

## Squash Pumpkin and Apple Soup

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|--------------------------------|--|
| 2 tbsp. extra virgin olive oil | 1 large sweet potato, scrubbed and chopped |
| 2 onions, finely chopped       | 1/2 granny smith apple, peeled and grated  |
| 4 garlic cloves, minced        | 2 cups acorn or butternut squash, cubed    |
| 1 tbsp. apple cider vinegar    | 2 cups vegetable broth                     |
| Sea salt to taste              | Dash of ginger                             |

Sauté the onions in the oil until they are tender. Add the squash and garlic and sauté for a few minutes. Add the vegetable broth and sweet potato and bring to a boil. Then simmer for about 40 minutes. Add the apple and cook for 5 more minutes. Puree, add the remaining ingredients, and heat through. Serves 2-4.

## Asparagus Soup

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|--------------------------------|--|
| 3 1/2 lbs. fresh asparagus     | 1 - 2 tbsp. organic butter                 |
| 3 large yellow onions, chopped | 7 cups organic chicken broth*              |
| Sea salt to taste              | Dehydrated Kelp flakes, crushed (optional) |

Prepare asparagus by breaking off tough ends (anywhere from 2-4 inches will be broken off when you bend the asparagus); then cut tops off and set aside. Stalks should be cut into 1" pieces.

Sauté onions in butter until soft and golden. Heat broth, and add cooked onions and 1" asparagus stalk pieces. Cook on low heat until asparagus is soft. While cooking, add sea salt and kelp flakes. Kelp nourishes the thyroid which is exactly what Type Os require for their thyroid challenges. It also has a pleasant salty taste. Puree, 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: Most major grocery stores carry chicken broth in the can; however, the packaged organic chicken broth is best. Check out *Natural Value* at Loblaws or Zehrs or the Real Canadian Superstore.

## Muffin Baking Tip

Cut out circles of parchment paper to line your muffin tins if not using non-stick Teflon pans. Parchment paper comes in white or brown paper. It's heavier than wax.

## Bean-Feta Topping for Spelt Tortilla

|  |  |
|--|--|
| 1 -19 oz. can organic black beans (2 cups) | 3-5 oz. feta cheese                    |
| 1 small red pepper, diced or asparagus     | 1 tbsp. olive oil                      |
| 1/4 to 1/2 cup stir fried onion pieces     | 1 tbsp. salsa ( <i>or substitute</i> ) |
| 2 tbsp. lemon juice or wheat free tamari   | 1 small stalk broccoli, diced          |
| 1/3 of small zucchini, diced or kohlrabi   | 1/4 cup shredded mozzarella            |
| 2 artichoke hearts, sliced (canned)*       | 1 clove garlic, minced                 |

This recipe is best suited for Type O & A who can have black beans although all blood types could enjoy northern beans. Eden brand has canned organic beans. As well, Type As would substitute diced asparagus for the red pepper.

Place the black beans (rinsed, if canned) into large bowl and lightly mash. Add crumbled feta cheese. Set aside. Shred mozzarella for adding later as topping.

Rinse and chop the vegetables. Make the pieces small; remember to peel the broccoli stem and use it as well after removing the bottom portion of the stem which is harder and brittle. This recipe requires some moisture for mixing which is provided by the lemon juice, olive oil and wheat-free tamari or salsa. If avoiding tomatoes (Type A & B secretors) omit the salsa or find fruit-type chutney.

Stir fry the onion with minced garlic (optional).\* Best for rest of the vegetables to be used in raw form. It will taste crunchier and healthier and not totally raw anyway because it's in the oven with liquids cooking for about 10 minutes. \*Or use onions in raw form as well and leave out the real minced garlic and use spice instead.

Add the vegetables and other ingredients to the black bean mixture and blend well.

\*If you can get fresh Jerusalem artichoke, even better. Just slice and mix in raw.

*Note:* There are various types of salsa besides the traditional tomato salsa. There is a peach-vidalia onion type or look in the international specialty section of a major grocery store for Kitchen Pad Thai sauces and choose one of them. Jerusalem artichoke (when in season) is better than canned artichoke hearts.

