

GARLIC CLOVES

1. Use firm cloves without bruises.
2. Peel cloves and cut in half.
3. Remove the sprout in the middle.
4. Dehydrate garlic cloves at 130°F for about 6 hours or until crisp.

To re-hydrate, soak in cold water for about 3 hours in the fridge and drain.

To make garlic powder, grind the dried garlic in a blender or seed grinder. For garlic salt, mix ground dried garlic with 4 parts salt.