Cilantro Chutney

Makes about 2-3 cups

Ingredients:

- 1 whole bunch of Cilantro
- 2 Green Chiles
- 1 whole bunch Mint
- 1 cup dried unsweetened Coconut flakes
- 4 TBL Coconut Sugar
- 1 Lemon, juiced
- 1 tsp ground Cumin
- 1 tsp ground Garam Masala
- 1 tsp Sea Salt
- ½ tsp ground pepper
- Pinch Cayenne Pepper
- 2 cups Coconut Water

Directions:

Place all ingredients in a high-speed blender and blend until smooth.

Taken from: Health Moon, LLC www.MuneezaAhmed.com