

Pumpkin Muffins

Ingredients

3 eggs
3 slices of crumbled bread (Ezekiel works very well)
1 1/2 cups of pumpkin
1 tsp. pumpkin spice
1 tsp. vanilla
1 tsp. baking powder
1 tsp. baking soda
10 tsp. sweetener

Directions

Mix all of the Ingredients in a food processor and fill 6 greased (or non-stick is better) muffins tins. Bake at 350 degrees for 25-30 minutes. Let cool.

Carob-Walnut Brownies

Description

Diary-free and gluten-free Dessert.

Ingredients

1/4 cup melted butter (or Lighter Bake)
6 Tablespoons carob powder
1 cup sugar (or Sucanat)
2 egg whites
1/4 teaspoon salt
1/2 cup spelt or quinoa flour
2 teaspoons vanilla
1 cup chopped walnuts

Directions

Pre-heat the oven to 300 degrees. Mix the sugar, butter, egg whites salt, and vanilla together. Add the carob powder. Mix in the flour and then the walnuts. Put the mixture into a non-stick 8" x 8" pan (or use nonstick spray). Bake for 30 - 35 minutes. Let cool for 10 minutes before cutting.

Banana Carrot Cake

Ingredients

100g butter chopped, 1 cup raw sugar, 1 egg lightly beaten, 1 medium carrot coarsely grated, 2 over ripe bananas mashed, 1 1/2 cups rice flour, 1 tsp bicarbonate of soda, 1 tsp allspice, 3/4 cup chopped walnuts or pecans, 1 tsp xanthan gum. (I have added 1/4 tsp of baking powder but it isn't necessary)

Directions

Cream butter and sugar in mixer, add egg beat until combined, Add carrot and banana, sifted dry ingredients and nuts, stirring until combined. Spread into prepared 8" pan or ring pan. Cook in a moderate oven 180 degrees C for about 1 hour or until a skewer comes out clean. Stand in pan for 5 minutes before turning out. OR Melt butter and work into the rest of the ingredients, put into a large microwave ring pan and cook for about 6 1/2 minutes in a 900 W microwave oven. Leave in pan as above. Turn out and ice when cold. I use a plain butter icing, or you can sprinkle it with sugar. It is delicious.

Cumin Sweet Potatoes

A favorite Indian potato recipe substituting sweet potatoes for white. Have spices measured out at the start of cooking so that they can be added quickly.

Ingredients

1.5-2 pounds sweet potato, peeled, cut into 1" cubes
3 T olive oil
2 tsp cumin seeds
1 1/2 T ground coriander
1 tsp ground cumin
3/4 tsp sea salt, or to taste
1/2 tsp ground paprika
1 tsp mango powder (or 1-2 T fresh lemon juice)
1/2 C finely chopped fresh cilantro

Directions

Steam sweet potatoes until tender. Cool to room temperature.

Heat oil in skillet or wok over med-high heat. Add cumin seeds and cook 30 seconds (they should sizzle). Add sweet potatoes, ground coriander, ground cumin, salt, and ground paprika. Cook, stirring carefully until golden, about 10 minutes. Add mango powder & cilantro. Cook stirring, another 5-7 minutes.

Serves 4-6.

Bean salad

Description

highly beneficial for o's can adapt for other types using similar Ingredients.
bean salad.

Ingredients

Adzuki beans
red onion
parsley
red pepper
garlic
tumeric
kelp
olive oil
cayenne pepper

Directions

soak beans over night ,cook untill tender.finely dice red onion, red pepper,garlic and parsley. mix other Ingredients to taste and combine all Ingredients together serve either on its own or a side dish with meat etc.You can also add lemon juice and salt to taste.

