Metabolic Marinade

Ingredients:
1 bunch coriander (about 1 cup)
2 cloves garlic, minced
2 lemons, juiced
1/3 cup olive oil
1 tsp ground cinnamon
1 tsp cayenne pepper
1 tsp ground cumin
1 tsp sea salt
1/2 tsp pepper
1/2 tsp cardamom
1/2 tsp ground allspice
1/4 tsp onion powder
1/2 tsp finely diced red pepper

Directions:
1. Place all ingredients into a blender and puree until blended. Press into the meat and let marinade for an hour or overnight.