

Chunky Mixed Fruit Smoothie

1 large bosc pear or gala apple	5 oz. juice (or 3 oz juice & 2 oz. soy milk)
1/2 cup fresh pineapple chunks	handful of soaked almonds
1 cup fresh or frozen blueberries	1 tbsp. soy lecithin granules
2 tbsp. per serving Protein Powder*	2 apricots, or 1 peach or plum
3/4 tsp. Ascorbate Vitamin C powder	1 tbsp. coconut oil

Choose fruit and fruit juice from your Super Beneficial list for added health benefits, e.g. cherries, blueberries and pineapples/pineapple juice. Use only juice or combination of juice with soy, rice or almond milk for creamier version. Add soaked almonds, pineapple and berries first and then as blender gets going, add in the pear or apple. Some people like the thicker smoothies and if you start out that way and decide to thin it out, you can always add more liquid later. Fresh fruits are best; however, for coldness, frozen berries will do the trick. Mango and banana can be enjoyed by A non-secretors whereas A secretors should substitute with apricots, peaches or plum.

Dry ingredients choices are: soaked whole or ground almonds, walnuts, pecans, or hemp hearts which are the insides of hemp seed which offers excellent nutrition. The coconut oil can be enjoyed by all blood types and it contains lauric acid which is beneficial for fighting parasites and microorganisms plus it helps with weight loss.

Put up to 1 tsp. buffered Vit C in the blender plus add an extra 1/4 tsp. to preserve your leftovers stored in a glass jar. Genestra brand carries Pro-Rice for all blood types and Maxi Pro, a soy protein powder which is well suited to Type A secretors. Another excellent protein powder is St. Francis Go-Pro Matrix which is a goat protein powder with probiotic. Yogurt can also be added for extra creaminess. It's best to stir in your protein powder directly into your glass of smoothie.

Grasshopper Green Smoothie

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

Blend all the ingredients in staggered fashion if you desire a thick smoothie so that you can add in the appropriate amount of liquid. Besides the rice, soy or almond milk, yogurt could also be used. *Soy milk is super food for Type A Secretors.

Creamy Cherry with Kefir Shake

1 cup cherries	6 oz. cran-grape juice
2 tbsp. lecithin granules	1/2 cup almond milk
1 tbsp. flaxseed oil	1 royal gala apple
6 tbsp. kefir (maple flavour)	3 tbsp. ground pumpkin seeds

London & Area Residents: Organic kefir made from cow or goat milk is available through a local farmer at 519 461-1032. The store bought organic kefir are acceptable; however, people with "leaky gut" will have difficulty with breaking down milk protein. When raw is available, that's always the best due to live enzymes. The *Centre for Healthy Living's* modified version of the BTM allows cultured dairy for all blood types - see page 4 & 5 for more information on kefir.

Better than Banana Fruit Smoothie

1 royal gala apple	6 oz. pure bottled pineapple juice
5 tbsp. ground almonds	3/4 cup black cherries
1/2 cup crushed pineapple	1/2 cup natural or original soy milk
2 halves of canned pear (in own juice)	2 tbsp. Pro-Rice protein powder*
1 tbsp. flaxseed oil	2 tbsp. soy lecithin granules
1 tbsp. nutritional yeast	1 tbsp. goat whey powder**

This fruit smoothie was especially created for Type A secretors and Type ABs who cannot have bananas. Of course it's risqué making a smoothie without bananas because they provide a wonderful sweetness as well as sustenance. This smoothie recipe bears its name because we think that the combination of ingredients makes a wonderful simulation or as we hope some will agree, it's better than a banana!

The sweetness of the banana is replaced by canned pears and the bulk is simulated by adding a creamy beverage like soy milk although rice or almond milk could be substituted for Type O or B. Additionally, the combination of ground almonds, soy lecithin and yeast plus flaxseed oil adds a pleasant smoothness for the palette.

*Genestra brand Pro-Rice protein is good for all types. **Goat whey powder is the dehydrated minerals from goat milk. It's highly alkalizing ensuring excellent cellular health plus the minerals are easily absorbed. St. Francis Herb Farm sells goat whey under the name Mineral Matrix, and they now have a new product which is Go-Pro Matrix (goat protein powder with probiotics). Ask your natural health practitioner or health food store manager for this product.

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

Whereas Type A Non-Secretors can have bananas, they are an avoid for Type A Secretors (and all Type ABs). The substitution for bananas is to use canned peaches or pears (packed in own juices) or very ripe sweet nectarines. When strawberries are not fresh in season, use frozen blueberries as a substitute.

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. Don't be concerned that strawberry juice is not main ingredient in your juice called Strawberry juice. Usually it's a blend. It's important to shop for bottled organic juices with no preservatives for optimal nutrition and enzymes.

Goat's Milk Kefir

2 cups of goat's milk (preferably raw)

1 package of kefir starter *or* 6 tbsp. of home-made kefir

To order kefir starter call 1-800-511-2660 or visit www.bodyecologydiet.com.

London, ON Residents can purchase goat milk kefir from Marianna at (519) 461-1032.

What is Kefir?

Kefir is a cultured dairy product which aids digestion, particularly protein and plays an important role in replenishing the inner ecosystem with healthy flora or "good bacteria". Kefir is different than yogurt in that it has a grains starter component and it is a more concentrated form of friendly bacteria, plus it contains high levels of valuable minerals including potassium, natural sodium, calcium and magnesium. It also increases energy and has a beneficial cleansing effect on the glandular system.

Types of Kefir

It can be made from various milk sources, goat milk being among the best due to its toning effect on the colon. The best version of all is *Young Coconut Kefir*. Although many people enjoy a store-bought dairy kefir lactose intolerances prevent the digestion of the protein called casein. By eating other forms of kefir, including the coconut version, the ability to digest even dairy kefir will naturally occur over time.

