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LIVE VIBRANT. LIVE RAW. LIVE VEG.

ETERNITY WATCH

A Holistic View of Life with Diabetes

PLUS

*Raw Vegan Recipe:
Blissful Raw Orange
Fennel Bar*

*Money Wise and
Money Smart*



Jennifer Strohmeier is the author and photographer of [Pure Thyme](#), a blog that shares her passion for pure food, that is simple and delicious. An [award-winning recipe developer](#), her goal is to make a healthy diet so easy and delicious to follow that the whole family can incorporate it into their lives. She inspires you to have fun, live well, find balance and embrace a holistic lifestyle. Jennifer lives in Georgia with her husband and three children. Follow her adventures at [purethyme.com](#).



Spring Onion Farro Fritters with Fresh Peas, Asparagus, Radish & Tahini-Mint Dressing

Serves 4

FOR THE FRITTERS:

3 tbsp ground flaxseed
2/3 cup spring onions, finely chopped
2 cups cooked farro
1 cup grated carrot
1 cup panko crumbs
2 garlic cloves, minced
1/2 tbsp chopped fresh thyme
3 tbsp whole wheat flour
2 tbsp mashed avocado
Freshly ground black pepper, to taste

FOR THE SALAD:

1 (5 oz) container of baby spring mix
1 cup fresh peas

1/2 pound asparagus, stalks trimmed off, cut remaining stalks and tips into 2-inch pieces
4 large radishes, thin sliced

FOR THE DRESSING:

1/4 cup smooth tahini
1/2 cup lightly packed mint leaves
1/2 tbsp pure maple syrup
3 tbsp fresh lemon juice
2 tbsp water

1. Make the Fritters: Preheat the oven to 400 degrees F and line a baking sheet with parchment paper or non-stick baking mat.
2. In a small bowl, stir together the ground flaxseed and 9 tablespoons water. Set aside.
3. In a large bowl, combine onions and next 8 ingredients. Stir in the flaxseed mixture and season with freshly ground black pepper, to taste.

4. Shape the mixture into 12 equal patties. Arrange patties onto prepared baking sheet. Bake the fritters until golden brown, about 20 minutes, flipping once halfway through the baking time.
5. For the Peas and Asparagus: Bring a pot of water to a boil. Add peas and asparagus tips and blanch for 3 minutes until bright green and slightly tender. Drain and rinse in cold water.
6. Make the dressing: In a food processor, combine all ingredients and process until smooth.
7. To assemble the salad: In a large serving bowl, toss together the spring mix, radish, peas and asparagus. Drizzle desired amount of dressing on top. Toss until fully coated. Divide salad equally among four plates or bowls. Arrange four fritters on each plate. Drizzle remaining dressing on top. Serve Immediately.

Chantale Roy



Sarah McMinn

Nava Atlas



Doug McNish

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