

HOME GROWN MOMMY

Garlic Tea *from HomeGrownMommy.com*

*Curl up in bed with a warm blanket and this illness fighting tea!
You're sure to feel better in no time!*



Ingredients:

- 1 Cup Hot Water (not boiling)
- 1 Chopped Garlic Clove

Directions:

1. Put garlic in a coffee mug and fill with hot water. Let the garlic steep about 20 minutes and then strain.
2. You can drink it as is or add some juice or sweetner.