

Blood Type Diet- Recipes for Blood group A

Fruit, oat ,flax, & soy muffins

Ingredients

3 tablespoons cold pressed extra virgin olive oil
2 flaxseed eggs
6 tablespoons egg whites
3 tablespoons brown rice syrup
3 tablespoons blackstrap molasses
1 tsp vanilla
1 cup organic soy milk
1/2 cup crushed pineapple
mix all together with electric mixer or well by hand
In another bowl put
1 cup ground flaxseed
1 1/2 cups organic oatmeal
1 cup spelt flour
1 cup organic soy flour
1 cup grated carrots
1/2 cup crushed walnuts
3 tablespoons organic raisins
2 tsp aluminum free baking powder
2 tsp gluten free baking soda
1 1/2 cups frozen or fresh wild blueberries

Mix the wet ingredients into the dry ingredients

makes 24 medium size muffins. I used large paper liners in the regular size muffin pan and they rose to just a little over the top.

bake 350 degrees for approx 25 mins

You can also add 1 tsp cinnamon to the dry ingredients

Peanut Butter Pancakes a.k.a. muffins

Can be used by

A

Oat, spelt or other beneficial/neutral flours may be substituted.

Ingredients

2 cup rye/spelt flour

1 TBSP baking powder

¼ tsp salt

1 1/3 cup soy milk

¾ cup honey

1 cup natural peanut butter

1 egg

Directions

Combine dry ingredients. Combine moist ingredients. Mix together at medium speed.

For muffins: fill muffin tins 2/3 full and bake at 180 for 20 – 25 minutes.

For pancakes: Thin batter with a little more soy milk and cook on a grill.

Avocado Salad

Ingredients

1 Avocado

1 Cucumber

1/2 Lime/lemon

few leaves of lettuce

salt to taste

fresh parsley flakes

Directions

Slice avocado in inch wide cubes. Peel and slice cucumber. Add lime, parsley and red pepper to the cucumber and toss.

Add salt to taste. Add avocado and toss lightly. Serve on bed of lettuce. Garnish with slices of red sweet pepper

Chicken Lasagne

Description

Very tasty!! You won't miss the tomatoes.

Ingredients

1/2 cup margarine

1/2 cup spelt flour

1/2 teaspoon salt

1/2 teaspoon basil

3 cups chicken broth

2 1/2 cups cooked chicken, cubed

1 pint ricotta cheese

1 egg, slightly beaten

8 ounces rice lasagne noodles, cooked

10 ounce package frozen (or fresh) chopped spinach, thawed, well-drained

4 ounces mozzarella cheese, thinly sliced

1/4 cup soy cheese

Directions

Melt margarine in medium saucepan; blend in flour, salt and basil. Stir in chicken broth and cook, stirring constantly, until mixture thickens and comes to a boil. Remove from heat; Add chicken.

Combine ricotta cheese with egg; Mix well.

In a greased 13x9" baking dish, place 1/3 of chicken mixture. Layer half the noodles, half the ricotta cheese mixture, half the spinach and all of mozzarella cheese. Repeat, ending with the last 1/3 of chicken. Top with Parmesan cheese.

Bake at 180° for 45 minutes. Serves 6

Corn With Tofu

Description

A very quick, easy and great-tasting side dish.

Category

Side-Dish

Ingredients

3 tablespoons olive oil
16 oz. firm tofu
3 cups fresh sweet corn kernels
1 tsp. salt
sliced scallions for garnish

Directions

Heat the oil in a pot. Crumble tofu in the pot. Put sweet corn on top of tofu. Cover and cook over low heat for 3-4 minutes, or until tofu is hot and corn is done. Sprinkle a small amount of salt on top of the corn. Mix and serve hot. Just before serving, add scallions as a garnish.

Honey Lime Chicken

Description

This chicken dish is a change from lemon. It is delicious. I served it to company and everyone asked for the recipe!

