

# Cilantro Pesto

1 Bunch Cilantro

1 Bunch Parsley/ Basil/ Mint

Half Cup Blonde or Black Walnuts and/or Pine Nuts/ Pumpkin Seed

1/4 Cup Olive and/or Flax or Udo's Oil

1/4 Cup Coconut Oil

2T Miso Paste

Red or Pink Salt

2-4 Cloves of Garlic

Juice of 2 Lemons

Lemon Peel From Half Organic Lemon

1-2 Cups Aloe Juice

Optional: Spirulina Powder and/or Fresh Rosemary

Place all in blender and blend well.