amaranth or rye. The substitute for applesauce is puréed canned pears or peaches. The yogurt in this recipe is allowed per the 80/20 compliance program for O N/S. The Type O N/S version with more almond flour and using pineapple instead of all carrot makes for a delicious moist and light texture cake.

1. Preheat oven to 375°F degrees.
2. Spray two 9 inch cake pans with olive oil and dust with spelt flour
3. With an electric mixer at high speed, beat eggs, yogurt, applesauce, eco sugar, , olive oil, 1 tbsp orange zest, vanilla until well blended.
4. In a medium bowl, combine the flour, spices, baking powder and soda and salt.
5. Add to the egg mixture and mix on low speed until just blended (1 to 2 minutes)
6. Stir in the carrots (or crushed pineapple or include both!) and raisins (optional).
7. Scrape the batter into prepared pans and bake for 30-35 minutes testing the centre with a toothpick which should come out clean. Cool for 10 min. on a rack.
8. Remove from pan, cool completely and add the Tofu White Frosting (*see below*).

## Tofu White Frosting

1-16 oz. package of medium-firm tofu*	1/4 cup light olive oil
1/3 cup sucanat or raw organic sugar	1 1/2 tsp. lemon juice
2 tsp. pure vanilla extracts	1 tbsp. orange zest (optional)

Blend all ingredients in a blender or food processor. To cover up taste of tofu, use orange zest which is simply the grated peel of orange. \*Tofu is an avoid for Type O N/S and Type B N/S - use as part of 80/20 compliance.

## Date Walnut Squares

1/2 cup softened butter

1/2 cup sucanat (dehydrated organic sugar cane juice sold in health food stores)

1 cup spelt flour (heaping - add as much as 1/4 cup more when handling)

### *Crust Preparation:*

Mix above ingredients together and press down onto oblong baking dish using your fingers or a folded square of parchment paper. Begin by rolling dough in the extra flour to prevent sticking. Then spread out in glass oblong baking dish adding flour to wet spots as you go along. Bake at 325 °F for 10-12 minutes.

### *Filling Preparation:*

3 - 3 1/2 cups pitted dates

24 walnut halves needed for topping

1/2 cup butter or less\*

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 not very fresh (and soft), soften them by adding boiled water to them. Fresh dates will cook easily - you'll notice the difference. Place dates on the stove in a small saucepan. Add the full amount of butter *or* reduce the amount *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 with wooden spoon.

After the date butter mixture is nicely blended, remove about 3/4 cup date mixture and add it to the egg\*\* in a separate bowl. Blend together and return the mixture to the saucepan (taken off the stove) for final blending. Add vanilla, puffed rice and walnut pieces. Empty the sauce pan contents onto the baked crust and gently spread.

\*\*The egg can be left out of this recipe, if desired, for those who have allergies.

Lastly, arrange the walnut halves as a topping with four across and six 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.

Note: We don't worry about non-secretors who can't have dates as long as less sugar is used in the recipe as well as the puffed brown rice instead of rice krispies. Sucanat is recommended for all non-diabetics provided it is used in moderation. This recipe requires a bit of practice to get it right - but even if it ends up being a bit crumbly or the crust separates from the filling, it will still taste absolutely wonderful!

## Introducing the Green Smoothie!

Whole foods blending refers to blending fruits and vegetables without peeling or coring. Unlike juicing, the idea is to deliver the nutrients from the entire food which includes its very valuable fiber. Juicing separates the fiber and creates too much of a sugar rush. During the past two years, I've created some excitement and raised awareness about Green Smoothies. I've made more than 200 green smoothies recipes. I'm happy to include a sampling in this book!

Before you delve in, presuming you have even heard of a Green Smoothie, it's important to know a few things first. As you may have guessed, they are relatively new and only being discovered by people who are shopping for the more well-known fruit smoothie. Whereas it's true that the green smoothie's colour doesn't exactly create a consumer rush to clear them off the shelves; word is getting around that dark leafy greens are super healthy. Just to be clear, however, there is a difference between what you can buy and what you can make.

