



SPICY CILANTRO CHUTNEY

MICHAL ADI

COMPLETE BOOK OF RAW FOOD

SOURCE: CHILDREN OF MINE PROGRAM

Ingredients:

4 bunches cilantro
4 jalapeno peppers
1 to 1 ½ teaspoons salt
3 Tablespoons oil

Directions:

- 1) Process the cilantro, jalapenos and salt in a blender.
- 2) Gradually add the oil.

Materials: 4 bunches cilantro, 4 jalapeno peppers, salt, olive oil, blender, knife, cutting board, measuring spoon, compost butter