

## Blood Type Diet- Recipes for AB blood group

Super smoothie

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### Can be used by

All types

### Description

use your favorite frozen fruit.

### Ingredients

1 cup frozen fruit (bananas, strawberries, blueberries, pineapple.)

Soy or rice milk to cover

add, half cup pineapple (or favorite) juice

Optional- 1tbsp protein powder

### Directions

BLEND, serve immediately!

Ginger, Lemon, and Walnut Muffins

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### Can be used by

All types

### Ingredients

Grated peel of 2 lemons

1 Tbsp. fresh ginger root

3/4 cup palm or raw sugar

1/2 cup olive oil or butter

2 eggs

1 cup sour cream, organic yogurt, or soy yogurt according to blood type

1/2 cup chopped walnuts (optional)

1/2 tsp. powdered ginger

1 tsp. baking soda

1/2 tsp. salt

2 cups spelt flour

**Directions**

Put lemon peel, fresh ginger, and sugar in food processor. Process until all large pieces are broken down (cut in small pieces first to assist). Add this mix to the oil and beat until well blended. (If using butter, beat until fluffy). Add eggs and yogurt, one at a time, mixing well after each addition. Add the chopped walnuts and stir. Sift the dry Ingredients together and add all at once to wet batter. Fold gently into the batter. Bake in greased muffin tins at 200 degrees , 20-30 minutes, or until center of muffin springs back when pressed gently with a finger. Can be made all in one pan like a cake

## Sweet Potato Pancakes

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**Can be used by**

AB,B,O

**Ingredients**

1 large sweet potato or 4 cups grated  
1/4 red onion, grated  
2 tablespoons chopped, fresh cilantro  
1 large egg  
1/4 cup spelt flour  
1/4 teaspoon salt  
1/4 cup olive oil or canola oil for cooking

**Directions**

Wash and rinse sweet potato; do not peel. Grate over a large plate. Add onion and cilantro. Mix in egg and flour until well incorporated. The mixture will be loose, but will form patties. In a large skillet, heat oil and carefully pan-fry each cake 4-5 minutes on each side. Once cooked, the pancakes can be kept warm in a 250-degree F oven for an hour or so. Makes 6 large dinner-size pancakes or 15 appetizer-size pancakes.

## Tuna Salad

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**Can be used by**

O,AB,B

**Description**

Serve on rice crackers for a snack

**Ingredients**

1 small can white tuna packed in water or olive oil (safcol brand) 2 tablespoons toasted walnuts 3 tablespoons shredded carrots 1 tablespoon diced onion 1 tablespoon chopped parsley 2 tablespoons soy mayonnaise sea salt & cracked black pepper to taste

**Directions**

Mix all ingredients and serve on toast for a sandwich, or on rice crackers for a snack.

## Apple Crumb Pie

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### Can be used by

All types

### Description

A wonderful pie for all blood types

### Ingredients

1 8 inch unbaked pie shell or 1 8 inch wheat free unbaked pie shell

4 large apples

1/3 cup fructose

1 tsp. coriander

1/2 cup honey

3/4 cup flour according to blood type (spelt preferable)

1/3 cup Nuttlex or butter according to blood type

### Directions

Peel apples, slice and place in unbaked pie shell. Sprinkle with 1/3 cup sugar and coriander. Mix together the 1/2 cup sugar and flour. Cut in margarine or butter until crumbled. Sprinkle over apples. Bake at 180 degrees for 50 minutes or until apples are done.

## Endive salmon salad

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### Can be used by

All types

### Ingredients

2 Endives

2-3 thin slices of smoked salmon

1 small onion

1 tbsp soy mayonnaise

### Directions

Chop the onion.

Slice the endives and smoked salmon very thin.

Mix all together and enjoy.

## Lentil patties

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### Can be used by

A,AB

### Ingredients

240 g. drained lentils (ie one tin) or cook your own  
2 eggs  
1 tsp paprika  
half tsp celtic salt  
half cup diced onion  
1 grated carrot  
1 cup chopped herbs & veg (chives, parsely etc)  
1 heaped dessertsp. rye or amaranth flour  
1 tablesp. olive oil

### Directions

Whisk eggs, add all other ingredients, form into patties and cook in olive oil, pressing down well from time to time to encourage a flat product. Cook until quite brown and crisp on both sides.

## Salmon & Rice

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### Can be used by

AB

### Description

white rice with a salmon sauce topping tasty and easy to prepare in 20 minutes your at the table!

