

A Taste of Fall

Roasted Garlic



Ready in **35 minutes**

Spiritual Message

Be a conscious cook by setting an intention of being open to inspiration while you are cooking.

Bonus message

Being roasted (going through a fiery trial) can soften you and bring out your best.

Ingredients

- 12 bulbs of garlic
- 2 tsp of olive oil for each bulb of garlic

Directions

- Preheat oven to 400 degrees
- Remove paper-like covering of garlic bulbs
- Cut about ½ inch off the top, pour 2 tsp of olive oil over each clove
- Put 1 bulb in each cup of muffin tin
- Cover with small piece of foil, enough to cover the garlic
- Roast for 25-30 minutes, until golden brown
- Cool for about 20 mins
- Squeeze out soft cloves

Tips

1. Mash two bulbs of roasted garlic and mix with ¼ cup of softened butter to use on bread or in your pasta recipes
2. Do the same as above and add herbs such as basil, oregano, thyme
3. You can freeze this to use later, or you can just portion 2 bulbs of garlic and wrap it in foil without any butter or herbs, and freeze to use for another time.