

# Garlic Syrup

## Ingredients

- Garlic Bulb
- Honey (organic raw best)
- Jar with lid

## Instructions

1. Chop Garlic Well
2. Add Garlic to a jar and cover completely with honey.
3. Stir well to mix it in.
4. Add more honey if needed to cover.
5. Let sit for one day, occasionally shaking throughout the day.
6. The next day, strain the garlic through a mesh filter. You now have a Garlic syrup.

Note: if you use metal of any kind it can turn you garlic blue.



## Dosage:

- 1tsp every hour as needed for 150# adult
- 1/2 tsp every 2 hours for kids under 10

Useful for loosening congestion of any kind and stimulates immune system.

**Refrigerate for about 3-4 weeks**