### Ingredients

1 can of salmon or 1 large salmon steak  
3 tblsp. spanish olives  
1 small onion chopped  
3 cloves garlic chopped  
olive oil  
2 small cans tomato sauce  
2 cups white rice

### Directions

In a sauce pan put 2 cups of rice and 4 cups of water to boil Once boiling begins turn down to med. heat and cover for 17 minutes till done. In another fry pan add 3 tblsp olive oil , chopped onion and garlic till clear, add 2 cans of sauce and 1 half can of water and olives, let simmer for 10 minutes then add salmon including all juice in can simmer 10 minutes and serve over rice.

## Tasty Tofu Pumpkin stir fry

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### Can be used by

A,AB

### Ingredients

One small sugar pie pumpkin, diced (raw)One package honey sesame flavored baked tofu, diced (or flavor of your choice)About 1/4 teaspoon cinnamon. About 1/4 teaspoon nutmeg.,1/8 teaspoon cloves, Salt to taste (optional)serve over Brown rice

### Directions

While the rice is steaming, stir fry diced pumpkin in oil of your choice. (I used sunflower because I like the nutty flavor it adds.) When pumpkin begins to soften, add spices and stir fry for a minute or so. Add diced tofu and stir fry until tofu is heated through. Serve stir fried mixture over rice. Add salt if desired.

Makes 2-3 servings.

## Lentil soup

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### Can be used by

A,AB

### Description

A hearty soup for a cold winter's meal

### Ingredients

1 package dried lentils (red works best)  
1 carrot, chopped  
1 celery stalk, chopped  
2-3 portobello mushrooms, chopped  
1/2 onion, chopped  
1 tsp marjoram  
2 Veggie salt or celtic sea salt  
1 Tbsp salt  
6 cups water

### Directions

Bring to a boil, then turn down heat and simmer for about 1 hour. 8oz tomato sauce is optional (not for type A).

## Carrot-Tofu Soup with Dill

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### Can be used by

A,AB,O

### Description

Here's a very tasty recipe for carrot-tofu soup with dill (if you don't like tofu (yet) and are still trying to find ways to eat more, this is a good one -- you won't even know it's there). A bowl of this plus a nice salad makes a very satisfying meal.

### Ingredients

half kilo (500g) carrots, peeled & sliced

4 cups water

1 tsp salt

1/2 small onion

1 packet soft silken tofu, regular organic

1 scant Tbsp fresh dill or 1 tsp dried dill

1 tsp red miso or to taste

### Directions

In a medium saucepan, combine carrots, onion, salt, and water, and cook over medium heat until carrots are tender, about 15 minutes. Scoop carrots and onion out of cooking water; place in a blender or food processor. Add tofu, dill, miso, [white pepper], and a small amount of cooking water; puree. [6] Return puree to cooking water, mix well and serve immediately.

## Butternut Squash Soup

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### Can be used by

All types

### Ingredients

1 butternut squash, peeled, seeded & chopped, 2 cloves garlic, chopped, 1 can cannellini or garbanzo beans, drained, 1/4 c lemon juice, 1/4 c olive oil, 1 teas. dried mint, Salt & Pepper to taste

### Directions

Cover squash with water & cook till soft. Add garlic, lemon juice, beans and cook 10 minutes. Heat olive oil in a separate pan, add mint. Pour oil into soup, add salt & pepper & stir.

## Garlic Greens

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### Can be used by

All types

### Ingredients

1 1/2 to 2 pounds collard greens or turnip greens, boiled or steamed until tender

3 to 4 tablespoons olive oil or nuttlex

2 to 3 tablespoons minced garlic (about 4 large cloves)

salt and black pepper, to taste (opt)

hot chilli sauce (opt)

### Directions

Drain greens well.

In a large skillet or Dutch oven over medium heat, cook garlic in the oil until it just begins to brown. Add the drained greens; season to taste with salt and pepper if desired, then add a few dashes of your favorite hot sauce.

## Pumpkin Pie

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### Can be used by

A,AB,O

### Ingredients

1 cup honey

1/3 cup spelt or Rye flour

2 Tbsp. cornstarch or arrowroot according to blood type

1/4 tsp. salt

2 pounds pumpkin (about half a medium sized pumpkin)

2 Tbsp. maple syrup or molasses

1 Tbsp. vanilla extract or almond extract according to blood type

2 cups soy milk or rice milk

### Directions

Combine sugar, flour, cornstarch or arrowroot, and salt in a large bowl. Add pumpkin, molasses or maple syrup, and milk and blend well. Use 9 inch unbaked pie shell or 9 inch wheat free unbaked pie shell. Bake at 180 degrees for 40-60 minutes