Prep Time	10 minutes
Fermentation Time	2–4 weeks (minimum)
Total Time	2–4 weeks
Yield	1 pint jar (about 16 servings)
Intensity	Easy (Minimal active work, but requires daily attention for the first two weeks)
Equipment	1 clean pint-sized glass jar with lid, knife, cutting board

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Ingredients

- 1 cup (about 30–40 cloves) fresh garlic, peeled
- 1 cup raw, unfiltered honey (must be raw to contain the enzymes needed for fermentation)

Optional Additions (for variation):

- 1 tablespoon fresh ginger, grated
- 1 teaspoon turmeric powder
- Pinch of cayenne pepper

Instructions

Step 1: Prepare the Garlic (5 minutes | Easy)

Peel the garlic cloves. Lightly crush each clove with the flat side of a knife or the bottom of a glass. This step is essential—crushing the garlic ruptures its cell walls and triggers the formation of allicin, the sulfur compound responsible for garlic's antimicrobial properties. Let the crushed cloves sit for 10 minutes before proceeding to allow the allicin to fully develop.

Step 2: Combine (2 minutes | Easy)

Place the crushed garlic cloves into a clean glass jar. Pour the raw honey over the garlic until fully submerged, leaving about ½ inch of headspace at the top. Stir gently with a clean utensil to release any trapped air bubbles.

Step 3: Ferment (2–4 weeks | Easy, but requires daily attention)

Seal the jar with a lid and store it at room temperature in a dark cupboard. For the first two weeks, open the lid daily to "burp" the jar—this releases the gases produced during

fermentation and prevents pressure buildup. Turn the jar upside down occasionally to ensure all the garlic stays coated in honey.

The tonic is ready when the honey has become noticeably thinner and runnier, and the garlic cloves have darkened to a golden-brown color. This typically takes 2 to 4 weeks, though it can ferment longer for a stronger flavor.

Step 4: Store and Use (1 minute | Easy)

Once fermented, the tonic can be stored in the refrigerator or at room temperature. Honey is a natural preservative, so the mixture keeps almost indefinitely when stored properly.

How to Use

- For sore throat relief: Take 1 teaspoon of the honey (or 1 clove) and let it dissolve slowly in your mouth. Repeat every 2–3 hours as needed.

- For general immune support: Take 1 teaspoon daily, especially during cold and flu season.

- In food: The fermented garlic can be minced and added to salad dressings, marinades, or sauces. The honey is excellent drizzled over roasted vegetables or stirred into tea.

Nutrition Information (Estimated)

Note: Nutritional values are estimates per serving (1 teaspoon of honey from the tonic) and will vary based on the specific honey used. The garlic cloves contain additional nutrients not captured here.

Nutrient	Amount per Serving (1 tsp honey)
Calories	~20 kcal
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrates	5.5 g
Dietary Fiber	0 g
Total Sugars	5.5 g
Protein	0 g