



Dandelion Naturopathic Clinic  
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## Coriander Pesto

From Lorna Sass' *Complete Vegetarian Kitchen*

Great served over plain boiled beans or grains, or on bean and grain salads.

Cilantro is not only delicious, and cleanse-friendly, it also binds heavy metals, supporting detox as it nourishes ☺

1/3 cup olive oil  
3 tbsp freshly squeezed lime juice, approximately  
1 cup tightly packed minced fresh cilantro (coriander)  
1/4 cup pine nuts or walnuts, finely chopped  
1 large clove minced fresh garlic (or more to taste)  
1 tsp mild chili powder  
1/2 tsp whole cumin seeds  
1/8 tsp ground cinnamon  
3/4 tsp sea salt, or to taste

1. In a food processor or jar, combine all the ingredients.
2. Use immediately or store in a well-sealed container in the fridge for up to 4 days.

Makes 1/3 cup