

Spring via Spain: Fresh Tastes with a Twist

recipes by Eva Rawposa

Looking to other countries is a great way to broaden your family's palate! And kids of all ages love learning about new places. This month, take a trip to Spain – without leaving your home! To celebrate the season of growth, raw chef Eva Rawposa shares five recipes that give your usual dinnertime fare an international twist. Looking for a new rice dish? Make it from cauliflower, and skip the stove – uncooked, it retains all of the vitamins and fiber for a delicious and nutritious paella or “rice” pudding. Instead of starting with a winter soup, take a fresher turn with a traditional gazpacho or a fennel and grapefruit salad.

Eva tells us about the different rhythm of eating in Spain:

- They don't eat a proper meal in front of the TV. Ever.
- They don't take food to their rooms or scarf it down.
- They sit, at the table, with family, and have a lively conversation. Sometimes... for a really long time. It's time to enjoy and connect!
- After lunch (which is never anything like a PB&J sandwich and is often three courses), they take a siesta (that means it's nap time for the whole country, and most shops and restaurants are not even open!).
- They finish working after the nap.
- After work, they go to a bar for tapas and more conversation, where they have a beer or wine and munch on the snacks at the table.
- After that, they come back home for a late and light dinner.



Éva Rawposa (not your average tree hugger!) has been a prominent advocate for the living foods lifestyle since 2007, and has taught classes (virtually and in person) to literally thousands of individuals. Éva turned her own life and health around with the power of living foods, and healed quickly, easily, and intensely. Now it's her passion to share what she's learned (and continues to learn!). Her website is www.Uncooking101.com.



iSalud! Sangria

NON-ALCOHOLIC SANGRIA INGREDIENTS

3 cups Grapes (optional: freeze them)
1/2 cup Filtered Water
2 1/2 cup Sparkling Water
1 cup Ice
2 tablespoons Lime Juice (approx. 1 Lime)
8 oz. Orange Juice (approx. 1 1/2 Oranges)
4 oz. Grapefruit Juice (approx. 1/2 Grapefruit)
1/2 tablespoon Beet Juice
1/4 cup liquid sweetener like Coconut Nectar
Sliced Limes and Oranges to garnish

INSTRUCTIONS FOR NON-ALCOHOLIC SANGRIA

- Blend grapes, 1/2 c filtered water & 1/2 c sparkling water, then strain with a nut milk bag. Note: if you froze the grapes, you will want to use thick gloves on this step because it will be coooold! But well worth it because the frozen grapes are extra sweet and make the sangria taste even better.
- Juice 1/2 of a peeled beet. If you do not have a juicer, you can put the beet with some water and ice in a blender, then strain with a nut milk bag.
- Juice the citrus items.
- Blend juices with agave, remainder of sparkling water and ice.
- Add sliced limes and oranges to each glass and a touch to the pitcher.

WINE-BASED SANGRIA INGREDIENTS

Equal parts Organic Wine & Sparkling Water
4 oz. fresh Orange Juice
2 tablespoons Lime Juice
Sliced Limes and Oranges to garnish

INSTRUCTIONS FOR WINE-BASED SANGRIA

Combine wine, sparkling water, orange juice, and lime juice in a lovely jar, then add sliced lemons and limes to garnish.



Botana: Diana's Garden Gazpacho

GAZPACHO INGREDIENTS

4 medium vine-ripened Tomatoes
2 stalks Celery
1.5-inch section of medium Cucumber
1 teaspoon Lemon Juice
1 tablespoon Olive Oil
1 1/2 tablespoons Water
1 small clove Garlic
1/4 teaspoon Sea Salt

GARNISH INGREDIENTS

1/2 Tomato, diced
1/2 tablespoon finely chopped Parsley
1 sprig Parsley

INSTRUCTIONS

- Blend gazpacho ingredients in a blender until smooth.
- Add garnish to the top, and enjoy!



