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Garlic Recipes :The Ultimate Guide

Amanda Ingelleri, Encore Books

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You know garlic as an odorous but flavorful addition to many food dishes. But garlic cloves are packed with potential health benefits because of their natural phytochemicals that may have positive effects on the body. Garlic contains high amounts of vitamin C, which supports your immune system and your liver. It also contains antioxidants, which help fight the free radicals in your bloodstream that are responsible for some of the effects of aging, as well as being linked to certain kinds of cancer and heart disease. We have collected the most delicious and best selling recipes from around the world. Enjoy!

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