Preparing the Jars

Sterilize your containers choosing the correct size so that you are able to fill or nearly fill them. The bottles illustrated on the website look like a flask with a lid which is held on tightly with a metal clasp. Canning jars with metal lids will also work fine.

How to Make the Kefir

Heat the liquid on the stove top in a pan to about 90 - 94°F. Stir with a wooden spoon. Remove and pour into your glass jar. Check the temperature to ensure it isn't higher than 94 °F by dipping your finger in it - it shouldn't feel warm at all, rather just neutral. Add the kefir starter package (or 6 tbsp of your home-made starter) and stir until dissolved. Put the lid on the jar and shake.

Temperature Control-- 70 to 75 °F

Store the kefir for 24 to 48 hours in a room that has a constant temperature of 70 to 75 °F. If you have a gas stove with an automatic pilot, place the jars in the oven which has been warmed up at the lowest setting and then cooled down for a few minutes. Put your hand in to check that the air is neutral. The oven light will maintain the temperature for several hours which means having to remove your kefir jars 2-3x over the two days in order to warm up the oven to achieve a 75°F temperature.

Young Coconut Kefir

4 cups of coconut water

1 package of starter

Instead of the usual mature, brown hairy coconut which contains coconut milk, this recipe requires young green coconuts which can be purchased at an Asian store. Look for the ones that appear white on the outside and are triangle shaped and probably will be wrapped in some form of plastic. Young green coconuts which still have their shell intact can be used as well only it will require some effort. Since the shell is very hard, you would use a hammer to pound a knife into the coconut, cutting some "V" wedges, and then drilling a hole to act like a funnel to drain the water. It's messy, although we believe you'll get more coconut water from these coconuts - as much as double-fold.

To get the water from the white triangle-shaped coconut (without the shell), lay the coconut on its side and shave several layers off the bottom until a circle appears. Two more circles will appear presenting a "face" with two eyes and a mouth. To hold the coconut steady, place the pointed side in your kitchen drain. Take a sharp object like a carrot peeler and poke through the bigger mouth hole, routing along the edges to make it bigger. Then flip the coconut over onto a glass jar to let the 2-3 cups of water pour out. Follow the same instructions as the *Goat's Milk Kefir* on page 4 in terms of heating up the liquid, pouring into jars, shaking them and then maintaining temperature control between 70-75 F. View *Young Coconut Kefir* being made on www.bodyecologydiet.com.

In order to make a recipe using one package of starter either three or four coconuts are required. Save at least 1/4 cup from your first batch to "transfer" the friendly bacteria to your next batch of kefir. As is the case with all kefir recipes, you can do this up to seven times with one package of starter.

Flavouring your Kefir: You may add ginger, stevia, lemon, and/or lime if desired to your kefir to enhance its flavour. A half cup at bedtime will help establish a healthy inner ecosystem. Studies from Europe show that when you are lying still during sleep, the microflora reproduce faster. In the morning, combine a half cup of the young coconut water with unsweetened cranberry or black currant juice, as a great wake-up tonic. And in stage two of the Body Ecology Diet, when you start introducing a little fruit for breakfast, the coconut kefir microflora will happily enjoy the sugar in the fruit and leave you with its vitamins and minerals.

Benefits of Young Coconut Kefir: The young coconut water is the preferred choice for making kefir for everyone as it is extremely alkalizing. The sugar is dissolved once the kefir is made so that there is no sweetener to feed candida, an indigenous yeast in the body which when growing out of balance can suppress the immune system. The

coconut water version "looks ready" when the colour changes to a milky white (it may also have a shimmery glisten to it) and there's a bit of bubbling or foam on top. This means that all the sugar has been removed. Remember it should taste tart and tangy.

Once the kefir is made, reserve 6 tbsp. for using as a starter for your next recipe. It can be used for up to 7 recipes. The kefir lasts 3 weeks in the fridge

Quinoa Salad

1 cup quinoa, rinsed	2 cups of purified water
1/4 cup chopped fresh cilantro or parsley	1 tbsp. olive oil
2 tbsp. flaxseed oil	2 tbsp. lemon juice
2 cups chopped celery	1/4 cup chopped pecans
Sea salt to taste	

Quinoa should be rinsed well. In a bowl of water, grind the grains between your fingers to thoroughly rinse them (about two minutes). Discard the rinsing water. In a small pot, combine rinsed quinoa with water. Bring to boil, then lower heat to minimum, cover pot and simmer for 20 minutes. Let the quinoa cool. Meanwhile, in large bowl combine all other ingredients except for nuts and seasoning. Add the latter to cooled quinoa. Let sit for one hour. Serve at room temperature. Add pecans and sea salt at the end.

Marinated Tofu Stir Fry

2 green onions cut into 1" pieces	1 cup mini carrots split length-wise
2 portobello mushrooms, in pieces	2 cups broccoli florets
2 cups bok choy cut in 3" fingers	1 cup sweet snap beans
2 cups zucchini cut in 3" fingers	1 cup water chestnuts

Tofu Marinade:

1 tsp. onion powder	1 tbsp. dried parsley or 1/4 cup fresh parsley
1 tsp. dried basil	1 tsp. mustard powder
1/2 tsp Celtic sea salt	2 cloves minced fresh garlic
1 tbsp peeled and minced ginger	1/2 cup wheat-free tamari sauce

Place 1 pound regular tofu cut into 3/4" cubes and marinate in a bowl where all the tofu will be covered for about one hour. Heat coconut oil in a wok at med-high, then add veggies to stir fry. Gradually reduce temperature to med-low and mid-way through cooking add the tofu. Use lid for 2 minutes, then cook uncovered additional 5 minutes.

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 (or less)
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
2-3 tbsp. pure honey	2 tsp. Romano cheese

Note: Type A may wish to use more lemon juice over the vinegar simply because the lemon juice is so cleansing for the lymphatic system. Everyone can have organic apple cider vinegar. Honey can be substituted with 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 meaning that it protects the colon. 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. 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.

