

CILANTRO PESTO RECIPE



Cilantro's Health Benefits

Heavy metal poisoning is rampant in our world today and especially if you live in a large metropolitan area. Not to mention those with the old mercury amalgam fillings in their mouth. It is a major cause of hormonal imbalances, cancer, thyroid problems, neurological disturbances, learning problems, depression, food allergies, parasites, and lots more.

This is a really great recipe that is not only easy to make but also really yummy, and it can help you to remove heavy metals and toxins from the body!

Cilantro is truly a healing food. This recipe can be used to help detoxify your body or just use it as a preventative measure; 2 teaspoons a day is all you need to take although I would bet you can't stop there – it's just too yummy! Actually we have a hard time eating just one or two bites – within a few minutes the freshly made batch is pretty much gone!

This pesto has now become a regular in my diet every week. Try it on everything – fish, meat (along with my garlic dip recipe), celery, Portobello mushrooms, etc. Enjoy!

Cilantro Pesto

1 clove garlic

1/2 cup almonds, cashews, or other nuts – I have been using walnuts

1 cup packed fresh cilantro leaves or more (and smaller stems)

2 tablespoons lemon juice (a professional chef recommends just one Tbsp of lemon juice; too much makes it too tart)

6 tablespoons olive oil

Celtic Sea Salt to taste

Pinch of cayenne pepper

Blend the cilantro and olive oil in a blender, add other ingredients to make a nice smooth paste, then go ahead and add some nuts and/or seeds: pistachio,

cashews, almonds, pumpkin seeds, sunflower seeds, you name it. Have fun. This recipe does not have to be perfectly measured. Add it to your favorite pasta and serve warm or cold. Remember, cayenne pepper added to anything has the effect of making all the other ingredients work better. Simple fact.

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=70> Cilantro/Coriander Health Benefits

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=140> Cayenne Health Benefits