



20 ounces



10 minutes
prep

HERB-INFUSED OLIVE OIL

ingredients:

- 3 cups olive oil
- 6 cloves of garlic, roughly chopped
- 1 cup dry-wilted oregano
- 1 handful dry-wilted spring onion {optional}
- sprinkle of salt

instructions:

1. Make sure fresh plants are dry-wilted {let them sit on a baking sheet or screen to wither and release water for a day or so}.
2. Roughly chop herbs and garlic.
3. Place herbs and garlic in a small crock pot. Cover with olive oil, making sure herbs and garlic are covered. Stir to mix.
4. Leave lid off of crock pot. Set crock pot to *low* or *keep warm*, and let infuse for 24 hours. Seriously, make sure it's on really low heat!
5. Keep an eye on the olive oil and make sure the garlic isn't browning and the oil isn't bubbling {if the garlic turns brown, strain it out and turn it on warm}.
6. After 24 hours, turn off, let cool, and strain into a bottle for use. Keep the garlic and herbs to use in scrambled eggs or a delicious frittata!

the cuisine of health

- Oregano breaks up stagnation in the respiratory tract. It...
 - prevents / shortens cold and flu symptoms
 - helps with bowel elimination
 - soothes bloat, gas, burping
 - eases sore throats
 - expels worms and parasites from digestive tract