



ROASTED GARLIC



Prep Time
3 Minutes



Cook Time
45 Minutes



Serves
1 - 2

NOTE: To serve more people just increase as needed!

Ingredients

1x Whole Garlic
1 Tablespoon Virgin Olive Oil
Salt
Black Pepper

You will also need:

Tin Foil

!! NOTE: This recipe requires an OVEN !!

RESTORE™ Tip

Want extra nutritious? Extra delicious?

Enjoy this dish with a fried egg.

We hope you enjoyed this SUPER SIMPLE way to enjoy garlic on its own. Cheers to your health!

Instructions

- 1) Preheat the oven to 200°C.
- 2) Next, take the garlic and cut the top off with a knife. Peel the skin off.
- 3) Lay out the aluminium foil and place the garlic on top.
- 4) Pour the olive oil over the garlic and season with a pinch of salt and black pepper (to taste).
- 5) Bundle the garlic into the tin foil and fold the top tightly but leave room for garlic to ‘breathe’
- 6) Pop the tin foil bundle into the oven and let the garlic cook for 45 minutes.
- 7) Once cooked, carefully unwrap the tin foil.
- 8) It is now time to enjoy your SUPER HEALTHY YUMMI-LICIOUS GARLIC!