



ROOTED IN NATURE • MADE WITH LOVE

EVERYTHING HERBAL

by Cheryl Jabz

www.EverythingHerbalbyCherylJabz.com

SCAN ME



DOWNLOAD
THIS RECIPE



Garlic Tea

(Soothing Drink)



BENEFITS

Supports immunity,
digestion, and
cold relief

INGREDIENTS

- 2 cloves garlic, crushed
- 2 cups water
- Optional: lemon juice & honey

INSTRUCTIONS

- 1 Boil water and add garlic.
- 2 Simmer 10–15 minutes.
- 3 Strain, then add lemon and honey if desired.

Print • Save • Share