This filling can be placed on top of a spelt tortilla (*see tortilla recipe pg 10*) along with shredded mozzarella cheese and cubed tomatoes, if allowed. Bake at 350 °F until filling is hot and cheese melted. For a superb flavour, add a few spoonfuls of Spinach-Basil Pesto (*see recipe*) or Roasted Red Pepper & Feta Dip (*see recipe on page 7*) as a base on the tortilla before adding bean sauce. For quicker snack or when tortillas run out, use topping on toasted Ezekiel bread.

## Honey Mustard Marinade

*For marinating steak, buffalo, or venison:*

|                                 |                                     |
|---------------------------------|-------------------------------------|
| 1 1/2 pounds steak or game meat | 1/4 cup organic apple cider vinegar |
| 2 tbsp. cold-pressed olive oil  | 2 tbsp. pure honey                  |
| 2 cloves garlic, finely minced  | 1 tbsp. prepared or dry mustard     |

Marinate steak for 12 hours, turning often. Remove meat from marinade and grill on pre-heated barbeque over medium heat. Rare is 5-7 minutes per side or 7-9 medium.

## Sweet Vidalia Onion Dressing

|                               |   |
|-------------------------------|---|
| 1/2 small Vidalia onion       | 6 tbsp. lemon juice (2 large lemons)          |
| 1 tbsp. chopped fresh parsley | 1 tsp. Celtic or reg. sea salt (or herbamare) |
| 2 tsp. unpasteurized honey    | 1 1/2 cups cold-pressed organic olive oil     |

**Substitution:** For healthy benefits and lighter texture, use 1/2 cup of walnut oil.

**Directions:** Combine grated or finely chopped onion and remaining ingredients except oil in a small bowl and allow to marinate for 1 hour. Pour oil slowly in the onion-lemon juice mixture, while stirring briskly with whisk. The dressing will separate if left to settle so shake or whisk to blend, as necessary. Store all dressings with perishable oils in a dark bottle. Just save your small walnut oil or apple cider vinegar bottles and re-use.

## Baked Squash

**Method 1:** Cut acorn or butternut squash in half from end to end (save seeds to roast). Place cut side down in a baking dish with a little water. Bake 375°F for approximately 30-45 minutes. For sweeter, richer taste, brush insides with maple syrup or molasses and return to oven to bake until soft. Broil last 5 minutes. **Method 2:** Preheat oven to 375°F. Poke holes in the squash with a sharp knife. Place squash in pan and bake until soft and browned. This method for cooking squash is well suited to recipes for home-made squash soup. **Method 3:** Steam halved squash in steamer for 20 minutes. Remove from steamer and place in baking dish. Fill with any leftover grains, chopped mushrooms, onion, celery. Spice with thyme, crushed fresh ginger and sea salt. Bake at 375°F until soft and browned.

## Sweet Potato Quiche

|                                     |  |
|-------------------------------------|--|
| 2 cups grated sweet potato*         | 4 large organic eggs                       |
| 1 cup grated goat gouda cheese      | 1 cup Quark Cheese, crumbled               |
| 1/2 cup rice milk (or soy milk)     | 1 Portobello mushroom chopped & stir-fried |
| 1/3 cup mozzarella cheese (topping) | 1 tbsp. spinach-basil pesto* (optional)    |
| 3 tbsp. wheat-free tamari           | 2 green onions, finely chopped             |
| 4 tbsp. olive oil                   | 2 cups chopped spinach or Swiss chard      |
| 1-2 cloves pressed garlic           | 3 tbsp. fresh parsley or 1 1/2 tbsp. dried |
| several small broccoli florets      | 1/2 small zucchini, sliced in coins        |

Sweet potatoes are purply-pinkish on outside and whitish inside; whereas yams are flesh coloured. We recommend sweet potato because more types can have it plus it's a super beneficial as well. Ask your grocery store manager for assistance.

**Directions:** Begin by washing and preparing green vegetables. Read through notes for tips on stir-frying mushroom, zucchini under *Substitution Notes* at end of instructions. It's optional for you to also stir-fry the green onions and if you do, my tip is using olive oil in small skillet and then after 2 minutes of heating the onion on medium, add a tiny piece of butter placed in the middle of the onion and add the pressed garlic and then place a lid and just simmer on low for a couple minutes.