Spinach Salad

2 bunches fresh spinach
1 bunch scallions, chopped
juice of 1 lemon
salt and pepper to taste (optional)

Optional: portobello or oyster mushrooms
grated carrot, raisins, celery
1/4 tbsp. olive oil or flaxseed oil

Wash spinach well. Drain and chop. Sprinkle with salt. After a few minutes, squeeze excess water. Add scallions, lemon juice, oil and seasoning. For a more colorful salad, see optional ingredients. Serve immediately. Serves 6.

Creamy Ginger Dressing

1 1/2 tbsp. peeled, grated fresh ginger
2 tbsp. tomato paste*
3 tbsp. organic apple cider vinegar
1/2 medium sweet onion, diced

1/2 cup olive oil
1/4 cup flaxseed oil
2 tbsp. rice miso
1 tsp. dried basil + water to thin

*Tomatoes are an avoid for Type A and B secretors. Apple cider vinegar is allowed for all types under the *Centre for Healthy Living's* modified version of the BTB.

Maryan's Luscious Dressing

This is a special dressing which can be used for hot or cold vegetables instead of a gravy. Also good as a salad dressing or for adding zest to rice or fish dishes, or use on a *Vegetable Stir Fry* - see page 12 along with Celtic Sea Salt. It's delicious!

1/3 cup olive oil
1/3 cup walnut oil
1/2 tsp. crushed garlic
1 tsp. dried parsley (or 2 tbsp. fresh)

1/3 cup flaxseed oil
1/3 cup apple cider vinegar or lemon juice
1 tsp. dried basil (or 2 tbsp. fresh)

Mix in dark-coloured jar and refrigerate for up to 3 weeks. It's best to choose fresh herbs for either the basil or parsley spice and use the other one in dried form. When using fresh, remember the equation of 1 tbsp. fresh equals 1/2 heaping tsp. dried. *Note:* Try drizzling on Quinoa, your potato substitute, to liven it up.

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 your favourite dried spice

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

How much liquid to use depends upon the desired consistency and if using a blender. With food processors, less liquid is needed. *All types can have rice milk whereas soy milk is recommended for Type A secretors in particular. Soy is a neutral for Type A non-secretors. Tip: avoid carageenan in your soy milk.

Note: Cow or sheep feta (Greek feta) can be substituted for a milder flavour or use half goat and half cow feta. Some people need to acquire a taste for the goat feta. In terms of cost, cow feta is the most economical whereas goat and Greek feta is more expensive. A lot of people prefer the taste of the latter, however.

Black Bean Dip

1 cup (250 ml) dried black beans (soaked overnight) <i>or</i> 2 cups organic canned beans	
1 green pepper, seeded and chopped fine* - omit for Type A Sec	
1 fresh hot chili pepper, seeded and chopped (wear gloves!) - omit for Type A Sec	
1 medium avocado, peeled, pitted and mashed	
1 bunch green onions, chopped fine	*Type A N/S can have peppers
2 cloves garlic, minced	unless there is arthritis or
3 tbsp. wheat-free tamari sauce	inflammatory condition same as
2 tbsp. freshly squeezed lime juice	for all types, whereas peppers
pinch of cayenne (Type O) or paprika (Type A)	are an avoid for A secretors.

If using dried beans, cook until tender, drain them, put in a bowl and mash. Chop the green pepper and chili pepper and green onions. Mince the garlic; squeeze the lime juice; and prepare the avocado. Add the remaining ingredients and stir to blend. Serve with fresh veggie sticks or on rice crackers or cakes; rye crisps; or spread on toasted spelt bread. *Note:* Add your "spicy" peppers to suite your taste. If you like a real spicy version, use jalapeno pepper. Remember that the seeds are very potent and always use gloves when handling the peppers.

Vegetable-Nut Paté

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 (*optional*) 2 cloves crushed garlic
1/2 cup chopped zucchini or cauliflower* 2 stems gr. onion or celery, chopped
3 tbsp. wheat-free tamari sauce fresh herbs like basil or parsley
1 finely chopped orange or yellow pepper (*or substitute with kohlrabi*)

Soak 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 (except 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. Type A Secretors or ABs could use kohlrabi rather than peppers.

Use the spread on rye crisp, kamut chips or rice cakes. If using black bean tortilla type chips, don't worry about the small amount of corn in them for Type A & O - consider as 80/20 compliance. 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!

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 19* -- which is topping for *Spelt Tortillas* on page 18.

Stir Fried Vegetables

Cut up any combination of vegetables into bite-size pieces including carrots, onions, green and yellow beans, broccoli, cauliflower, turnip, kohlrabi, summer squash, snow peas and sugar snaps. *Cauliflower is an avoid for Type Os with thyroid problems.

When using broccoli, cut off stems and trim the sides (as they tend to be tough) then separate the florets. There are a few vegetables that cook faster - broccoli florets, snow peas and sugar snaps. Add them for the last few minutes so that all vegetables will be cooked evenly.

Use a good wok. Add the cut up vegetables with about a 1/4 cup of water or 1/4 cup of olive or sesame oil (Type A & O only). Cook stirring constantly until desired doneness about 3-4 minutes. Vegetables will continue cooking when removed from the heat so remember to give this allowance. When using water drain immediately and reserve in the freezer for soup.

Serve with *Maryan's Luscious Dressing* -- see page 8. Season with Celtic Sea salt.

Steamed Vegetables

We use an electric counter-top electric steamer which makes it very easy to prepare steamed vegetables every day. Through trial and error, you'll discover how long it takes to cook your vegetables and what size to cut them. Always begin with beets first because they take the longest to cook (25 -30 minutes), then sweet potatoes; carrots; and squash. Green beans will only take 7 - 10 minutes along with broccoli when added mid-way through the cooking of the longer vegetables. Regular sized asparagus spears would take even less time. Leafy greens like swiss chard will be done in two minutes. Keep your eye on water levels to not let machine run dry.

