



## Cilantro Jalapeno Dressing

- 1/2 small onion
- 1 jalapeno pepper (leave in seeds for more spice)
- 2 cup cilantro
- 6 Tb Tamari
- 1/2 cup olive oil
- 1/2 cup apple cider vinegar
- 1 Tb super greens powder (optional)
- 2 Tb kelp granules
- Pinch stevia (optional)

Put all ingredients into a blender. Blend until smooth.

### **Nutritional Information**

Cilantro detoxes heavy metals. It is also anti viral, antibacterial, helps cleanse the colon and lowers candida.

Onions contain sulfur which has been linked to cardiovascular health, by preventing blood platelets from clogging. Onions has been also linked to lower cholesterol. Onions work to prevent the growth of cancer and can

increase bone density. They contain CQ10 which human body gradually loses we age. CoQ10 plays a crucial role in the production of energy for all cell functions.

Tamari is the liquid that is formed around the 1-2 year old hatcho miso. It has the koji (beneficial bacteria), is high in amino acids because it contains all the protein that comes off of the miso as it ferments. It is high in tryptophan which is the amino acid that the body uses to make serotonin, the neurotransmitter that slows down nerve traffic so your brain isn't so busy.