

HOME GROWN MOMMY

Garlic Honey *from HomeGrownMommy.com*

This is a throat-coating syrup that is wonderful for coughs and sore throats.



Ingredients:

- 10 Cloves of Garlic, sliced into large chunks
- Raw honey

Directions:

1. Put the garlic into a container – choose the size depending on how much syrup you want to make.
2. On Day 1, pour about 1/3 of the total amount of honey over the garlic and store in the refrigerator. The total amount, again, depends on how much you want to make.
3. Repeat #2 until you've poured all the honey over the garlic, which should bring you to Day 3.
4. Let the honey sit in the refrigerator for another day or so, then try to spoon out much of the garlic.
5. To administer, take at least a teaspoon every two hours. You can use more and take it more often as you see fit.