



24 servings



10 minutes

basil ice cubes

ingredients:

- 4 cups fresh basil leaves
- 1/2 cup organic olive oil

instructions:

1. De-stem the basil leaves and place in a food processor.
 2. Pulse gently to chop the leaves and slowly drizzle in the olive oil until a paste is formed.
 3. Add more olive oil if needed to reach a pesto-like consistency.
 4. Spoon or pour into ice cube molds and stick in freezer.
 5. Let freeze completely. When frozen, remove from trays and store in labeled ziplock bag in the fridge.
- Use in soups, stews, stirfries, smoothies, grain and rice dishes and get creative!

The cuisine of healing

- Basil is highly antiviral and antibacterial, fungicidal properties for healing wounds, bites, etc. It...
- helps with gas, stomach cramps, nausea, helps break down food into absorbable nutrients.
- **relaxes** the body and nervous system
- gently detoxes the body
- is good for respiratory conditions, dissolves mucus, relaxes lung tissues.