After vegetables are steamed and put on the dinner plate, drizzle with flaxseed oil which could have fresh garlic added. The latest finding is that flaxseed oil, as an omega-6 oil can tolerate exposure to heat just like fish oils in the fish when it is baked or pan-fried. Although we do not recommend cooking with it, we do point out that applying it to a hot food like vegetables would not be harmful in any way. We endorse Celtic sea salt for seasoning due to its minerals, especially for vegetarians.

Baked Squash

This recipe helps you to prepare squash for making soups, casseroles and dips. Refer to Soup recipe on page 9. For the Vegetable Nut Pate, baked squash can be used for full flavour or quicker method would be steaming the squash. This highly versatile vegetable can also be added to veggie burgers or lasagna.

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.

Oat Grain-Vegetable Burgers

2 cups rolled oats*	1/4 cup purified water
1 1/2 cups grated carrots	1/4 cup wheat-free tamari sauce
1/2 cup chopped string beans	3 tbsp. spelt or kamut flour
1/2 cup diced broccoli	1/2 cup finely chopped onion
1 clove garlic pressed	olive oil for frying
1/2 cup diced mushrooms (shitake, maitake, portobello, silver dollar or button)	
mozzarella or farmers cheese (optional)	salt and pepper to taste

Mix all ingredients together. Shape into patties. Heat some oil in a skillet and brown patties on both sides. Place patties in a baking pan and bake for 25-30 minutes. Top with cheese 5 minutes before done, if desired.

**Note:* Rolled oats can be substituted with rolled kamut flakes (chewier, but suitable for Type O N/S who can't have oats should you have Os in your family). Likewise, kamut flour is desirable since spelt is also an avoid for O N/S. Maitake and Silver Dollar mushrooms are Super Foods for most types - check, your list. Organic wheat-free tamari sauce can be used as part of the 80/20 compliance.

Millet Mashed Potatoes

1 tbsp. organic butter
1 small onion, chopped
1 cup millet (washed)

3 cups chopped cauliflower*
2 3/4 cup reverse osmosis water
1/4 tsp. salt

Sauté onion in butter in pressure cooker. Add millet and lightly sauté. Add cauliflower, sauté. Add water and salt. Bring to pressure, reduce heat and cook 25 minutes. *Variation:* Add 1 medium chopped carrot when sautéing cauliflower.

**Note:* Cauliflower is an avoid for Type Os; however, Dr. D'Adamo explains this really only applies to N/S's and Os with thyroid imbalances. Can also use turnip as complete substitute or add about 1 cup only of spaghetti squash for variety.

Quinoa Burgers

1 cup quinoa (makes 2 cups cooked)*
1/2 cup grated carrot
1/2 medium onion, finely chopped
1 tbsp sesame seeds (except B & AB)
1 tbsp fresh chopped basil (or 3/4 tsp dried)
1/2 tsp sea salt
1 tbsp arrowroot powder
spelt or kamut flour for coating patties

2 cups vegetable stock
1/2 stalk celery, finely chopped
1 clove garlic, minced
1 tbsp milled flaxseed
1/2 tbsp fresh minced dill
1/2 tsp. each dried sage, thyme,
ginger, oregano
olive oil for sautéing

1. Bring veg stock to boil and add quinoa (be sure to rinse in hot water thoroughly).
2. Bring back to boil and simmer for 20 minutes until water is absorbed.
3. In the meantime, sauté vegetables in a little olive oil until soft.
4. Put the cooked quinoa in a bowl and add remaining ingredients, mix well. *Add leftover cooked brown rice (all types) or cooked lentils (Type A) to bulk up burgers.
5. Wet hands and form quinoa mixture into patties. Coat patties with flour.
6. Sauté in a little olive oil for 4 minutes per side.
7. Serve on Ezekiel buns (all types) or spelt buns (excl. Type O N/S) with choice of condiments. Try the spinach-pesto sauce with them - Yummy!

Note: This recipe makes anywhere from 12 to 18 burgers depending on the size you make them. Why not freeze them on foam meat trays and pull out as needed.

Walnut Tofu Burgers

1 - 14 oz. package firm tofu, drained	2 tbsp. purified water
1 cup finely chopped onion	2 tsp. wheat-free tamari sauce
2-3 cloves garlic, minced	1 tsp. cumin
1 cup rolled oats or oat bran*	1/4 cup ground walnuts
1 tbsp. arrowroot powder	2 tbsp. ground flaxseed

1. Press all water out of tofu and mash.
2. Sauté onion in a little water until soft. Add garlic and simmer 1 minute.
3. Add remaining ingredients and mix well.
4. Wet hands and shape burger mixture into patties.
5. Grill or broil approximately 5-7 minutes or until brown.
6. Turn and brown other side or bake 350°F, 15-20 minutes on each side.

Note: Tofu and soy products are an excellent form of phytoestrogens which help to balance estrogen levels in menopausal women. Soy is a Super Food for Type A Secretors, eg. cancer fighter and heart healthy food. It is just neutral for Type A N/S only we encourage you use it in the diet to provide additional source of vegetable protein. *Type O N/S: substitute with rolled kamut or rye flakes.

Steamed Brown Rice with Turmeric

Organic brown rice cooked in a steamer and then stir-fried with the addition of wheat-free tamari sauce is an easy recipe and one likely to become a household staple since it is so delicious. Begin by rinsing your rice thoroughly, then put the rice in the rice bowl and add enough water so that the level is about 1" above the rice. Add about 1/2 tsp. of turmeric to each cup of rice because of the added flavour, the health benefits of this Super Food and also the appealing golden colour. Steam until the rice is cooked (about 25 minutes for 2 cups).

