

# HOME GROWN MOMMY

## Garlic Toast *from HomeGrownMommy.com*

*Garlic works wonders for any ailment! Garlic toast is a quick and easy way to get that garlic inside where it can do its work!*



### **Ingredients:**

- 2 Pieces of warm toast
- 2 to 3 Cloves of fresh garlic
- 1 T. of raw honey

### **Directions:**

1. Bruise the garlic to loosen the paper on the outside. (You can bruise the garlic by giving it one hard whack with the bottom of a cup or glass.)
2. Push the bruised garlic through a garlic press or mince the garlic.
3. Arrange the garlic on toast. Put it on both slices if you would like to eat it open-face, on one slice if you want a sandwich.
4. Drizzle the honey over the garlic, using at least 1T. or more. You can use processed and filtered honey, but you will reap more health benefits if you use raw.
5. Enjoy!
6. Repeat this every two or three hours until the symptoms of your illness or ailment being to lessen.