How To Make Medicinal Pickled Garlic

Categories: General, Health/Fitness

So we'll soon be into the cold and flu season (although since we had kids, the whole year now seems to be the cold and flu season...) Anyway this medicinal pickled garlic with apple cider vinegar and honey, is supposed to be a great way to ward off colds and flu and help ensure as speedy recovery if you do come down with a virus.

Of course with garlic, apple cider vinegar and honey, this pickle has a whole range of other medicinal properties and benefits. Garlic alone is a power house of nutrition!

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(Photo from: Cheryl's Delights)