Add olive oil to skillet on medium heat and transfer the rice to the pan. Squirt wheat-free tamari sauce while pressing the rice down with a fork until the flavour penetrates. If the rice is too clumpy and dry, loosen the rice with a fork while spraying water first (sometimes a lot is needed) before adding tamari. Cover and simmer for about 2 minutes. At first, use just a little turmeric spice and tamari, gradually adding more once taste buds have adjusted, especially for younger people. Try the turmeric root and macerate in bowl to make into powdered spice - it tastes really good! Consider purchasing the special bowl and spoon required in Indian Specialty store.

Spelt Veggie Burgers

1 cup spelt kernels	1 organic egg
1 tbsp. olive oil	1/4 cup olive oil
1/4 cup chopped onion	4 spelt buns
1/4 cup chopped celery	1/4 cup low-fat mayonnaise
1/4 cup chopped carrots	4 slices onion
1 clove garlic, minced	4 slices tomato (optional)
2 cups vegetable stock	2 tbsp. ketchup*
1 tbsp. mustard	4 romaine lettuce leaves

Preheat the oven to 350 °F. Place the spelt kernels in a blender, and process at medium speed for 2 minutes, or until the kernels are half the size of a grain of rice. Set aside. Place the oil in a 3-quart saucepan, and heat over medium heat. Add the onion, celery, carrots, and garlic, and cook, stirring often, until the veggies are tender but firm. Add the stock and the ground kernels, and mix well. Raise the heat to high to bring to boil. Pour the mixture into a 2-quart casserole; cover w/aluminum foil.

Bake for 20 minutes, or until the mixture is sticky and has the consistency of cooked white rice. Cool the mixture and add mustard, egg and ketchup (*no-tomato types can use peach-Vidalia salsa available in stores or pesto sauce—*see page 29*). Using wet hands, make four patties. Cook the patties over medium heat, 5-7 minutes per side until browned in non-stick skillet using 1/2 tsp. of olive oil. Serve on a spelt bun. Toast if you like and brush with flaxseed oil. Garnish with lettuce and drizzle with salad dressing (*see pages 7&8 for two excellent salad dressings*). Serves 4.

Cheese Omelette

3-4 eggs, beaten in a bowl with fork	2 tbsp. chopped fried onion
3 tbsp. crumbled feta cheese	3 mushrooms, thinly sliced, stir-fried
1 small clove garlic, crushed (optional)	1 tbsp. shredded carrot
1/8 cup shredded mozzarella cheese	2 tomato slices (avoid for A & B Sec.)

(Farmer's cheese can be used as a substitute for mozzarella.)

In a small skillet, fry the onion in water for 1 minute, add garlic to the middle with small dab of butter. Cover, reduce heat to simmer for 1 minute and take off stove. In frying pan, add 1/2 tsp. olive oil at med-high heat until hot, then reduce to medium-low heat when adding egg. Use spatula to lift up egg as it cooks to let the raw egg slip under to cook. Once egg is no longer very wet, turn heat to minimum and add filling ingredients. Fold one side over the other. Cover with lid allowing cheese to melt. Meanwhile, make your Ezekiel toast and green tea.

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
1/4 cup olive oil	4 large 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 shelled sesame 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 a Red Flag avoid for Type O Sec and Type B so use more quinoa and rice if serving these types. In olive oil on low-medium heat, sauté the carrots, onion, celery, garlic and seeds (if applicable: no sesame seeds for Bs or ABs and no pumpkin seeds for Type B N/S and ABs) for about 8-10 minutes. 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, 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.

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	wheat-free tamari sauce
few slices ginger root	Tempeh/tofu* cubes (great for A Sec)
1 cup diced celery	Handful of bean sprouts or mung bean

Sauté onion in a little water. When almost soft, add garlic, ginger, celery and small diced carrot or rutabaga. Stir for a few minutes, then add mushrooms stirring 1-2 minutes until soft. Add rice, sprouts, cubes and tamari sauce to taste. Toss gently and heat until ready. If using oyster or portobello* mushrooms, sauté them with onions. If using tempeh, it should be steamed for 20 minutes before. Tofu is nice if sautéed in a dry pan beforehand with a little turmeric sprinkled on it. If not using leftover rice rather making it fresh, add 2 tbsp. hijiki or dulse to the water.

Spelt Tortillas

1 cup spelt flour, plus 1/4 cup for board	1/8 tsp. salt
1/2 tsp. olive oil	1/3 cup water
1/8 tsp. sucanat (optional)	grapeseed oil (dark bottle)

Add salt and olive oil to water and pour into a small mixing bowl which has 1 cup of flour in it. 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 and put on medium high. When hot, place your first tortilla and cook for less than 2 minutes, then flip over, brushing some more oil and cook the other side for about a minute. As the pan heats up, keep reducing heat slightly and always ensure there is just enough oil. Dribble extra as needed rather than putting too much. Flip the tortilla onto a plate lined with parchment paper. Stack the rest as you cook them. Use paper towels if tortillas are too oily or moist.

Recipe: Add the *Bean-Feta Cheese Filling* on top along with shredded mozzarella, cubed tomato and/or spinach basil pesto sauce, and then heat in oven for 5 minutes.

Spelt Pancakes

2 cups spelt flour	1/2 cup almond flour for added flavour
1/2 tsp. sea salt	2 cups nutmilk* (or use soy or rice milk)
1 organic egg	2 tsp. aluminum-free baking powder
1 tbsp. olive oil	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:* Instead of spelt, Type O N/S can use 1 cup kamut flour and then 1/2 cup each of almond flour plus either rice, quinoa or amaranth. 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!

Bean-Feta Cheese Filling for Wraps

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 shred 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 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 be totally raw anyway because it's in the oven with liquids cooking for about 10 minutes. *Or use sweet onions in raw form in which case you may wish to use garlic spice instead of minced garlic in case you feel it's too strong tasting - it's a personal choice.

