

## GASPACHO'S

Gaspacho (gazpacho in Spanish, gaspacho in Portuguese) is simply a soup made of raw vegetables, mixed in a blender and served cold. It is very popular in the south of Spain and Portugal. They are to be consumed daily or several times per week if possible. Their nutritional value is very precious due to their high content in all essential elements. In the winter or if you do not like cold soups you can heat them up, but only slightly or mix vegetables with already warm water. As we have seen previously, the enzymes that are so precious for us are very sensitive to heat.

### HOMEMADE ALMOND MILK – low fat

Almond milk is a standard base for certain smoothies and gaspachos. Almond milk is as high in calcium as is regular milk and is rich in vit D necessary to fix the calcium making it ideal substitute for milk. It is a good source of vitamins A and E, both antioxidants. \*\* see list of vitamins pg...

Makes 4 cups

- 1 cup of almonds best soaked for min 3h (or overnight) in purified or spring water
- 1TS of extract of vanilla (optional for smoothies only)
- 3 cups of water

Drain almonds and put in a blender with water. Mix for min 3min. Strain in colander or take off the foam from the top with a spoon (the fat from the almonds). You can keep in the fridge for 2 days.

\*\*\* For a quick homemade almond milk - if you have forgotten to soak almonds - put one handful of almonds with 2/3 cup of the boiling water and mix for 3 min. Take off the foam with a spoon and it is ready to use.

This receipt works with all the other nuts. If you prefer the sweet taste you can also add ideally stevia \*\* or 1-2 TS of agave syrup or even better stevia (especially for kids).

### MY FAVORITE GREEN GASPACHO

- ½ courgette
- 2 handfuls of spinach leaves
- 1 stalk of celery
- ½ avocado
- Water
- Salt and ground pepper to taste

Put all the ingredients in the blender and mix.  
Season to taste.

### CLASIC GEEN GASPACHO

- ½ cucumber
- ½ avocado
- Juice of ½ lemon
- 1 glass of almond milk
- Salt and ground pepper to taste

Put all the ingredients in the blender and mix.  
Season to taste.

### ORANGE GASPACHO

- ¼ Japanese pumpkin
- 12 sun dried tomatoes previously soaked in hot water for 3h or more
- 1 small courgette
- Salt and ground pepper to taste

### CUCUMBER GASPACHO

- ½ cucumber
- Juice of half a lemon
- ¼ of cup of pine nuts
- 1 glass of water
- Mint leaves
- 1 TS of olive oil or my favourite oil mixture
- Salt and pepper to taste

### TOMATOE GASPACHO

- 12 of small cherry tomatoes
- 1 small courgette
- ½ red pepper
- ½ a handful of pine nuts
- Coriander
- Water

### GASPACHO WITH FENNEL

- 1 red pepper
- 3 dried tomatoes
- ½ fennel
- 1 avocado
- 1 cup of water
- Salt (3 tea spoons) and pepper to taste

### PUMPKIN AND GINGER GASPACHO

- 2 cups of pumpkin
- 2 cups of carrots
- ¼ cup onion
- ¼ cup celery root
- 2TBS of olive oil
- 1.5tsp of apple cider vinegar
- 1tsp of salt
- 5cm of ginger juice (grate)
- 4 cups of water
- Herbs

### AVODADO LIME GASPACHO

- 2 avocados
- ¾ of a medium cucumber
- 1 stalk celery
- Juice of 1 lime
- Small handful of fresh coriander (cilantro)
- 2 teaspoons cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon salt
- 1 teaspoon tamari
- 1 cup water (if wanting warm soup use hot water)

### KREAM OF BROCCOLI w/ RED PEPPER KREAM

#### Base

- 1 chopped broccoli
- 1 cup spinach
- 1 cup cashew nuts
- 1 cup extra virgin olive oil
- 2tsp of sea salt
- 2 cups of water

#### Red Pepper Kream

- ½ cup cashewnuts
- 1 cup seeded and chopped red bell pepper
- 1TBS of lemon juice
- 1tsp of salt
- 2 tsp of filtered water

Place all the base ingredients in a high speed blender and blend until smooth. Use a small blender to blend the ingredients of Red Pepper Kream. Top each portion with a dollop of Red Pepper Kream and serve.

Play to obtain the taste that suits you by adding different herbs or nuts. Nuts will give you the proteins and quality fats. You can also find some great receipts on the web. Try some from Robyn \*\* or Russels raw chefs from Australia's recipes .

\*\* <http://girlonraw.com/recipes/> or Russel James [www.therawchef.com](http://www.therawchef.com)