My green smoothies contain a minimum of 40 per cent dark leafy greens and the other 60 percent consists of several pieces of fruit and water. A store-bought version contains apple juice as the leading ingredient along with other purees/juices and the greens are the powder form of spirulina, barley and wheat grass. In this 3<sup>rd</sup> edition of *Simply Delicious & Nutritious*, I felt compelled to include a sampling of Green Smoothie recipes, and although there are just a few to "wet your appetite", rest assured that my E-Book will soon be available!

As an introduction to the Green Smoothie, I have to emphasize the importance of wisely investing in a commercial blender. This is the only way to make a wholesome, delicious and super nutritious Green Smoothie. The Waring MT1500XT blender is a super powerful blender with 3.5 HP and 45,000 RPMs which is what is required to breakdown the cellular structure of green leaves to release valuable minerals. Otherwise you just get "pieces" of leafy greens with nutrients that will just pass through your digestive system instead of feeding the cells in your body.

My advice is that if you are curious about the Green Smoothie, and either have or know someone who has a commercial blender, whether it's a Vita-Mix or Champion or a similar 1.5 or 2 HP machine, give my recipes a go, and if it tastes "just okay", know that if you made it with the Waring blender (which we sell) that you would be blown away with how smooth yet textured and definitely flavourful it is. And the

Waring Xtreme Blender doesn't require assembly. The blade is intact and cleaning involves just running the blender with soap and water for one minute.

If you purchased this Cook Book in Southwestern Ontario, please be aware that the *Center for Healthy Living* offers Green Smoothie classes. We can't overstate the true benefit of attending a class. Here's just a short list which explains why: 1) you'll better understand how to measure the leafy greens - bunches vs. leaves vs. cups; 2) how fruits and specialty ingredients are prepped is important - with a commercial blender, you want to include the skin, core and seeds of an apple or pear where minerals are stored; 3) the opportunity to learn how to shop for ingredients; 4) the awesome handouts on the specialty ingredients like maca, gogi berries, lucuma, seabuckthorn berries; 5) the explanation of how much to make and drink based on your program; and 6) the unique opportunity to sample several delicious drinks to discover your favourites!

Visit [www.waytotonutrition.com](http://www.waytotonutrition.com) to find the dates for upcoming classes or email [luczak@rogers.com](mailto:luczak@rogers.com) to be put on the mailing list. If you live far away, take heart as there will be upcoming announcements concerning Webinars. Whether you are able to attend a class or not, it would be important to find out all you can about the Waring 3.5 H.P. Commercial blender. Please take the next important step and give us a call at 519 680-2884 or visit our website and then send us an email.

The leafy greens that are selected most often include the following: Swiss chard; kale; spinach; lambsquarter; dandelion; collard greens; romaine lettuce; chicory or endive; and leaf lettuce. For flavour enhancement, lemon balm, mint, arugula and lemon grass are often included. The most popular super foods chosen include gogi berries; maca; cacao; lucuma; seabuckthorn berry; sprouted flaxseed; and sprouted barley grass juice, with the last three ingredients coming from a local farmer.

About 20 different fruits have experimented with in my collection of 200 recipes. The frequent list includes pineapple; pear; and apple because of their lovely fiber. Raspberries; strawberries; blueberries; and mango in frozen form more often than fresh are next. And when in season, peaches, nectarines, plums and locally grown berries. Less often chosen: figs, loganberries, passion fruit and papaya.

Green smoothies last three days in the fridge compared to fruit smoothies that have a 24-hour lifespan. With two adults in the home, two recipes can be made every three days and about 12-16 oz. consumed daily. A Green Smoothie program is enjoyable and definitely delivers cleansing, revitalization and energy plus!!