Add the vegetables and other ingredients to the black bean mixture and blend well. *If you can get fresh raw Jerusalem artichoke, even better.

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 18*) 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 pg 11*) as a base on the tortilla before adding bean sauce. Cut-up tomatoes and shredded mozzarella are the toppings (omit the tomatoes for A secretors). Spelt flatbread can also be used instead of tortillas.

Spelt Pie Crust

1/2 cup olive oil (1/4 cup if sifted flour used)* 3 cups spelt flour, sifted
1/2 cup cold water (1/4 cup if sifted flour is used) 1/2 tsp. sea salt

Combine flour and salt. Add all of the oil and work it into flour until oil coats flour. Add water mixing with a fork or hands until you can form a ball. Make two balls and roll each out on parchment paper or a floured countertop. *Sifted flour makes a lighter crust. This recipe makes two bottom crusts and two tops for a 9" pie. Can be baked as an empty crust for 12 minutes at 375°F and then filled when cool.

Squash and Ginger Soup

1-2 tbsp. organic unrefined coconut oil or ghee 2 celery sticks, chopped
2-3 large acorn squash, skinned and chopped 2 medium carrots, chopped
2 medium onions, chopped 3 cloves garlic, minced
3-4 inch long piece of ginger root, grated (or less)
1/2 cup purified water (according to desired thickness)
Sea salt or Herbamare to taste

Sauté carrots, onions, celery, and garlic in oil in a frying pan. Transfer ingredients to a medium sized pot with lid and ginger and cooked squash. Bake the squash - *see page 13* for options on how to cook the squash - then scoop out and mash. Add 1/2 cup or more water and simmer for 30 minutes, stirring occasionally.

If you like your soup on the thicker, creamer side, take out a couple of cups of the soup (once it's cooled) and purée and then add back to the pot and see if it has your desired creaminess. If too thick, just gradually add in purified water and simmer for an additional 10 minutes or more. Add Celtic sea salt or Herbamare to taste. Serve garnished with fresh or dried parsley.

Turnip Fries

Peel turnips and cut into french fries. Generously brush with olive oil and salt with celtic sea salt. Space evenly apart on cookie sheet and bake for at least 35 minutes at 375°F until browned. The Jamaican sweet potato with purple skins and white inside can also be used in this recipe. The best herbs are rosemary and thyme. Use foil tent and shake fries often to prevent sticking and burning.

Broiled or Barbequed Lamb Chops

6 lamb chops*
fresh or dried coriander
2 cloves of garlic, minced
wheat-free tamari sauce or your favourite steak sauce could be brushed on if you choose to barbeque your chops. *2 lamb chops = one serving

fresh or dried mint leaves
olive oil to brush on the chops
pinch of sea salt

The best way to make lamb chops is to grill them on the barbeque or use a flat roasting pan with a rack in the oven to allow the fat drippings to accumulate in the bottom of the pan (line with foil for easier clean up). In order to prepare the chops for grilling, marinate them in a sauce such as Red Wine Sauce (*see recipe page 26 in Helen's Cook Book*) or simply with garlic, sea salt and olive oil with your favourite spices. Since the center loin chops are sometimes quite thick (up to 2 inches), you may want to slice the center with an "X" cutting 1" into the meat. This will allow the marinade to get into the meat to tenderize it.

Broil them only as long as the fat on them doesn't burn which could be about 5-7 minutes with brushing more marinade on them halfway through the cooking time when you turn them over. Then switch off the broiler and leave them to cook for another 10 to 15 minutes at 325°F. If pan-frying the chops, be sure to flip the chops over several times and press them down with a wooden spoon pushing the exposed inner meat exposed by the "X" cut so that it can be browned. Pan-frying is done at a medium temperature for about 5-7 minutes (flipping chops 3-4 times) and then cover them and simmer for another 10 to 15 minutes. Keep brushing with the marinade so they don't dry out.

When eating the chops, remove the outer rim of fat; there is often plenty of fat in the rest of the meat which gives it a nice flavour. Lamb chops can be served on a bed of brown rice. Steam your rice in a rice cooker or vegetable steamer with 1/2 tsp. turmeric spice added; then when cooked, put the rice in an oiled pan and add 1 tbsp. wheat-free tamari sauce (per 2 cups rice). Press down with a fork to heat the rice thoroughly and then quickly stir-fry only until the tamari is mixed. Serve with a green salad of mesclun mix and home-made dressing. Steamed vegetables as a side dish is also very nice. Some choices include broccoli; Swiss chard; asparagus; spinach; and Brussels sprouts (except for Type Os). Fried onions are a nice touch as well as stir fried zucchini which is lightly sautéed in a blend of olive oil and butter. After turning off stove top, sprinkle Romano cheese on the zucchini coins.
Tip: Try fresh Ontario organic lamb--tastes great--not that funny lamb taste!
Shoulder lamb chops are cheaper and also good although the meat isn't as tender.

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 recommended as both can handle the higher 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) *Note: Type A Sec avoid peppers

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; 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; sugar snaps; 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. *It's best to pan-fry 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 the rye crisp 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.

I usually make about six burgers and freeze whatever I don't need. 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 or Trout

2 fillets of salmon (or rainbow trout)
1 tsp. of butter or flaxseed oil
dill or dried mustard or paprika
(according to your liking)

1-2 cloves garlic, minced
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 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.

Hamburger Helper

1 lb. ground lamb or turkey	12 oz. package brown rice spirals
3-4 tomatoes and 2 tbsp. pasta sauce*	6-8 sliced brown mushrooms
1 cup shredded mozzarella cheese	1 onion, finely chopped
2-3 cloves garlic, minced	1/2 tsp. paprika
olive oil	3 tbsp. Romano cheese

Brown the ground meat in a frying pan brushed with olive oil. Cook rice pasta until firm and drain, then rinse with cold water. In small frying pan, cook the chopped onions in water until soft and add the minced garlic near the end of cooking adding a dab of butter. Cover and simmer 1 minute. Place mixture in a bowl and use the same skillet to stir fry the mushrooms until browned. In a large skillet or wok brushed with olive oil, place the cooked hamburger and add 2 tbsp. pasta sauce and cut-up tomatoes (or substitute) and blend well. Add the mushrooms, onions and the rice pasta and your favourite spices and cook on a low heat up to 10 minutes, turning often. Add the cheeses, turning frequently until melted and simmer another 3-4 minutes until the cheeses are melted. All types can have Romano (sheep's) cheese.

