

HOME GROWN MOMMY

Garlic Lemonade *from HomeGrownMommy.com*

Although it sounds a little odd, garlic lemonade will soothe a sore throat, help with mouth sores and get the garlic inside so it can help you to heal!



Ingredients:

- 1 Quart Boiling Water
- 3 Chopped Garlic Cloves
- 1 Lemon, Juiced – reserve the juice
- Splash Honey or Maple Syrup

Directions:

1. Put garlic in a 1 quart container and fill with boiling water. Let the garlic steep about 20 minutes and then strain.
2. Add juice from the lemon and honey or maple syrup to taste.
3. Sometimes, I add cayenne pepper to kick up the benefits.
4. Drink a cup at a time when illness is present or beginning.