

Cilantro Pesto

This is great as a spread on celery, as a dip for raw vegetables you can toss it with zucchini, kelp or buckwheat noodles.

1-2 garlic cloves chopped
¼ cup raw pine nuts or raw sunflowers seeds
1 jalapeno pepper seeded and chopped
2 tablespoons lemon or lime juice
6 tablespoons olive oil, cold press, extra virgin
Celtic sea salt & ground pepper to taste
1 cup packed fresh cilantro leaves

- Add cilantro to a food process and process until chopped
- Add in nuts, garlic, jalapeno pepper, lemon juice, salt, pepper and olive oil
- Process to a paste (you may need to add a little water)
- Taste to for salt
- Serve or store in refrigerator. It will keep about 4 days

This freezes well so you can make up a double batch. It is a great way to use up extra cilantro .