

Health Benefits of Cilantro

coriander, Chinese parsley, dhania

one of the world's oldest spices dating back to 5000 BC
may prevent cardiovascular damage

anti-diabetic activity
strong antioxidant
benefits digestive system
anti-inflammatory benefits
rich in phytonutrients
good source of dietary fiber
good source of calcium
lowers levels of LDL ("bad" cholesterol)
increases levels of HDL ("good" cholesterol)
reduces feeling of nausea

heavy metal cleanser
improves quality of sleep
may lower blood sugar
decreases oxidative stress
antifungal properties
antibacterial properties
antimicrobial properties
contains nine antibiotic compounds
promotes healthy liver function
stimulates endocrine glands

Cilantro Pesto

1-2 garlic cloves
raw pine nuts or raw sunflowers seeds
1 cup packed fresh cilantro leaves
some fresh parsley (optional)
1 jalapeno pepper or chili pepper/powder
2 tablespoons lemon or lime juice
6 tablespoons olive oil (cold press, extra virgin)
¼ tsp cumin
Himalayan salt & ground pepper to taste
Put the cilantro & olive oil in blender & process until cilantro is chopped. Add the rest of the ingredients & process to a lumpy paste. (You may need to add a touch of hot water) It freezes well, so you can make several batches at once. Avoid contacting cilantro with metal cookware or utensils.
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