

# FERMENTED HONEY GARLIC

The fermentation of garlic in honey helps the ‘medicine’ go down per Mary Poppins, but in reality, the health benefits from garlic and honey can provide some boost to the immune system. For 2 years of age and older.

SERVINGS	SERVING SIZE	TIME TO MAKE
60	1 SPOONFULL/GARLIC	5 MINUTES + BREWING TIME

## INGREDIENTS

- 60 Garlic Cloves (skins removed)
- 1 cup or 16 ounces Honey, Unpasteurized (local if able)\*\*\*

## DIRECTIONS

1. Remove the skins from the fresh garlic
2. Place in a glass mason jar or container to hold it (try to avoid plastic)
3. Fill jar with honey, allowing a good inch from the top
4. Place lid over container
5. Place on countertop for up to 1 week or to desired fermented flavor
6. Each day, tip jar over to mix honey from any that have settled on bottom
7. You may see bubbles forming each day, remove lid to release any air pressure building due to the fermentation process
8. If any garlic cloves show signs of mold/fungus (discoloration, fuzz, etc.) throw out. Try to limit anything from not being covered from the juices/honey
9. 1-3 weeks is around a good fermentation time frame. Once you have reached your desired flavor, place in refrigerator to enjoy throughout the month. The fermentation may continue, but it will be much slower. You may need to release continue air pressure building up in the refrigerator, please be mindful of this.
10. Due to the nature of fermented products, heating may destroy any probiotics made and the amount of sugar will naturally decrease as the microorganisms will be using the sugar for food, so the actual amount of sugar will be different once consume and unable to accurately calculated the amount of sugar
11. Enjoy this throughout the day or evening, especially when you may need a boost of immune support.

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Nutritional Information per serving: 22 Calories, 0 grams Fat, 0 gram Saturated Fat, 0 mg Cholesterol, 1 mg Sodium, 6 grams Total Carbohydrates, 0 gram Fiber, 0 grams Sugar, 0 grams Protein, 0% Vitamin A, 1% Vitamin C, 0% Calcium, 0% Iron

\*Organic ingredients work best to avoid any pesticides, herbicides, fungicides and pack the highest nutrients compared to conventionally grown ingredients

\*Amount of sugar will change depending on length of fermentation due to the microorganism, this is the natural process of fermentation and cannot be accurately calculated, this number is based on the amount of sugar found in the ingredients at the time of making. There may also be some alcohol present due to the fermentation, but this number cannot be calculated, proceed with caution.

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