



Fermented Garlic Honey

'Tis the season for fermented honey garlic! Not only is it absolutely delicious (yes seriously, it's so yummy!), it has a wide array of health benefits and is great to have on hand for the winter months. Some people will take a spoonful of it daily, others use it only during times of illness. Others still use it for culinary purposes!

Ingredients

- Fresh bulbs of garlic
- Raw honey

Directions

- Open the garlic bulbs and separate the cloves.
- Peel all of the individual cloves.
- Loosely chop the cloves to release the allicin to unlock the health-building benefits and delicious flavor. I have mistakenly made honey garlic without chopping the garlic in the past, and I don't recommend it. Not only is it quite difficult to eat later (I'm not trying to eat a whole clove of garlic at once!), it doesn't release all of the health benefits of the allicin.
- Fill a glass jar a little less than half full with cloves. I've used pint and quart jars. Either works depending on how much honey garlic you want to have in your wellness toolbox!
- Cover the chopped garlic with raw honey, filling the jar almost to the top (leave a bit of room for stirring).
- Stir the mixture, making sure to release air bubbles.
- Cover with a plastic top and label with the date and "Garlic Honey."
- Sit to store in a cool, dark place like a pantry.
- During the first few weeks, stir the honey or flip the jar over every few days to re-coat the garlic that has moved to the top (place the jar on a plate just in case any of the honey seeps out - using leak-proof tops will help this). Keep the top loosely screwed to allow air to circulate.
- As the garlic honey ferments, the honey will get runnier and darker - that's totally normal and expected as the moisture from the garlic mixes with the honey.
- The honey garlic can be used immediately but it isn't fully fermented until about four weeks. After that point, give it a little shake or stir every now and then.
- Store in a cool, dark pantry and enjoy!



To Use

Dosing: Take one teaspoon (or unmeasured spoonful) a day as a tonic for overall wellness and immune benefits, or take four-six times per day during an acute infection.

Culinary: Garlic honey can also be used for culinary purposes! Feel free to include it in marinades, salad dressings, or dips. Drizzle it over toast, crackers, or basically anything. Have I mentioned how delicious it is?