

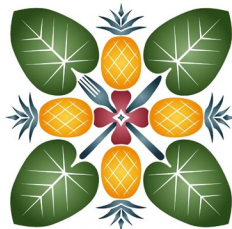
# Fermented Honey Garlic

~1.5 cups Raw Honey

1 cup Garlic Cloves

\*Amount you use will vary, depending on the jar size you are using.

1. Clean and sanitize your bottle(s) before using them.
2. Place peeled garlic cloves into the jar. If you have larger garlic cloves, cut them in half, or you may smash the cloves.
3. Pour honey over the garlic, make sure you pour enough honey to cover the garlic cloves.
4. Place cover on container. Release gas from the jar every day. Rotate the jar every day.
5. Let garlic and honey ferment for at least 1 month.
6. You may eat the garlic cloves on their own, or mash it into a paste or spread. The honey can be used by drizzling it on to a salad, on bread, or used as an ingredient in dressings or sauces.



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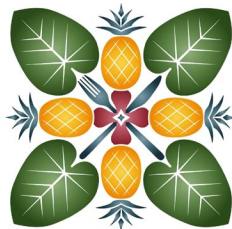
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