



Ingredients:

Fresh garlic cloves – enough to fill a pint jar  
Apple Cider Vinegar or Tamari or both  
Raw Honey

Fill a pint jar with whole peeled garlic cloves (make sure they are organic or from your garden). Add enough tamari and/or apple cider vinegar to completely cover the garlic. Place in a warm spot and let sit for 3 - 4 weeks.

Strain off the liquid and divide it in half. Use one half as a marinade or stir fry, the other half place in a saucepan and add an equal amount of raw honey. Warm over very low heat, you just want to incorporate the honey, but not kill its healing properties. Pour this back over the garlic, recap, and let it sit for another 3-4 weeks. ■

Uses:

Eat at will, mince and add to pasta or salads, or use as a natural antibiotic (4 cloves = one dose)