In large bowl, add grated and crumbled cheeses, rice or soy milk (soy for A & ABs), olive oil, wheat-free tamari sauce, and beaten eggs. Then add grated sweet potato, onions and garlic, pesto (optional), mushrooms, and spinach or Swiss chard. (Include Swiss chard stems for variety only stir-fry them ahead of time). Instead of parsley, can use coriander or chives. Finally, place the optional broccoli florets or zucchini slices throughout the filling after it is poured into crust. Top with mozzarella.

### **Quiche Pie Crust:**

|  |                                      |
|--|--------------------------------------|
| 2 cups spelt flour (or mixture of brown rice, Ezekiel and kamut) |                                      |
| 1/3 cup tender flake lard  | 1/4 cup hard butter                  |
| 6-9 tbsp. ice cold water   | 1 tsp. baking powder (aluminum-free) |
| 1/2 tsp. baking soda   | 1/3 cup additional flour for board   |

**Flour Combinations:** Type O non-secretor version (replacing the spelt flour) is using 1 cup brown rice flour; 1/2 cup Ezekiel and kamut flours or just 1 cup Ezekiel. Using the kamut and flour on their own is too delicate a mixture which will likely frustrate you due to sticking to your rolling pin. Another flour to use is rye only make that the

smallest portion in your mixture, eg. no more than 1/2 cup per 2-cup recipe. Remember that it's good for all blood types that can use spelt flour to occasionally rotate through other grain flours to avoid food sensitivities. With the recommended alternative given above, remember Type Bs avoid kamut and rye, and Type AB avoid kamut.

**Pie Plate Size:** This recipe is for a 10" deep pie plate; however, you can reduce the ingredients by adding "almost a cup" of the cheeses, sweet potato, etc. and use 3 eggs if you like if using a 9" pie plate.

**Crust Directions:** Mix dry ingredients in large bowl. Measure and cut the lard and butter into chunks and then add to flour. Use a pastry blender to blend the flour with lard and butter. After some of it has started to become crumbly (flour coats the lard and butter), begin adding ice water about 2 tbsp. at a time to work it in. Once you see that the fat has started to disappear, pick up the pastry in your hands and pat into a ball. If you see any pieces of butter or lard, add a bit more water or flour.

Divide the dough in half to make two bottom crusts. Use as much flour (brown rice or spelt) as is required to keep the crust from sticking to your board. Make sure the rolling pin always has flour on it as well and I use a spatula to keep sliding underneath the dough to be sure it's not sticking and I flip the dough over at least four times. When going to transfer the dough to your pie plate (since it may threaten to fall apart), gently fold it over (but tuck a folded piece of parchment or wax paper as a divider) and then place that in the pie plate and gently roll back the folded portion. Yes, you will probably have to do a bit of patch work on the crust and pinch and tuck to form edges along the rim.

**Substitution Notes:** Quark is a dry pressed form of cottage cheese which is one of the least harmful and better quality because of the companies which produce it like Western Dairy. Goat gouda cheese is clearly a specialty cheese which would be available in a store like Whole Foods. If you can't find it in your locality, select any of the goat or sheep cheeses which may offer a bit of tangy flavour rather than just plain mozzarella which is your last choice due to blandness.

\*Spinach-basil pesto and regular pesto sauce are found on pg. 29 in the Cook Book or pg. 9 in Mini Recipe Package. It's great to add green vegetables wherever possible. In this recipe, you can choose either or both the zucchini and broccoli: divide by breaking or cutting your florets into small pieces and just insert in the randomly.

Stir fry the zucchini and add by hand as well. Cut the zucchini in thin coin slices and put in skillet which has olive oil added. Cook on medium for just a couple minutes, then flip it over once and sprinkle some romano cheese on it which is the equivalent to parmesan cheese which all the blood types can have. It's also best to stir fry the mushroom first.

Bake in oven for 45 minutes at 350F. Be sure the centre is cooked (not wet). Do a test cut in the centre and if a little wet near the end of baking, just turn off the oven and just keep the pie in the oven for another 10 minutes or so.

