



## Heart Healthy Recipes

### Preserved Lemons

5 - Lemons  
1/4 cup - Salt  
2" - Cinnamon stick  
3 - Whole cloves  
6 - Coriander seeds  
4 - Peppercorns  
1 - Bay leaf  
Fresh squeezed lemon juice

1. Slice the lemons in quarters but leave the quarters attached at one end.
2. Sprinkle the cut lemons with salt.
3. Pack the lemons into a sterile Mason jar.
4. Add the rest of the salt and the spices to the jar.
5. Cover the lemons with additional lemon juice as needed.
6. Allow to marinate in a warm place for 30 days. Shake the jar periodically.

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