



Garlic is a widely recognized health-enhancing supplement. It promotes the well being of the heart and immune system with antioxidant properties and helps maintain healthy blood circulation. When my kids were little we would crush fresh garlic, mix it with butter and serve it on a cracker to boost their immune system. Now we enjoy this delicious garlic spread at home. Learn more:

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Garlic Magic

Garlic Spread

3 cups avocado oil
1 cup large, fresh garlic cloves

1 teaspoon fine sea salt
1/4 cup organic lemon juice

In a food processor, puree garlic cloves with sea salt, scraping down the sides periodically. Keep the motor running as you drizzle in a thin stream of ½ cup of the oil into the garlic and then ½ teaspoon of the lemon juice. Then repeat the process allowing a few seconds of processing between the batches of oil and juice. Do this super slowly, give yourself time and be patient. Keep processing until it looks thick and creamy.

