

Cilantro Pesto

With the availability of cilantro year round and the ease of growing in our climate, this sauce can be enjoyed with every season. Cilantro has been found to remove heavy metals like mercury, aluminum, and lead from the body. It contains antibacterial compounds, helps to reduce bad cholesterol (LDL) and increases good cholesterol (HDL).

The benefits of cilantro may include an ability to help control blood sugar and fight inflammation. The antioxidants found in cilantro help reduce free radical damage from exposure to sunlight. Research shows that daily use of cilantro helps in preventing skin cancer. Cilantro is also a natural anti-inflammatory and helps to alleviate the symptoms of arthritis.

Use as a topping for [Sunflower Dill RAWgles](#)

Meta Fields

News Recipe :

Ingredients:

- 2 bunches cilantro, stalks and leaves
- 1 cup sprouted nuts or seeds ~ a mix of [almonds](#), [walnuts](#), [pumpkin](#), [hemp](#) or [sunflower seeds](#)
- 1/4-cup olive oil
- 2-4 fresh garlic cloves, chopped
- juice of 2 lemons or limes
- 1-2 Tbsp shiro miso*
- 1-2 Tbsp nutritional yeast 1/2 tsp Pure Ocean Aquifer Salt

* *Shiro miso is made from white rice and is the sweetest and lowest sodium miso.*

Mindful Preparation:

1. Carefully wash cilantro to remove any dirt. Dry in a salad spinner. Remove the very

bottom of the stem, but use most of the stalk and all the leaves.

2. Blend all ingredients in the bowl of your food processor until smooth. This sauce will keep for up to 1 week refrigerated. If the top oxidizes just scrape off a thin layer before serving.