**Note:* Type A secretors who cannot have tomatoes may wish to use the *Spinach Basil Pesto Sauce* on page 11 or buy a jar of pesto sauce from the grocery store.

Garlic Honey Chicken Breasts

2 boneless chicken breasts	1/3 to 1/2 cup wheat-free tamari sauce
2 cloves garlic, minced	1 1/2 tbsp. pure honey
1/2 tsp. dried parsley	Herbamare or Celtic sea salt to taste

We recommend using organic chicken or Maple Leaf Prime which is grain-fed. Prepare boneless breasts by soaking the meat for 1/2 hour in wheat-free tamari sauce; honey; pressed garlic; parsley; and Herbamare sea salt. Place in small roasting pan and make a tent to seal in moisture for the first 15 minutes of baking. Drain excess liquid, add more sauce and bake for 15 more minutes without the tent so it crisps.

If baking boneless, skinless chicken thighs, cook in roasting pan for 15 minutes at 300°F and then drain away fat - replace the foil or parchment paper liner as well. Turn off oven and leave the thighs soaking in the same recipe ingredients shown above for about a half hour. Turn more than once to allow the tamari sauce to discolour the meat, showing it has penetrated. Resume baking at 300°F for an additional 20 minutes until meat is cooked. Serve with vegetables or cut up meat for adding to salads.

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.

Miso Dip

Blend in Food Processor:

1/2 cup regular texture tofu	1 tbsp. rice vinegar
1 1/2 tbsp. sweet white miso*	garlic powder (to taste)

*(1/2 of miso can be substituted with red miso if you prefer less sweet taste)

Miso Wakame Soup

2 1/2 cups water	2 green onion, chopped
1 tsp. minced fresh ginger	1/2 cup sliced bok choy
2 tsp. grated carrot	1 tsp. of olive oil

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

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 sauted tofu, bok choy and carrots. Garnish with reserved green onion and serve.

*Wakame is a Japanese sea weed harvested from deep cold sea waters around Hokkaido. It is sold in a dried form in Health Food Stores, Natural Value at Zehrs or Asian markets. Dehydrated wakame should be stored in an airtight container in a dark, dry place. Cooked wakame should be kept under refrigeration. Wakame is rich in magnesium, potassium and trace minerals.

**Miso is a fermented soya bean paste, often mixed with a grain such as rice, barley, or wheat. There are many varieties of miso depending on the colour (white, light-colored, red), grains added and taste. If you are a beginner try the lighter variety first with the grains added, eg., Rice Miso. Miso can be bought in a jar or plastic bag. Store miso paste in a closed container in the refrigerator for up to a year. Miso is rich in calcium, iron, zinc.

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

Ela's No-Grains Carrot Cake

1 1/2 cup nut flour*	1 1/2 cup grated carrots
3 tbspc organic cane sugar	1/2 cup butter (optional)
1 whole egg	2 egg yolks
1 tsp. baking soda	1 tsp. cinnamon
1 tsp vanilla	pinch salt

Preheat oven to 350°F. Butter an 8-in. square or round cake pan. Line bottom with parchment paper. Place butter (if using) in a food processor, add sugar, mix well. Add egg and egg yolks one by one while food processing it until well combined. Add soda, salt, cinnamon and vanilla. Mix thoroughly. *Add nut flour (almond or walnut, can be both mixed) and carrots and mix lightly, running food processor on a low speed and for a short time. Spoon mixture into a greased and lined baking pan.

Bake at 350°F for 45-60 minutes. Let cool. Remove from pan, cut into squares or wedges and serve. *Note:* This recipe is credited to Ela Glinka, RNCP of Kitchener.

Spelt Blueberry Muffins

1/2 cup applesauce*	1 cup spelt flour spelt or kamut/oat flour combo
1/2 cup rice milk	1 1/2 cups rice flour (can use almond flour too)
3 tbsp. olive oil	1 tsp. baking soda
1/3 cup organic sucanat	1 cup blueberries or cranberries (halved)

Mix wet ingredients. Mix dry ingredients, adding berries. Combine both mixtures and bake 350°F for 25 minutes. * Puréed canned peaches/pears is good substitute.

Millet Pudding

2/3 cup raw millet	4 tbsp. unpasteurized honey
4 cups pure water	1 tsp. pure vanilla
1/4 tsp. sea salt	1/2 tbsp. fresh lemon juice
1 cup almonds	1/2 cup dried raisins (Thompson)

In a sauce pan, heat the millet in water and salt bringing to a boil, then turn down to medium heat and cook for 5 minutes. Pour off the water into a blender and make it into a nut milk by grinding 1 cup raw almonds with it, blending at high speed. Add the honey, vanilla and lemon juice and blend again. Pour this mixture over the millet in a casserole dish. Add the raisins and mix thoroughly. Cover and bake at 350°F for one hour stirring occasionally during baking. Serve warm or cold. Stir in almond milk or rice milk. Serves 6.

Oatmeal Raisin Cookies

1 cup spelt <i>or</i> kamut/rye blend	1 1/2 tsp. baking powder
1 cup rolled oats	1/2 tsp. cinnamon, 1/4 tsp salt
1/2 cup cold-pressed olive oil	1 cup crushed walnuts or filbert
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 12 minutes. **Note:* it may be necessary to increase the amount of flour when the recipe looks too moist. A tablespoon of milled flaxseed can be added or oat bran or hemp hearts, or increase the amount of flour so you are using a heaping cup or add a heaping cup of rolled oats.