Ingredients

1/3 cup pineapple juice
4 boneless, skinless chicken breast halves
1/2 teaspoon garlic powder
1/4 cup honey
1 teaspoon grated lime peel
3 tablespoons lime juice
2 tablespoons soy sauce
2 teaspoons corn starch

Directions

Sprinkle garlic powder over chicken. (I let it sit for a while before browning the chicken and I also used more garlic.) Brown chicken in hot oil in large skillet. Add pineapple juice. Cover and cook over low heat 10 minutes or until chicken is no longer pink. Set aside. Combine honey, lime juice, lime peel, soy sauce and cornstarch in saucepan. Cook and stir until sauce thickens and boils. Spoon sauce over chicken.

Tofu Burgers

Ingredients

1 lb. extra firm tofu
1/2 cup cooked brown rice
1/2 cup dry bread crumbs
1/4 cup chopped scallions
2 egg whites
1/4 cup grated carrots
1/2 cup grated low fat mozzarella cheese (or maybe soy cheese?)
2 Tbsp soy sauce
(can add 2 Tbsp. ground walnuts)

Directions

Mash tofu. Mix all Ingredients thoroughly. Form patties and saute in pan with olive oil. Cook until golden. They are also good left over cold.

Lentil Soup

Ingredients

4 medium onions
4-6 cloves garlic

extra virgin olive oil

red & green lentils (1 cup each)
carrots (5-6)
2 cans Chicken broth
2 cups spinach
chicken stock

Directions

Saute onions & garlic in olive oil until transparent. Add rinsed lentils and saute until browned--scraping bottom of cookware with spatula (this adds flavor & color). Add 1 can chicken broth, 2 Tbsp chicken bouillon & carrots. Allow to simmer until vegetables are soft. Add spinach & cook an additional 20 minutes (at this point you may also add another 3 lb. can of chicken broth if liquid has evaporated). This recipe may be adjusted to personal taste...more carrots, spinach, etc. Enjoy.

Soy, Ginger and Broccoli Stir Fry

Ingredients

1 lb. extra firm tofu, cut into 1 inch squares
1/2 cup sake or white wine
4 TBS soy sauce
2 TBS olive oil
2 medium cloves garlic, minced
2 TBS ginger juice
1 onion, thinly sliced
2 cups broccoli florets
8 ounces snow peas
1/4 cup roasted almonds

Directions

Bring soy sauce, garlic, ginger and sake (wine) to boil. Add tofu cubes. Cover and simmer for 5-10 minutes. Remove tofu and remaining broth from wok. Heat oil in wok and stir fry vegetables over medium heat for 3-5 minutes. Add remaining broth, tofu and almonds. Heat and serve.

Scones for A's & O's

Can be used by

A,O

Ingredients

2 Cups white spelt flour
3 Tablespoons sugar
1 Tablespoon baking powder
6 Tablespoons chilled butter (or butter flavored crisco)
3/4 Cup dried fruit (cranberries, blueberries, cherries, or raisins all work great)
2 Tablespoons brandy
1 beaten egg
1/3 Cup soy milk

Directions

Combine dried fruit and brandy, soak and set aside for 15 minutes. Combine all dried Ingredients. Mix in butter and cut together well. Combine the soy milk and beaten egg, and then add to the flour mixture along with the fruit and brandy. Mix together just until all dry Ingredients are moist. Turn onto a floured surface and knead ten times. Separate into two or three balls depending on how large you want your scones to be and then cut each ball into four pieces. Bake on an un-greased cookie sheet at 200 degrees for 12 minutes or so for smaller scones, and 14 minutes or so for larger ones. Baking times may vary depending on oven temps. Large balls equals 8 scones, smaller balls equals 12 scones.

