

# Power Pesto!

Picture: Light Meal of Power Pesto on Awesome Crusty Bread



Let me introduce you to Power Pesto. My friend had given me a recipe for a Coriander Pesto. Delicious, it was also said to help detoxify heavy metals from the body.

There were ingredients not quite suitable for me. Those adjusted, pesto has now become a home favourite. I vary the flavour by using two or three herb mixtures of basil, lemongrass, rosemary, parsley, and coriander.

One morning I made a fresh batch. A head cold and flu like symptoms found me clumsy in action and evidently

forgetful in following the recipe.

After I'd completed making the recipe, I settled to enjoy a slice of toast with a tablespoon of pesto. Quickly, I realised that I had omitted the salt. So I took the pesto out of the jars and placed it back into the blender to mix the salt through thoroughly.

Oddly, mixing just one teaspoon of salt into the blend had an unexpected outcome—two tablespoons of fresh pesto would not fit back into my only storage jars. I ate another slice of toast heavily dressed with Power Pesto.

A better flavour. Still something was missing. Ah ha, yes, the garlic. Back to the blender to add garlic. Again, two tablespoons of Power Pesto did not fit into the jars. I would not normally have eaten *another* two tablespoons of pesto!

However, I recognised an intuitive nudge to eat a third round of toast and pesto. I did enjoy that third helping. Two hours later I realised I had no signs of head cold or flu. I remained clear and energetic.

Truly, I had felt badly that morning and had done nothing else to help improve my wellbeing. I thought to myself, *'What a powerful 'vitamin, mineral and antioxidant food' combination this recipe must be to have brought me such a beneficial result!'* Hence the name of Power Pesto.

<p><b>Ingredients:</b>          1/3 cup pepitas          1/3 cup sunflower seeds          2/3 cup Brazil nuts (Or walnuts, macadamia or pecan nuts)          4 teaspoons red sea dulce flakes          1/2 - 1 teaspoon Himalayan or Celtic salt          6 cloves of garlic          1/3 cup fresh lemon juice</p>	<p>Full rind of the lemon (amount to suit your taste)          2/3 cup of oil made up of:          1tablespoon wheat germ oil          1 tablespoon of pumpkin seed oil          2/3 cup with macadamia nut oil          (At times I use 2/3 cup of macadamia or olive oil instead)          4 cups of chopped coriander leaf including the soft stems.</p>
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## Method

Place all ingredients into a food processor and blend until smooth. Place into containers, cover with a light layer of olive oil, cap, and store in a fridge or freezer.

## Serving Suggestions

As a dip, on Crusty Bread, layered over steamed vegies, mixed into pasta, as a side to salad, in wrap, sandwiches or rolls, with salad, avocado, dried tomatoes, olives and hommos.