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 (can substitute 1/2 cup with kamut, barley, or oat flour)

Crust Preparation:

Mix above ingredients together and press down onto oblong baking dish using your fingers or a folded square of parchment paper. Bake at 375 °F for 10-12 minutes. Ground almonds can be added to the mixture if it appears too oily. It adds a wonderful nutty flavour to the recipe and is very wholesome.

Filling Preparation:

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

Directions:

Wash the dates and if they are 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 for final blending. Turn the heat off and add vanilla, puffed rice and walnut pieces. Empty the sauce pan contents onto the baked crust and gently spread.

Tip: 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 three or four across and six to eight lengthwise keeping in mind where you will be cutting your squares so as not to cut into any large walnuts when separating the pieces. Refrigerate and serve. Freezes well.

More than any other recipe, these squares have been enjoyed by hundreds of people who have attended *Eat Right* seminars. *Note:* Non-secretors can enjoy dates as part of 80/20 compliance. Use less sugar in the crust and the puffed brown rice instead of krispies. *Sucanat is dehydrated organic sugar cane juice. +Another healthy sugar substitute is Xylitol Sweetener which is completely safe with less calories.

Vegetarian Lasagna

Package of Rice Lasagna Noodles	2 cups tomato sauce or pesto sauce*
1 cup crumbled feta cheese	3 cups grated mozzarella cheese
1 cup Quark or ricotta cheese	1 medium zucchini, sliced & stir-fried
1/2 cup romano cheese	1 large onion, chopped & stir-fried
2-3 cloves crushed fresh garlic	1 tbsp. dried or 2 tbsp. fresh parsley
2 stalks broccoli floret and stem	1 cup left-over cooked squash (optional)
2 portabello mushrooms, chopped	<i>Optional Meat:</i> ground turkey or lamb

***Tomato Sauce Substitution:** If you are a Type A Secretor or someone with arthritis, tomatoes are to be avoided. Your substitution is either *Mock Tomato Sauce* (see page 23 in *Helen's Cook Book*) or make a *Pesto Sauce* (see page 9). If you don't have time to make the sauce, you could find pesto sauce at the grocery store in glass jar.

Broccoli is a super beneficial for all blood types so add as much as you like. Peel the stalk and chop the stems into very small pieces; florets can be bite size. To keep your broccoli fresh, place it in a mason jar with water covering half the stalk; just like your fresh flowers, trim off bottom edge of the stalk first. Put a bag over the top and elastic around it to secure to the jar. Except for O N/S, cauliflower can also be used in this recipe as a substitute for broccoli or in addition to.

Spinach leaves are best fresh, in a bunch where you pick the stems off. I include the spinach as the major ingredient in one layer and second largest ingredient in another layer. Sometimes I substitute with kale or Swiss chard. The latter are best lightly steamed first but the spinach is just fine being raw and chopped up.

Cheese Substitution: the blander cheeses are safer 80/20 compliance foods when deviating from the world of mozzarella, feta and farmer's cheese. Type As, B & AB can have ricotta and cottage cheese and Quark is made by Western Dairy which is a good company with high standards. Romano is made from goat cheese so it's suitable as a parmesan cheese substitute - it looks just like it with same packaging. Sheep feta is Greek feta (most people's favourite and the most expensive) and goat feta is good too; use regular Canadian dairy feta the least.

Noodles: Rice lasagna noodles are available at the health food store. Cook in salted water with a tsp. of olive oil added to prevent sticking. Kamut noodles (except for Bs) is an alternative as well. The whole package won't be required. For large lasagna casserole, usually 3 layers using 3 noodles is required. Cook the noodles first.

Layering from Bottom to Top

Place the broccoli cut-up stems at the bottom of the casserole and either chopped up Swiss chard stems and some of the onion and zucchini.

Next, first layer of rice noodles with chunky Prego Garden Vegetable pasta sauce on top (or better yet use an organic bottled pasta sauce - there are many choices) or pesto sauce for Type A Secretor to avoid the red flag lectin tomato.

Remainder of zucchini topped with romano cheese; lots of spinach; then cover with mixture of ricotta/quark or feta cheeses; and next layer of noodles.

On top of noodles, add sauce and then half of mozzarella; half of broccoli florets; and some mushrooms and last of onion/garlic. Sprinkle some of the parsley flakes.

Apply third layer of noodles, sauce on top, then remainder of white cheeses with leftover mushrooms and broccoli and cooked squash.

Top with last half of mozzarella cheese. Sometimes if I have a bit of extra noodle left over and place it with open strips and add just a little extra sauce on top of that. Thin layer of mozzarella should cover any noodle because if left uncovered, it will harden when baking. Last of parsley flakes garnish the top (chives are also nice).

Bake at 375°F for first 15 minutes, then 350 °F for 30 min. Turn off oven while making garlic Ezekiel toast. Since your Ezekiel bread is probably frozen, lightly toast to defrost and make it slightly browned. Next, butter or apply flaxseed oil to toast and sprinkle garlic powder evenly on the slices. Then place in toaster oven or regular oven on broil to finish the browning process.

This lasagna dish serves 6 hungry people also seconds will be requested!

Meat Lasagna Variation:

Brown 1 lb. ground organic lamb or turkey in skillet using olive oil if you have Type Os in the family. Drain the fat and add tomato or mock tomato sauce and the garlic from the recipe and simmer, covered for several minutes. Keep pressing the meat with your fork to keep it juicy. Spread the meat out thinly into two of your layers using the bottom one and top. Leave the middle layer as the mainly spinach, broccoli and cheese layer. Cooking time is slightly longer with the meat filling unless you are adding it while it's hot. If this dish is frozen and then defrosted and baked, add extra 10 minutes cooking time.

