

HOME GROWN MOMMY

GOOT *from HomeGrownMommy.com*

*GOOT is a great way to apply the power of garlic externally.
You can apply this treatment on the chest or feet.*



Ingredients:

- 3 T. Extra Virgin Coconut Oil
- 3 T. Extra Virgin Olive Oil
- 3 T. Chopped Garlic (chop by hand, not with a garlic press)

Directions:

1. If your coconut oil is solid, warm it on the stove at a very low heat just until melted. Remove it from the heat.
2. Add the olive oil and the freshly chopped garlic.
3. Put the mixture into your blender and blend until smooth.
4. Optional Step: Pour the mixture through cheesecloth to remove garlic fibers. You can skip this step, just know that leaving the garlic in will cause the GOOT to get stronger as it ages.
5. Pour into a wide mouth jar or container. This should be stored in the refrigerator but can be left on the counter for a little while so that it becomes a soft paste instead of a hard block.