Lemon and Almond Cake

Description

This is a Sephardic Jewish cake , the recipe for which was given out on TV while advertising Claudia Roden's book on Jewish cooking. Originally it had oranges but I substituted these for lemons to suit the Type O diet. I suspect that it would work equally well with Limes!
It is an unbelievably easy cake to make all you need is a little time

Ingredients

2 lemons
6 Large Eggs
9oz (250g) Caster Sugar
1 tsp Baking Powder
9oz (250g) Ground Almonds

Directions

1. Boil 2 whole lemons in a little water for 1.5 to 2 hours 2. Leave to cool 3. Remove the green stalks cut and remove the pips 4. Pulp in a hand blender to as smooth a consistency as you can get 5. Put the eggs in a bowl and combine with the sugar almonds and baking soda 6. Add the Fruit pulp to the mixture 7. Pour into a lined/ oiled/ floured 9 inch (23cm) cake tin with a removable base 8. Bake in a pre-heated oven at 190 oC /350 oF/Gas Mark 5 for just under an hour 9. Allow to cool before removing from the tin Serves 12

Chinese Stir-fry

Ingredients

2 bunches of bok choy
1 large onion
1 red pepper
2 bunches of fresh broccoli flowerettes
1/2 can to one can of chicken broth
soy sauce and cayenne to taste
2 to 3 TBS olive oil
brown rice or basmati rice

Directions

Cut up bok choy, chop onion, red pepper, and broccoli into small flowerettes. Saute the vegetables in the olive oil until tender. Add 1/2 can to one can of chicken broth. Cook 2 cups of rice and add to the vegetables. Simmer until everything is mixed well and thickens. Add soy sauce and cayenne to taste. Serves 4

Sweet Potato Chips

Ingredients

1 sweet potato(or more if you're feeling ambitious), Cooking spray , Salt , Cayenne pepper

Directions

Peel potato and using a knife or vegetable peeler or slicer/processor cut potato as thinly as possible. Spray cooking spray evenly on cookie sheet and lay out potato slices. Spray potatoes and bake at 450 for about 10 min or to desired color. Season while still hot. Store in a covered container at room temperature. Put back in the oven to freshen.

Salmon with Wakame Sea Weed

Ingredients

6oz Salmon(canned) w/bones
1 organic yellow onion
1 C. Wakame(Sea Weed)-@ your favorite Health food store
2 Tbls Cold 1st pressed Olive Oil
Garlic(as much as you like)
Cayenne
Salt

Directions

Open your can of salmon and drain. Mince or chop(whichever you prefer) your onion. Take Wakame and soak for 5 minutes in separate bowl (I use distilled water for everything)-then drain. Combine salmon, onion & wakame in a bowl - add your olive oil and the garlic as well(crushed)- season with as much cayenne as you like and salt to taste. Serves 1. Double recipe for additional O's!

Chicken Breasts with Artichoke Hearts

Ingredients

STUFFED CHICKEN BREASTS WITH ARTICHOKE HEARTS AND GOAT CHEESE

2 t olive oil, divided
t black pepper, divided
(4 oz) skinned, boned chicken breasts(Type O's omit pepper) I add garlic
3/4 c frozen artichoke hearts,1 c fat-free, low sodium chicken broth
thawed and chopped
2 T fresh lemon juice
1/4 c minced shallots (about 3)
2 t arrowroot, cornstarch or rice flour
1/4 c crumbled goat or feta cheese
Fresh parsley, chopped (optional)
1 t thyme, divided
Lemon rind strips (optional)
1/4 t salt, divided

Directions

STUFFED CHICKEN BREASTS WITH ARTICHOKE HEARTS AND GOAT CHEESE 2 t olive oil, divided 1/4 t black pepper,

Lamb Chili

Description

A hearty and incredibly flavorful chili highly beneficial for Type O
Great for company or leftovers-this chili gets more flavorful every day.

Ingredients

1 lb. Ground Lamb (I use local grazing lamb)
16 oz. aduki beans (dried or organic canned)
16 oz. black beans (dried or organic canned)
1 32 oz. can of whole tomatoes (or,in season, fresh from your garden)
1 large sweet onion
1 pkg. your favorite chili seasoning (O's-one without wheat)
1 TBS. olive oil
Make sure you soak your beans a day ahead if you are using dried beans.