### **Portabello Mushroom Pate**

|                                  |                                  |
|----------------------------------|----------------------------------|
| 2 - 3 large Portabello mushrooms | Small clove garlic, crushed      |
| Juice of 1 lemon (2 tbsp. juice) | 3 -4 sun-dried tomatoes, chopped |
| 1 tbsp. cold-pressed olive oil   | 1/2 cup parsley, chopped         |
| 1/2 cup pecans, chopped          | fresh chives (optional)          |
| Sea salt to taste                |                                  |

Clean the mushrooms and remove the stems. Cut into small pieces to make about 2 cups. Juice one medium lemon (2 tbsp). Add to small dish of 3-4 chopped sun-dried tomatoes. Let soak for 20 minutes. (Leave out if nightshades are a problem.)

Add lemon-tomato mixture to mushrooms and blend in olive oil. Chop parsley and pecans and add along with crushed garlic and sea salt. As an alternative to sea salt, use herbamare which has added minerals. Blend until smooth. Lasts 5 days in fridge.

### **Spelt or Type O N/S Pie Crust**

|   |                                      |
|---|--------------------------------------|
| 2 cups spelt flour (or mixture of brown rice, Ezekiel and kamut for Type O N/S) |                                      |
| 1/3 cup tender flake lard   | 1/4 cup hard butter                  |
| 6-9 tbsp. ice cold water  | 1 tsp. baking powder (aluminum-free) |
| 1/2 tsp. baking soda  | 1/3 cup additional flour for board   |

Mix dry ingredients in large bowl. Using Pastry blender, cut lard and butter into flour mixture, adding 2 tbsp. of ice cold water at a time. When signs of butter or lard are gone, pick up dough and pat into a ball. Divide in two. Roll out using generous amount of rice flour. Use well-floured rolling pin as well. Slip floured spatula under rolled dough occasionally to ensure it isn't sticking to your cutting board. Makes top & bottom crust. *Tip:* Fold rolled dough in half and place in pie plate and unfold.

## Mango-Peach Pie

|                              |                                 |
|------------------------------|---------------------------------|
| 4 ripe mango                 | 2 ripe medium peaches           |
| 1/4 cup maple syrup          | 2 1/2 cups soaked almonds       |
| 1/4 cup ground almonds       | plain organic yogurt (optional) |
| pineapple tidbits (optional) |                                 |

**Prepare 9" Pie shell:** Soak 1 1/2 cups of almonds for six hours. Chop into small chunks and add 1/4 cup of maple syrup. Then add 1/4 cup of ground almonds and press into a pie plate. If the crust looks too wet, add a bit more ground almonds. Wrap in bag and chill in freezer.

**Pie Filling:** Blend in food processor: 2- 2 1/2 cups of mango and 1 cup of peaches (ripest fruit is best) and 2 -3 chopped soaked dried apricots or peaches.

### **Directions:**

Freeze the pie. When ready to serve, defrost slightly so that the filling begins to thaw but the crust is not runny. You may wish to just cut the amount of pie which will be eaten and keep the rest wrapped up and frozen.

Add a dollop of plain yogurt for a treat. Think of it as your forbidden whipped cream. Liberty yogurt is the thickest so indulge!

For added texture and variety, add pineapple tidbits (better yet if you cut fresh pineapple into very small tidbit pieces) as a topping either with the pie filling before it's frozen or add unfrozen with the yogurt as a topic or garnish.

## Roasted Red Pepper & Feta Dip

|                       |                     |
|-----------------------|---------------------|
| 2 roasted red peppers | 1/2 cup feta cheese |
| 1 clove of garlic     | 1 tbsp. lemon juice |

Roast red peppers in oven for 40 minutes at 325°F. When the skin of the pepper is blackened, remove from heat. Wait 5 minutes, then use paper towel to remove the skin and seeds (may need to be rinsed off). Put pepper pulp in a small bowl. Add minced garlic, lemon juice and feta cheese and blend well. Serve with rye crisps, rice or oat bran crackers or fresh vegetable sticks. Not for Type A Secretor. Type A N/S can have all peppers unless there is arthritis or an inflammatory condition.