Ensalada: Fennel, Grapefruit & Almond Salad

SALAD INGREDIENTS

- 1/2 head of Red Romaine Lettuce
- 1/4 Avocado, diced
- 1/4 Grapefruit, chopped
- 20 skinless Almond Halves (see instructions)
- 1 tablespoon Raisins
- 1 full strip of Fennel, trimmed from stem
- Sea Salt and Pepper to taste

DRESSING INGREDIENTS

- Juice of 1 Orange (approx. 4 fl. oz.)
- 1 tablespoon Olive Oil
- 1 tablespoon Apple Cider Vinegar
- 1/2 teaspoon Salt
- 1/4 teaspoon Dill Powder

INSTRUCTIONS

- Chop romaine lettuce.
- Add salad ingredients (other than salt/pepper) individually to the top of the salad.
- Shake up dressing ingredients, then add to the top of the salad.
- Add sea salt and cracked pepper last.

NOTE ON ALMONDS

- Soak almonds overnight, then rinse well.
- Put almonds in warm (not hot) water for about 20 minutes to soften skin.
- Remove skin from almonds by pinching hard between thumb and forefinger. This will take a bit of practice to get used to, but it should be a very quick process once you do.
- I have seen blanched almonds in raw recipes, which – to be quite frank – seems strange to me. This method can be done in place of blanching almonds as a way to remove the skin. Blanching is easier... but the recipe would be far from raw once you have boiled the ingredients!



Plato Principal: Mushroom & Onion Paella

RICE & PAELLA MAIN INGREDIENTS

1 large head Cauliflower
1 large Red Bell Pepper
1 medium Orange Bell Pepper
1 cup Red Cabbage, chopped
1/2 cup Sun-dried Tomatoes, soaked
2 medium Tomatoes
1 cup Parsley

SAFFRON DRESSING INGREDIENTS

1/4 cup Olive Oil
1/8 cup Apple Cider Vinegar
1 medium Tomato
2 teaspoons Sea Salt
1 teaspoon Black Pepper
1 teaspoon Paprika
1/2 teaspoon Saffron, soaked in warm water

MUSHROOM & ONION TOPPING

8 oz. Baby Bella Mushrooms, sliced
1/2 Red Onion
1/2 White Onion

MUSHROOM & ONION MARINADE INGREDIENTS

1/4 cup Apple Cider Vinegar
1/8 cup Coconut Aminos
1/2 cup Water
1/4 cup Olive Oil
2 cloves Garlic, minced
1 teaspoon Black Pepper
1/2 teaspoon Sea Salt

FOR GARNISH

Lemon Zest
Parsley

INSTRUCTIONS

- Marinate the mushrooms and onions.
- Add about 1 cup of roughly chopped cauliflower into the food processor. Pulse until the cauliflower pieces have been cut down to between the size of couscous and rice. Add this “rice” into a bowl, then repeat with the rest of your cauliflower.
- Put the following into the food processor (in this order, bottom to top): parsley, sun-dried tomatoes, red cabbage. Pulse. Chop, then add the bell peppers, pulse again, then add the tomatoes last.
- With a blender, blend the dressing ingredients until a liquid.
- Hand mix the “rice”, other paella base ingredients, and dressing.
- Add marinated mushrooms to the top of the paella.





iLa Dulce Vida! “Rice” Pudding with Cinnamon & Raisins

RICE INGREDIENTS

1 cup Cauliflower

SWEET ALMOND CREAM INGREDIENTS

2 cups Almonds, soaked

2 cups Water

1/2 cup liquid sweetener, like Coconut Nectar

TOPPING INGREDIENTS

2 teaspoon Cinnamon

2 tablespoons Raisins

Orange zest

INSTRUCTIONS

- Blend almond cream ingredients, then strain with nut milk bag to separate the liquid from the pulp.
- Chop cauliflower as in the paella instructions.
- Soak cauliflower in almond cream overnight or for a full 24 hours in an airtight container in the fridge. Drain and separate the liquid.
- Add topping ingredients when ready to serve.