

## 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. It's best to buy organic quinoa as well. This amazing grain has the highest amount of protein of any grain. 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. \*Tip: When making quinoa as a side dish for a potato substitute, cook 1 cup of quinoa in 2 cups of water and bring to gentle boil. Reduce to low temperature and cook for about 15-20 minutes until most of the water is gone and it's just moist. Drizzle Maryan's Luscious Dressing on top after serving on the plate.

## Goat Feta Dip

1 cup goat or Greek feta cheese, crumbled	2 tbsp. cold pressed olive oil
1 cup walnuts, chopped very finely	1/4 to 1/2 cup rice milk
1/2 tsp. paprika or cayenne*	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. \*Cayenne is great for Type Os; however, if serving to Type As, it's best to avoid cayenne and only use paprika.

*Note:* cow or sheep feta (Greek feta) can be substituted for a milder flavour or use half goat's and half cow feta. Some people need to acquire a taste for the goat's feta. Please note that Greek feta is the most expensive (however, the tastiest), then goat feta and cow's feta the most economical. Type Os are better off having just the sheep feta or goat feta.

## Spelt Tortillas

1 cup spelt flour, plus 1/4 cup for board	1/4 tsp. salt
1/2 to 1 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 (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 3) 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 cup almond flour for added flavour
1/2 tsp. 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 kohrabi	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 because it's healthier and will taste crunchier. During the 10 minutes of cooking time, the raw food will partially cook though. Since onions can also be added in raw form, you may elect to use the spice if it's too garlicky. 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*) 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*) as a base on the tortilla before adding bean sauce. For quicker snack or when tortillas run out, use topping on toasted Ezekiel bread.

## 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 add ginger and cooked squash. Bake the squash and 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, creamier 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. Add Celtic sea salt or Herbamare to taste.

## Ela's No-Grains Carrot Cake

1 1/2 cup nut flour\*      1 1/2 cup grated carrots  
3 tbsp 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. Serves 8.

*Tip:* Parchment paper is excellent for lining pans.

## 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. Turn at least twice for even baking. \*Sweet potatoes can be used in this recipe. The best herbs are rosemary and thyme. Use foil tent and shake fries often to prevent sticking and burning.

\*Remember that sweet potatoes are pinkish-purple on the outside and white on the inside. They are from Jamaica and can be a bit of a challenge to find in the grocery store. Interestingly, with the avoid nightshades for arthritis and inflammation rule, sweet potatoes are the exception. They can be eaten whereas all other forms of potatoes including yams, white potato, etc. as well as tomatoes, peppers and eggplant are the night shades which cannot be eaten when inflammation persists.

## Potato Zucchini Pancakes

3 cups grated sweet Jamaican potato (pink outside/white inside)  
1 cup grated zucchini (you can adjust ratio of potato & zucchini)  
1/4 cup rice flour (non-gluten version) or spelt flour\*  
3 large organic eggs  
1 tsp. baking powder (no-aluminum)  
1 tsp. sea salt (optional)  
dash of pepper (optional)

Grate the sweet Jamaican potato and zucchini and set aside.

Break the eggs into a small bowl and whisk well adding the dry ingredients. The 1/4 cup of rice flour can be increased to 1/3 cup depending upon the consistency of the batter and size of the eggs. When mixed, fold in the potato and zucchini. Note that the more zucchini you use the lighter and more moist texture you will have.

Fry in skillet using olive or coconut oil on medium heat until golden brown. Press down the batter so it's as thin as possible right from the start as this mixture tends to burn easily on the outside yet be uncooked in the middle unless you monitor the heat and use this pressing technique. Use either a 1/2 to 1 tsp. of organic sugar as topping or maple syrup. Some people may not require any sweetener because the potatoes are sweet enough to begin with. :o)