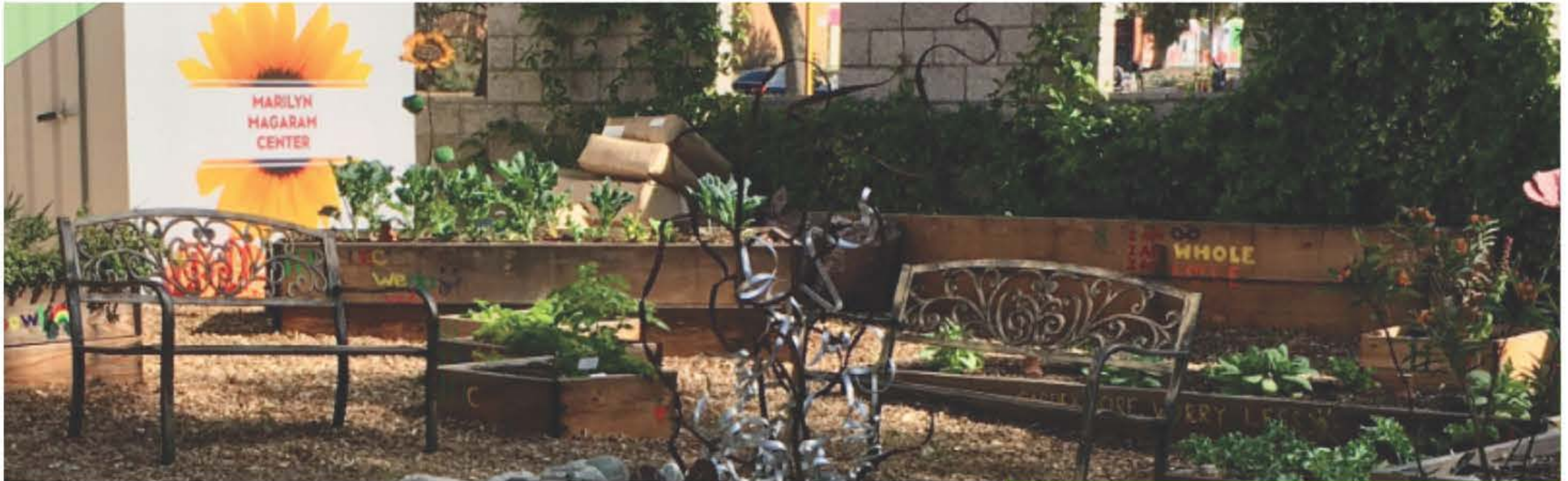
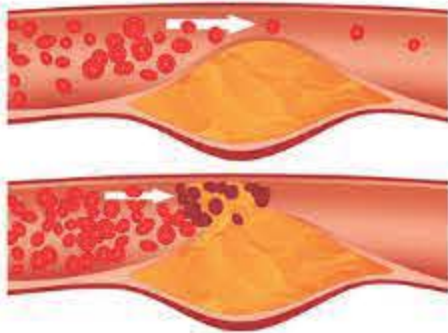


Herb of the Week: **CILANTRO**



Health Benefits

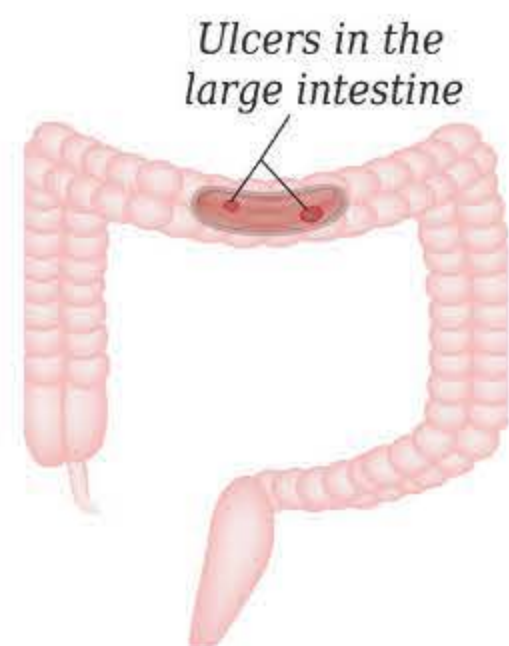
REDUCES CHOLESTEROL LEVELS



Contains healthy fats and vitamin C that keep arteries healthy.

HELPS CURE ULCERS

Its extracts can lower colon inflammation



ENHANCES BONE HEALTH

Contains calcium to help bones



Kitchen Tips

**GARNISH SOUPS
AND PASTAS**

**CAN BE USED RAW OR
DRY IN COOKING**

USE AS CONDIMENT

read more about these tips:
<https://www.organicfacts.net/health-benefits/herbs-and-spices/health-benefits-of-coriander.html>