

GARLIC DIP RECIPE



Garlic's Health Benefits

Garlic – the wonder food, a natural antibiotic, another truly healing food. Yes, I know there are a lot of products out there claiming to be garlic supplements but please don't waste your money on these. So many supplements have other ingredients that might not be so healthy. Go for the real thing.

The garlic with the yogurt in this recipe has been very helpful to me in radically reducing my candida and thrush that I suffered with after being on many antibiotics for Lyme. I also believe this has strengthened my immune system greatly.

This dip has also become a regular in my diet every week. Try it on everything – fish, meat (along with my cilantro pesto recipe), celery, Portobello mushrooms, etc. Enjoy! And yes, you are going to smell like garlic – so what!

Garlic Dip

1 whole head of garlic – yes a whole head!

1 small container of yogurt – use non-sweetened, plain. I love the Fage yogurt which is a Greek yogurt.

Salt & Pepper to taste

Pinch of cayenne pepper

Optional: garlic chive or plain chives

Smash all the garlic cloves with the flat side of a knife – this actually get the enzymes going. Peel garlic and chop in a food processor or by hand.

Put the yogurt in a small mixing bowl, add the chopped garlic, salt & pepper, chive, cayenne. Stir and serve. Yum!

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=60> Garlic Health Benefits

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=140> Cayenne Health Benefits