### Apple Lemon Kale Smoothie

5 leaves of organic kale (remove stems for better taste)  
4 gala or granny smith apples (or more)  
1 organic lemon (can use juice only or partial rind added)  
1 tbsp. gogi berries      1 tbsp. chia seeds      2 cups water

Organic kale has more delicate stems than the typically larger kale found in the grocery isle. Cut off the stems and if the stem supporting the leaf is particularly thick, you may wish to trim some of this out. Only include lemon peel when shopping organic. Depending upon the size of the apples, at least four are required. Do a taste test to determine if there is sufficient sweetness. A description of the gogi berries and chia seeds can be found in the introduction.

### Spinach Cucumber Green Smoothie

3 handfuls of spinach leaves      1/2 cup cucumber chunks  
1 medium bunch mint      2 bosc pears  
2 golden delicious apple      1 delicious apple  
1 oz. sprouted barley grass juice      2 cups water

Cucumber has a "cool taste" so it's well matched to mint. Spinach comes in bunches of various sizes. Organic spinach usually has small leaves. It may be difficult to interpret "handful". In most cases, the whole bunch equals 3 handfuls. If you lose too many leaves due to being soggy, cut back on other ingredients.

### Swiss Chard Cacao Pear Green Smoothie

3 Swiss Chard leaves      1 large banana  
1 large bosc pear      1 large Anjou pear  
2 o. sprouted barley grass juice      1 tbsp. cacao\* (*health food ingredient*)  
1 1/2 cups water (*less water is required in this recipe as less ingredients used*)

Swiss chard leaves vary from small to large to extra large. This recipe calls for 3 medium-large leaves where the stem is cut off and partially removed if particularly thick in the underside of the leaf. Bosc pears are the sweetest when crisp regardless of ripeness. Bartlett pears are very sweet when yellow. Anjou pears are the least sweet. Take note of your results based on the pears you choose.

### **MacSpinach Parsley Smoothie**

2 bunches spinach	1 small bunch parsley
1/2 cup cucumber chunks	1 oz. sprouted barley grass juice
3 Macintosh apples	1 large bosc pear
1 cup fresh apple	1 1/2 cups to 2 cups water

Macintosh apples have a very distinctive flavour. The parsley will over power this drink if too much is used so take note that "small" means small (just few leaves) or add an extra piece of fruit to sweeten if necessary. Spinach could be measured in a 2-cup glass measuring cup where the leaves are gently stuffed into two cups. With recipes that have fewer greens, start out using less water. Sprouted barley grass juice is exceptionally healthy - you could easily double the amount in this drink.

### **Collard Greens Lemon Grass Smoothie**

4-5 collard green leaves	1/2 stem lemon grass (chopped, 1 tbsp)
2 granny smith apples	2 Bartlett pears
1 1/2 cup pineapple	1 cup frozen mango
2 cups water	

Lemon grass is used for making herbal teas. It's sold in the herb section in major grocery stores. For smoothies, peel off the outside layers and then finely chop the stem. It's best to put this ingredient in the blender at the beginning of making the drink, along with the collard greens, so that it will be pulverized.

### **Minty Pear Mixed Green Smoothie**

1 handful spinach leaves	1 handful endive lettuce
1 large leaf collard greens	1 large leaf kale
1 medium bunch of mint	2 small Bartlett pears
1 small granny smith apple	3 small white flesh nectarines
1/2 cup fresh pineapple	1 oz. gogi berries
2 cups purified water	

\*endive lettuce is a bitter lettuce with curly leaves found next to romaine lettuce.

## HOW TO ORDER A COOK BOOK

The *Simply Delicious and Nutritious Cook Book* is sold through the Centre for Healthy Living in London, Ontario. To order your copy, please complete the bottom portion of this form to: [luczak@rogers.com](mailto:luczak@rogers.com) or call (519) 680-2884. The cost is \$35 if picked up in person or add \$10 if mailed within southwestern Ontario using priority post.

For mailing to other locations, please provide your Postal Code and we will quote you the correct amount based on postage and appropriate taxes. After you complete and send back this form, an invoice will be forwarded verifying the amount to pay. Please mail your cheque or pay using the convenient method of interact email transfer. Thank you for your order!

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