



LUXURY OF FREEDOM

Benefits of Coriander

Coriander (*Coriandrum sativum*) is native to regions spanning from southern Europe and northern Africa to southwestern Asia. All parts of the plant are edible, but the fresh leaves and the dried seeds are the parts most traditionally used in cooking.

Let's know more about its benefits!

Antioxidant

Coriander contains powerful antioxidants as carotenoids that protect the body from the damage caused by free radicals in our bodies.



Protect and strengthen your body

This herb is an excellent source of iron, phytonutrients and flavonoids. It protects the body against urinary tract infections, prevents nausea, lowers blood sugar levels and aids in digestion. The presence of iron and vitamin C strengthens the immune system and relieves pain.

Analgesic properties

Coriander may also be used in treating muscle pain, headaches and stiffness. Because of its heating and analgesic effect, this plant is used to treat arthritis, pain in bones and rheumatism. Furthermore, the high content of bioflavonoids from the leaves helps in treating varices and hemorrhoids.

Source: herbwisdom.com



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BIG BERRY Recipe

Tomato, cucumber & coriander salad

Ingredients (4 people)

6 ripe vine tomato, deseeded and chopped

1 small cucumber, diced

1 red onion, very finely chopped

6 tbsp fresh coriander, chopped

Preparation

It's super easy!! Mix together the tomatoes, cucumber, red onion, and chopped coriander, but don't season until just before serving



Source: BBC Good Food