## Quinoa Risotto

Traditional Italian risotto is cooked with Arborio, classic round rice. The rice is first cooked in oil or butter for few minutes while being constantly stirred. Liquid is added, and then simmered until absorbed. Cooked in this manner, the rice doesn't change the essential texture of the dish. Quinoa is full of protein.

|  |   |
|--|---|
| 2 tbsp. olive oil                        | 1 onion, diced                          |
| 2 cloves garlic                          | 1 red pepper, minced or chopped pimento |
| 3 1/4 cups vegetable broth               | 2 cups quinoa, rinsed and drained       |
| 3 tbsp. chopped, fresh flat-leaf parsley | sea salt                                |

Heat oil in medium saucepan over medium heat. Add the onion and garlic and cook for a few minutes, being careful not to burn the garlic. Add the red pepper (or pimento if you have arthritis or are a Type A Sec or Type AB) and parsley and continue cooking for another minute. Add the quinoa and cook a few moments, thoroughly coating the quinoa with the oil and vegetables, then add the stock. Vegetable broth can be canned organic variety or home-made from celery, carrot, spinach, broccoli, or Swiss chard. Bring to a boil, then simmer for 15 minutes. Add sea salt and serve immediately. Also good served cold.

## Ginger Fried Rice

|                                       |                                    |
|---------------------------------------|------------------------------------|
| 2-3 cups cooked long grain brown rice | 1/2 small zucchini, thinly sliced  |
| 1 onion, chopped                      | 3-4 mushrooms, sliced (portobello) |
| 2 cloves garlic, diced                | Handful of bean sprouts            |
| few slices ginger root                | Tempeh/tofu* cubes (optional)      |
| 1 cup diced celery                    | Mung bean sprouts                  |

Sauté onion in a little water. When almost soft, add garlic, ginger, celery and green pepper. Stir for a few minutes, then add mushrooms stirring 1-2 minutes until soft. Add rice, sprouts, cubes and tamari to taste. Toss gently and heat until ready. If using oyster or portobello\* mushrooms, sauté them along with the onions. If using tempeh, it should be steamed for 20 minutes before.

Tofu is nice if sautéed in a dry pan with a little turmeric sprinkled on it and then used. If not using leftover rice and are cooking it fresh, add 2 tbsp. hijiki or dulse to the water. \*Type Bs and O N/S's can use tofu as part of their 80/20 program.

## Black Bean Dip

This recipe suits Type Os and Type A non-secretor who can have black beans and peppers.\* It can be adapted for Type B & ABs however by substituting the beans.

1 cup (250 ml) dried black beans (soaked overnight)  
1 green pepper, seeded and chopped fine\* \*Recipe not recommended for A Sec.  
1 fresh hot chili pepper, seeded and chopped (wear gloves!)  
1 avocado, peeled, pitted and mashed\*\*  
1 bunch green onions, chopped fine                      2 cloves garlic, minced  
3 tbsp. wheat-free tamari sauce                      2 tbsp. freshly squeezed lime juice  
pinch of cayenne (Type O) or paprika (Type A)

It is best to use dried beans because they are a healthier choice and economical. If using canned, however, be sure to buy an organic brand and 2 cups would be used. Dried beans would be placed in a bowl and covered with two inches of water. Soak overnight, drain and rinse. Put soaked beans in a pot with enough water to cover and bring to a boil over high heat. When boiling, reduce heat; simmer until beans are tender, about one hour. Stir occasionally. Drain and cool beans.

While the beans are simmering, chop the green pepper and chili pepper and green onions. Mince the garlic; squeeze the lime juice; and prepare the avocado. Set aside. \* \*Note: Avocado is an avoid for Type O Secretor so use cooked butternut squash instead. When beans are tender, drain them, put in a bowl and mash. Add the remaining ingredients and stir to blend.

This dip will be successful if you add sufficient "spicy" peppers to suit your taste. If you like a real spicy version, use jalapeno pepper. Serve with fresh veggie sticks or on rice crackers or cakes; rye crisps (except for Type B); or spread on toasted spelt bread (Type O N/S use kamut bread).

## Bernaise Sauce

1 free-range egg                      1 tsp. raw apple cider vinegar  
1 tsp. dry mustard                      1 tbsp. lemon juice  
1/2 cup melted organic 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. Organic butter is best.