Salmon Teriyaki

Ingredients

1/4 cup dry white wine
1/4 cup water
3 Tbsp. sugar
2 Tbsp. soy sauce
1/2 tsp. ground ginger
1 tsp. cornstarch
4 salmon steaks (6 oz. each)

Directions

Heat broiler. Combine wine, 3 Tbs. water, sugar, soy sauce, and ginger in a saucepan; bring to a boil. Dissolve cornstarch in 1 Tbs. water, add to soy sauce mixture. Cook and stir until thickened. Baste salmon with mixture. Broil 5" from heat, basting several times during cooking, for about 10 minutes per inch of thickness, or until just cooked through. Do not turn salmon. Serve with remaining sauce.

Black Bean Soup w/Onion, Cilantro and Lime Salsa

Ingredients

4 cups cooked black beans
1-1/2 cups chicken broth
1 Tbsp. garlic
1/2 tsp. thyme
Salt to taste
1 Tbsp. spelt flour
-- for Salsa --
1/4 bunch flat leaf parsley, washed and stemmed
1/2 onion, cut up
Juice of 1/2 lime
3 Tbsp sour cream, stirred to thin

Directions

Puree black beans and garlic in food processor, adding chicken broth as needed to help the blending. Put in saucepan. Add the rest of the chicken broth, salt and thyme. Cook over low heat about 15 minutes, check for thickness of soup. If needed, mix the spelt flour with water and stir into soup. Continue cooking over low heat for 10 to 15 more minutes. Puree the cilantro, onion and lime juice in processor and process until very smooth. Place in small bowl. Place sour cream in small bowl, and serve both with the soup, to be spooned on top of each serving. Makes 4-6 servings.

Ingredients

2 TBSp fish sauce
2 TBSp lime juice
1/4 cup brown sugar
1 TBSp paprika
2 tsp cumin
1 tsp ginger
2-3 TBSp olive oil
2 TBSp minced garlic
1 pkg flat rice noodles
2-3 cups bean sprouts
1 cup green onions cut into 1" pieces
Approx.200 g pre-cooked chicken or tofu, depending on your blood type & tastes

1/2 cup chopped peanuts
1-2 eggs, lightly beaten

Directions

In advance, cook the chicken or tofu, wash and chop green onions, wash/drain sprouts, lightly beat the egg with a fork, and begin boiling the water for the noodles in a large pan. Combine fish sauce, lime juice, brown sugar, paprika, cumin, and ginger in a small bowl. When the water in the pan is boiling and you are completely ready to begin, add the noodles (note: rice noodles overcook very easily). Place the olive oil, garlic and optional red peppers in a wok on a burner over medium-high to high heat. When the oil is very hot, add the sauce. Quickly drain the noodles and add them to the wok. Stir with a wooden rice paddle or other wooden utensil to coat the noodles with sauce, then push them to the side of the wok and add the egg. Let the egg cook up, then scrape and mix in with the noodles. Now mix in the chicken/tofu, green onions, and sprouts and let heat up briefly. Save a few bean sprouts for garnish, and garnish with peanuts (optional).

Veggie Barley

A Type Of stir-fry recipe that includes barley and several types of vegetables.

Ingredients

1 1/2 cups cooked barley onion 3 cloves of garlic,large
1 cup Bok Choy(the white part sliced thin) 4 large white mushrooms sliced thin
1/2 cup cooked spinach

Directions

Spray large sized frying pan with olive oil. Add the onion,a large one sliced thin. Stir and cook on a low flame. Add the chopped garlic. Stir. Add the Bok Choy. Stir and then cook over low heat for 3 minutes. Turn up heat and stir fry, over high heat. Lower heat and let cook, covered, for 3 minutes. Add sliced mushrooms to middle of pan, allowing the rest of the veggies to stay around the outside circle. Cook over low heat 3 minutes,covered. Add cooked spinach. Add Hulled (not pearl) barley . Stir. Serves 2

