

Herbal Legacy Recipes

Watermelon Tomato Gazpacho

Contributed by Claudine Benson
Adapted from Raw Food / Real World
Serves 4

Ingredients:

- 3 cups seeded watermelon plus 1 cup seeded watermelon, diced small (keep separate)
- 1 cup seeded tomato, diced small (about 2 tomatoes)
- 1 cup cucumber, peeled, seeded & diced
- ½ cup red/green bell pepper, diced
- 1 green onion (white plus 1" green), minced
- 1 t Fresh ginger, sliced & minced
- 2 T fresh lime juice
- 1 t sea salt (or Real Salt)
- Freshly ground black pepper

Directions

1. Puree 3 cups of seeded watermelon\
2. Combine all ingredients
3. Stir to combine. Chill.
4. Ladle into chilled soup bowls & serve.

Note: While seedless watermelons are much easier to handle, they are highly hybridized (the same goes for seedless grapes and citrus), which changes both texture & flavor. Hybrid plants are generally inferior to original wild plants, with less minerals and a lower life force. So for raw food purposes, they are an inferior product.