

Power Pesto!

My friend gave me her recipe for a Coriander Pesto which was said to help detoxify heavy metals from our body.

All the same, there were ingredients not suitable for me, so along came what I now call Power Pesto—inspired by the original recipe I was given.

I will give you both, so you can make the versions you feel good for you! Do make Power Pesto. I am sure you will be surprised how good it is. One friend, not into Coriander at all was amazed how much she enjoyed and tolerated this version.

Enjoy it in so many ways: a whole tablespoon spread on Crusty Bread toast, layered over steamed vegies, with pasta, as a side to salad, used as delicious dip, and wrapped into roll ups with loads of fresh garden greens and hommos.

Yummy simply on its own—by the spoonful!

How the name came about:

Making a fresh batch while not feeling my best brought about the name. I was partially recovered from a cold, and that morning seemed to have a resurgence of head cold and flu like symptoms.

Consequently I was clumsy in action and forgetful in following the recipe. After completing the batch, I settled to enjoy a slice of toast with a good tablespoon of Power Pesto. Yum, I thought to myself!

While chewing and checking for flavours in this new batch, I realised I had omitted the salt. Out of the jars came the Power Pesto and back into the blender with salt.

Strange as it may seem, adding one teaspoon of salt had an unexpected outcome—two tablespoons of fresh pesto wouldn't fit back into the jars. An easy answer came to mind. Enjoy another slice of toast heavily dressed with Power Pesto.

Better flavour, but something was missing. Ah ha, yes. Garlic wasn't there. The head cold surely had effected my senses of smell and taste.

Back to the blender for the third time to add the garlic.

Again, two more tablespoons of Power Pesto would not fit back into the jars! Okay, so, what to do with it? My usual logic would not have been inclined to eat another two tablespoons!

However, I recognised an intuitive, or inner nudge. So I tuned in with my stomach. Yes, it would handle another round of toast and pesto.

Two hours later there was no sign of my flu returning. I felt clear and energetic. What an effective and powerful ' vitamin, mineral and antioxidant food' it must have been to helped bring this unexpected result. Hence the name of Power Pesto.

My bodies systems had been accepting of the needed nutrients in this blend—nutritional tools that help shrug off the beginning head cold and flu like symptoms in a hurry!

How the name came about:

Ingredients:

- ✓ 1/3 cup Pepitas
- ✓ 1/3 cup Sunflower seeds
- ✓ 2/3 cup Brazil nuts
- ✓ 4 teaspoons red Sea Dulce flakes (sea minerals and iodine?)
- ✓ 1/2 - 1 teaspoon Himalayan or Celtic salt (approx 84 trace minerals from the sea)
- ✓ 6 cloves of garlic (known for antioxidants)
- ✓ 1/3 cup fresh lemon juice (known for vitamin C and antioxidants)
- ✓ 2/3 cup of oil made up of:
 - ✓ 1 tablespoon Wheat Germ Oil (vitamin E)
 - ✓ 1 tablespoon of Pumpkin Seed Oil (some raw fatty acids)
- ✓ 2/3 cup with Macadamia Nut Oil. (This is a delicious blend of oils with good fatty acids...for me at least! If you are unable to locate the other oils, Macadamia or Olive oil alone are tasty and nutritious.)
- ✓ 4 cups of chopped Coriander leaf including all soft stems. (Coriander is calming to the digestive system and has been used widely throughout history--including used by Hippocrates and other Greek physicians--according to Mrs M Grieve in A Modern Herbal p221 -222. The Essential Oils Desk Reference p52-53, compiled by Essential Science Publishing, speaking of the essential oil of Coriander, says ' Medical Properties: Anti-inflammatory, sedative, analgesic. Uses: Diabetes, arthritis or intestinal problems. Fragrant influence: Soothing and calming.')

Method:

Place all ingredients into a food processor and blend until smooth. Place into containers and store in the fridge or freezer.

My Friends' Original Coriander Pesto

Summarised in brief:

- ✓ 4 Cloves of garlic
- ✓ 1/3 cup Pumpkin seeds (zinc, magnesium)
- ✓ 1/3 cup Sunflower seeds (cysteine)
- ✓ 1/3 cup Brazil nuts (selenium, magnesium)
- ✓ 2 tpsn Dulce powder
- ✓ 4 tablespoons lemon juice (vitamin C) – use ripe lemons
- ✓ 2/3 cup of flaxseed oil
- ✓ 2 cups packed with Coriander (vitamin A)
- ✓ Sea salt to taste

Author of the recipe not known. The recipe reported that coriander has been shown to chelate from our bodies, toxic metals in a short time and recommended two teaspoons a day for a three week cleanse each year.