## Spelt Tortillas

1 cup spelt flour, plus 1/4 cup for board  
1/2 tsp. olive oil  
1/8 tsp. sucanat (optional)

1/4 tsp. salt  
1/3 cup water  
olive or grapeseed oil

Add salt and olive oil to water and pour into a small mixing bowl with 1 cup of whole spelt flour. Put 1/8 cup of flour on bread board. Roll ball of dough in flour, flattening and folding the dough. In a few minutes, you will feel the dough become more workable. Divide into 5 small balls of dough. Working on the floured board, roll or pat each ball thin to about 5-7 inches in diameter. Keep the rolling pin powdered with flour and try to avoid using too much on the bread board because it will dry out the tortilla.

Brush your skillet with grapeseed oil (or coconut/olive oil) and put on medium heat. When hot, place your first tortilla and cook for less than 2 minutes, then flip over, brushing some more oil and cook for another minute. As the pan heats up, keep reducing heat slightly and adding dribbles of extra oil as required (not too little and not too much). Flip the tortilla onto a plate lined with parchment paper. Stack the rest as you cook them. Use paper towels over top of each parchment paper sheet.

*Recipe:* Add the *Bean-Feta Cheese Filling* (see page 2) on top along with shredded mozzarella and cubed tomato. Heat in oven for 5 minutes until filling is warmed up.

## Spelt Pancakes

2 cups spelt flour\*  
1/2 tsp. salt  
1 organic egg  
1 tbsp. olive oil

1/2 cup almond flour for added flavour  
2 cups nutmilk\* (or use soy or rice milk)  
2 tsp. aluminum-free baking powder  
maple syrup or fruit preserves for topping

Mix together dry ingredients in a medium bowl. In the blender, make the nut milk\* by adding 1/2 cup ground almonds to 2 cups purified water, then add egg, maple syrup and oil. Whiz briefly to blend. Pour liquid over dry ingredients and stir to moisten. Do not overmix. Drop batter onto hot griddle with olive oil to make four 4-6 inch pancakes. Turn when brown on one side and cook until second side browns. Cook on medium heat to prevent burning and add extra olive oil to pan as needed.

*\*Note:* Sometimes more flour is required (or less liquid) if the flours used are lighter texture. Keep this in mind when measuring your ingredients to maintain flexibility. Use real maple syrup!

## Broccoli and Fresh Fennel Soup

Very popular as a breakfast soup. Fennel aids digestion. Be sure to buy a bulb of fennel that has a generous amount of the feathery fennel tops. They look a lot like fresh dill. Use the bulb later in a vegetable soup.

|  |                           |
|--|---------------------------|
| 1 large head broccoli (separate florets and stems)     | 1 large onion, chopped    |
| 1 tbsp. organic, unrefined coconut oil, ghee or butter | 4-6 cloves chopped garlic |
| feathery fennel tops from one bulb fresh fennel        | 6 cups purified water     |
| ground fennel seed, 1 tsp. or more to taste            | Herbamare or sea salt     |
| scallions and parsley, finely chopped for garnish      |                           |

Remove tough outside layer of broccoli peel from stems, and chop (discard any woody pieces). Sauté onion, garlic and ground fennel seed in oil until onion is translucent.

Add broccoli stems and most of the florets, reserving a handful of the smallest ones to use later. Add fennel and water. Simmer until tender, about 30 minutes. Puree mixture in blender or food processor for several minutes until very smooth.

Return to stock pot, adding sea salt or Herbamare to taste. Simmer 10 more minutes. Garnish with parsley, scallions or chopped red bell pepper strips (where applicable).

## 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. pepper              |
| 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.

### Cranberry Loaf

|   |                          |
|---|--------------------------|
| 2 1/4 cups of spelt flour*                        | 1 1/2 tsp. baking powder |
| 1/2 tsp. baking soda                              | 1/2 tsp. sea salt        |
| 1 free-range egg                                  | 1/4 cup olive oil        |
| 1 1/2 cups cranberries                            | 1/2 cup pure honey       |
| 3/4 cup rice milk, apple cider or cranberry juice |                          |

Mix dry ingredients together then stir in cranberries. Mix the remaining ingredients together and add to the dry ingredients. Blend but do not overmix. Turn into a greased loaf pan (with butter). Bake at 350°F for about an hour. \*Type O N/S can try a blend of either millet/brown rice/kamut/amaranth/almond flours.

