

DESSERTS

Zucchini Muffins

Alternative Flours: Brown Rice; Rye; Spelt; Kamut
Sugar: Sucanat and Pure Honey
Olive Oil

Date Walnut Squares

Alternative Flours: Spelt
Sugar: Sucanat
Butter

DIPS & SAUCES

Vegetable Nut Pate

All-Raw Dip for veggie sticks or with alternative crackers, eg. rye crisp; rice cakes; rice crackers; or spelt flatbread; or Ezekiel toast. Make in food processor.

Spinach-Basil Pesto

Spice up your dips or add to noodle dishes. Substitute for tomato sauce. Lighter flavour of pesto with spinach added to basil. Make in food processor.

Goat Feta-Walnut Dip

Dip for veggies or with alternative crackers. All blood types can have feta; farmers and mozzarella cheese. Walnuts are very healthy nut. Make in food processor or blender.

Vegetable Sticks:

1) kohlrabi; 2) carrots; 3) yellow beans; 4) pea pod; 5) tomato

All vegetables except for tomato are acceptable for all blood types.

