Health Benefits of Cilantro

- One of the world's oldest spices, dating back to 5000 BC, may prevent cardiovascular damage.
- Anti-diabetic activity.
- Strong antioxidant benefits.
- Digestive system benefits.
- 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 sunflower seeds
- 1 cup packed fresh cilantro leaves
- Some fresh parsley (optional)
- 1 jalapeño pepper or chili pepper/powder
- 2 tablespoons lemon or lime juice
- 6 tablespoons olive oil (cold press, extra virgin)
- 1/4 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 cooking cilantro with metal cookware or utensils.

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