### Ginger Cookies

|   |                   |
|---|-------------------|
| 1 3/4 cups flour (half Ezekiel and half Brown Rice flour) |                   |
| 1/2 cup olive oil   | 1 organic egg     |
| 1/2 cup molasses  | 1/2 cup honey     |
| 1 tsp. cinnamon   | 1/4 tsp. cloves   |
| 2 tsp. baking soda  | 2 1/2 tsp. ginger |

Combine oil, molasses, honey and egg. Combine remaining ingredients then add molasses mixture. Mix well and drop dough by spoonfuls onto greased baking sheet. Bake at 350°F for 8 - 10 minutes.

### Date Nut Balls

|   |  |
|---|--|
| 2 cups nuts soaked (mixture of pecans, walnuts, almonds, or macadamia nuts) |  |
| 1/2 cup ground almonds (may need more if batter too wet)                    |  |
| 1/2 cup dried dates, figs, apricots, cranberries or raisins (or mixture)    |  |
| 1/2 tsp. vanilla  | 1/4 tsp. lemon juice (or 1 drop lemon oil) |

Blend 1 cup of nut mixture in food processor with 1/4 cup dried fruit and add liquid, and then the remainder of the nuts and fruits which you have finely chopped. Form into small balls. Keep in the fridge or freezer. The added chopped fruit and nuts make firmer balls. When left at room temperature, they can be soggy.

## 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 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 can substitute amaranth and almond flour (50/50) for the spelt flour or use three flours, adding either kamut or brown rice. The substitute for applesauce is puréed canned pears or peaches. The yogurt in this recipe is allowed per the 80/20 compliance program. The Type O N/S version with more almond flour and using pineapple instead of 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 center 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. \**President's Choice* tofu was used in the November, 2002 *Cook Right* class. For people who are getting used to the flavour of tofu, the orange zest provides a wonderful cover-up for its taste.

### Almond Thimble Cookies

|  |                                  |
|--|----------------------------------|
| 3 cups ground almonds (almond flour)               | 2 cups spelt flour               |
| 1 cup rice flour                                   | 1 cup kamut flour (or oat flour) |
| 1 tsp. cinnamon (optional) - can use nutmeg        | 1/4 tsp. sea salt                |
| 1 cup maple syrup                                  | 3/4 cup olive oil (or less)      |
| apple butter or blueberry/raspberry jam or almonds |                                  |

Combine ingredients. Type B use oat flour instead of kamut\*. Type O N/S can use 1 cup of Ezekiel and 1 cup of amaranth to substitute the spelt flour. Use only as much olive oil as is required to form balls with your hand. First use a tablespoon to scoop batter, then press to form the edges while making thumb print in the middle. Press onto a baking sheet lined with parchment paper. O N/S recipe may be more crumbly so practice makes perfect. Bake at 325°F for 20 minutes or until done.

### Oatmeal Raisin Cookies

|                               |                                 |
|-------------------------------|---------------------------------|
| 1 cup spelt or amaranth flour | 1 1/2 tsp. baking powder        |
| 1 cup rolled oats             | 1/2 tsp. cinnamon, 1/4 tsp salt |
| 1/2 cup olive oil             | 1 cup crushed walnuts           |
| 1 cup Thompson raisins        | 1/3 cup honey or maple syrup    |
| 2 free-range eggs             | 1/3 cup sucanat                 |

Add wet ingredients to bowl of dry ingredients. Drop from teaspoon onto cookie sheet and bake at 325°F for about 12 minutes. See all-butter version below.

### All-Butter Oatmeal Raisin Cookies

|   |                        |
|---|------------------------|
| 1 cup spelt or brown rice flour         | 1 tsp. baking powder   |
| 1 cup rolled oats (longer cooking type) | 1 tsp. baking soda     |
| 1 cup oat bran                          | 1 cup softened butter  |
| 1 cup almond flour or ground almonds    | 1 cup Thompson raisins |
| 3/4-1 cup sucanat (according to taste)  | 1 free-range egg       |

Mix sugar and then egg into softened butter until well blended. Add remaining dry ingredients and then raisins. Using wet hands, form small balls and press flat on cookie sheet covered with parchment paper. Bake at 350°F for 12-15 minutes.