Directions

In a large pot, sautee onions in olive oil. Add ground lamb and break it up as you cook thoroughly Add tomatoes and break up with wooden utensil Add soft aduki & black beans Add the chili flavoring of your choice and stir well Transfer to a crock pot and slow cook until very hot. Eat and enjoy. Serves 4-6

Chicken and Rice

Ingredients

boneless chicken breasts
1 cup wild rice
2 cups chicken broth
pinch salt

Directions

Bring chicken broth to a boil and add chicken breasts. When chicken breasts have completely cooked, add rice. Reduce heat to low simmer and continue to cook for 30 to 40 minutes, stirring occasionally.

Portobello Pizza

Ingredients

1-Portobello Mushroom
(cleaned, stem removed and chopped)
1-2 T Pizza Sauce that is compliant with Type 0
1 t - feta or goat cheese
1 T - Mozzarella
minced garlic to taste
2 C - mixed greens & veggies
1 T - oils (I mix 1 t each butter, olive oil & flaxseed oil)
Other toppings to your liking: fruit, meat, rice
You can really get creative with toppings.

Directions

Saute portobello in 1/2 oil & 1/2 garlic. Set aside.

Saute veggies & chopped mushrooms in 1/2 oil & garlic(if you do not use oils, you can steam the veggies & saute the portobello in teflon pan with minimum oil)

Spread pizza sauce on top of portobello; pile on chopped stems and veggies or other toppings to your liking; add feta & mozzarella cheese, place under broiler until cheese is bubbling & starting to brown

Tomato Soup

Ingredients

1 can Edgell whole peeled Roma tomatoes
Lots of fresh garlic
Lots of fresh ginger
Thinly sliced basil and coriander (cilantro)

Directions

Put first three ingredients in saucepan and then heat. Add basil and coriander just before serving.

Blackened Red Snapper

Ingredients

red snapper
1 tsp. cayenne pepper
1/2 tsp. dried parsley
1/2 tsp. garlic powder
olive oil cooking spray
lemon

Directions

filet fish
mix cayenne, parsley, and garlic powder.
spray non stick frying pan with olive oil cooking spray and heat to medium high heat.
dip fish in mixture coating all sides well.
Place on heated frying pan for 5-6 minutes,
flipping fish once. Fish should be opaque and
flaky at thickest part when it is done.
Sprinkle with fresh lemon if you prefer right before eating.
You can use this recipe with cod as well and probably other fish.

Turkey Burgers

Ingredients

Ingredients
1 pound ground turkey
1 egg
1/2 cup chopped onion
2 cloves garlic, minced
1/3 cup ground oats
2 tablespoons chilli sauce
2 teaspoons Dijon-style mustard
2 teaspoons white wine Worcestershire sauce
1/4 teaspoons salt
1/8 teaspoon pepper
1 tablespoon olive oil

Directions

Directions
Mix all ingredients in a blender except oil. Form mixture into four patties. Cook patties in oil in medium skillet over medium flame eight minutes or until patties are no longer pink in the centre; turn patties halfway through cooking time. Arrange on serving plate. (Burgers may also be cooked on your natural gas grill.) Makes 4 servings.

Mexican Beef

Description

This is a super-spicy mexican shredded beef cooked in a crockpot. Delicious on it's own or over rice.

Ingredients

1 3-5 pound chuck roast, trimmed of all visible fat

1 small can of chopped jalepeno peppers

1 Tablespoon olive oil

1 can of chopped green chiles

1 red pepper, minced

2 Tablespoons hot sauce

1/2 onion, minced

water

salt

cayenne pepper

Directions

Brown meat on all sides. Remove beef and put into crockpot, pour off fat and add some water to pan and scrape the burned bits off the bottom. Pour this over the roast.

Add all ingredients to the beef and additional water until it comes 1/3 the way up the side of the roast. Cover tightly and cook on high for 6 hours. Shred beef in crockpot with 2 forks, stir and continue to cook on low for 2-3 hours.

Serve over rice or with tortillas.