

Sweet Cilantro Chutney

Ingredients:

- 1 whole bunch of Cilantro
- 1 whole bunch of Mint
- 4 Dates, pitted
- 1 Lemon, juiced
- 1 tsp of ground Cumin
- 1 tsp of ground Garam Masala
- 1 tsp Sea Salt
- ½ tsp ground Pepper
- 2 Cups of Coconut Water
- 2 Green Chili Peppers (optional)
- 2 TBL Aloe Vera Gel or Liquid (optional)

Directions:

Blend all ingredients together at once. Serve or store in refrigerator. The cilantro is an excellent detoxifier and the spices provide warmth and balance to your dish. This recipe fills a whole mason jar and keeps in the refrigerator for up to 3 weeks!