### Goat Feta 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                 |

Cover feta with water and soak for at least one hour to remove some of the salt. Drain. In a food processor, combine all ingredients except walnuts and blend until smooth. Optional: blend all or half of the walnuts and add remaining finely chopped. \*All types can have rice milk whereas soy milk is an avoid for Type B secretor and Type O N/S. Type O N/S's can enjoy goat's feta per 80/20 compliance.

*Note:* Cow or Greek feta may be substituted as well. Greek is the preferred one.

### Vegetable-Nut Pate

|  |  |
|--|--|
| 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 green onion or celery, chopped |
| 1 finely chopped orange or yellow pepper                             | 3 tbsp. wheat-free tamari sauce        |
| fresh herbs like basil or parsley                                    |  |

Soak your assorted nuts and seeds overnight for at least 10 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 (not 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 A & B Secretors should leave out the sun-dried tomatoes. No peppers for A Secretors either. No nightshades for people with arthritis or inflammation.

Use the spread on rye crisp or kamut chips (except Type Bs). All types can have rice cakes. Nut spreads are fantastic for dipping vegetables in. They freeze easy and provide a very valuable source of protein. Walnuts are Super Foods - check your nut list! *Helpful Hint:* Divide up your recipe and use different spices or herbs which are beneficial or super beneficial for the various blood types in your family.

## 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              |
| 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 the *Bean Feta Filling* - see page 2 -- which is topping for *Spelt Tortillas* on page 9.

## Baked Salmon or Trout

|  |                                     |
|--|-------------------------------------|
| 2 fillets of salmon (or rainbow trout)                         | 1-2 cloves garlic, minced           |
| 1 tsp. of butter or flaxseed oil                               | fresh or dried parsley              |
| dill or dried mustard or paprika<br>(according to your liking) | 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. Make a lid out of foil for extra moisture. 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 remove the skin of the fillet. Squeeze on more lemon juice at the dinner table if that is your preference. *Tips:* Wild Pacific ocean-caught salmon is preferred over Atlantic. It's best to buy the same size or thickness of fillets for even cooking consistency.

## Pan-Fried Tilapia

|                                      |                                     |
|--------------------------------------|-------------------------------------|
| 2 fillets of tilapia or haddock      | celctic sea salt and desired spices |
| 1 tbsp. olive oil                    | lemon juice                         |
| rice, kamut or spelt flour (coating) |                                     |

Rinse the fillets and place on a large plate. Sprinkle on lemon juice and then add salt and any other spices, eg. parsley or garlic. Add tbsp or more of flour to one side of the fillets and lightly press so that it sticks. Gently flip over the fillet making sure you have a dry spot on the plate so the flour doesn't come off on the side you just did. Repeat by adding more flour so the fish is coated. Add oil to the pan and heat, then add the fillets. Cook for about 4 minutes each side. Begin with medium temperate; however, turn down to low after fish is cooking and add in extra oil when you flip the fillets.

## Potato Zucchini Pancakes

### *Ingredients:*

3 cups grated sweet Jamaican potato (pink outside/white inside)  
1 cup grated zucchini (you can adjust ratio of potato & zucchini)  
¼ cup rice flour (non-gluten version) or spelt flour\*  
3 organic eggs  
1 tsp. baking powder (no-aluminum)  
1 tsp. sea salt (optional)

### *Method:*

Whisk the eggs together with flour, baking powder, salt and pepper.

The ¼ cup of rice flour can be increased to almost a half cup depending upon the consistency of the batter because you had larger eggs, etc. Play with the potato and zucchini amounts. 2 c of potato with 1 c zucchini will make a lighter texture, more like a regular pancake vs a more coarser texture potato pancake.

When mixed, fold the grated zucchini and potatoes in.

Fry until golden brown. Use olive oil or coconut oil

It's really important that you press down the batter right at the start when you pour it in the pan. Then flatten again with spatula through the cooking process. The middle tends to not want to cook before the edges get browned. Keep the temperature at medium low to prevent burning.

Use either a tsp. of organic sugar as topping (to taste, could use less) or maple syrup or agave nectar. Because the potatoes are sweet, some people may not require any sweetener. There is also a product called maple butter which may be appealing. It's also an option to put some fruit preserves on top – that would be interesting.

Enjoy!