

# Sore Throat Remedy

4-6 fresh garlic cloves chopped

Honey (enough to cover the garlic completely)

Cayenne (a pinch to ¼ t.)

Mince garlic fine or push through a garlic press. Cover with honey completely and add a pinch of cayenne. Mix all the ingredients together. Take about 1 t. every hour if afflicted with a sore throat, or take 1 spoonful three times a day for prevention. Not only is this for a sore throat, but a simple way to get fresh garlic in the body.

Recipe by Tonya Judd