Greens and Beans

Ingredients

1 Tbsp. olive oil
1/2 onion, chopped
2 cloves garlic, minced
1 bunch Greens(collards, beet greens, spinach, kale)
1 T. miso, dissolved in 1/2 cup warm water
1 cup cooked black beans
1 cup cooked brown rice

Directions

Heat oil, add onions, saute until soft, add garlic, saute for about a minute, then add washed & coarsely chopped greens. Reduce heat and add miso dissolved in water. Let simmer until greens are limp. Add beans & rice, mix, heat through and serve. Additional seasoning is not really necessary because of the intense miso flavor. This also works well with fresh organic eggs poached on top of the greens instead of (or in addition to) the beans and rice. Serves 2.

Carrot Soup

Ingredients

2 Onions, 1/2 Turnip, 4 Carrots, 1/2 cup Red Lentils ,1 clove Garlic, Olive Oil

Directions

Saute onions, carrots and turnip in olive oil until sweated out. Add garlic and stock. Simmer until done. Puree when cool and adjust quantity of stock/water.

Peanut Butter Cookies (wheat free)

Ingredients

1 cup canola oil
1 cup peanut butter
2 eggs
1 tsp. vanilla
2 cups Spelt flour
1 tsp baking soda
1 cup oat flour (made from freshly ground whole oats in a blender)
2 Tbs soy flour 3/4 cup sugar
Optional:
1/2 to 1 cup of one of the following:
chocolate chips
chopped peanuts

Directions

Cream or mix oil, peanut butter and sugar. Add egg and vanilla. Stir in flour, soda, and one optional ingredient. Drop by teaspoonfuls onto cookie sheets and flatten with a fork. Bake at 180 degrees for 10 to 15 minutes, or until cooked.

New York-Style Cheesecake

Ingredients

Crust:

1/2 cup maple syrup
1/4 cup walnut oil
1 3/4 spelt flour
1/2 teaspoon vanilla

Filling:

32 oz. goat cheese
1 box (12 oz.) firm silken tofu
3/4 cup granulated sweetener
1 teaspoon vanilla
1/3 cup white spelt flour

Topping:

1/2 box (6 oz.) firm silken tofu
1 tablespoon walnut oil
1 1/2 teaspoons lemon juice
1/4 teaspoon salt
1/2 cup granulated sweetener
3/4 teaspoon vanilla

Directions

- * Preheat oven to 170 degrees F Coat a 9-inch springform pan with nonstick cooking spray.
- * To make crust: Combine all crust ingredients into a small bowl or foodprocessor and mix thoroughly. Press into the bottom of the prepared springform pan. Prick with a fork and bake for 10 minutes. Remove from oven, reduce heat and set crust to the side.
- * To make filling: Combine the goat cheese with the tofu in a food processor until smooth, scraping down sides when necessary. Add the granulated sweetener and blend until smooth. Add the flour and vanilla, blend, and pour into prepared crust. Place on top rack of oven, and place a shallow pan with water on the lower rack of oven. Bake for 50 minutes.
- * To make topping: While cheesecake is baking, process tofu until smooth. Add the remaining ingredients and blend.
- * After 50 minutes, pull cheesecake out of oven and spread on topping. Bake for an additional 10 minutes. Turn the oven off but leave the cheesecake in the oven for an additional hour. Remove from oven and allow to cool completely.
- * Refrigerate at least 8 hours before serving.

Chocolate Mousse

Description

A great dessert for chocoholics. But, if restricted, it's great without chocolate, and can be flavored with various extracts, used as a garnish over fresh fruit, with allowed cereals (granola) sprinkled on top..

Ingredients

1 pkg. firm, silken tofu, drained
1/4 cup. light honey
1/4 cup. fruit syrup
1/2 tsp. ground cinnamon
1 tsp. instant coffee
2 Tbsp cocoa
1/2 t. vanilla

Directions

Place the Ingredients in a refrig-Type Bowl with a tight cover. Puree until thoroughly mixed. Cover Chill ENJOY