

# Herbal Legacy Recipes

## Infection Fighting Lemon Garlic Drink

Contributed by Janet H, Ivins, Utah

Yield: 1 serving

### Ingredients:

1 lemon  
1-2 garlic buds  
2 c water  
1 tbsp sweetener, optional



### Directions:

Using a peeler take off only the yellow part of the rind of the lemon, leaving the white part with it's Vitamin C complex. Cut lemon in half with the seeds and throw in the blender. Put yellow lemon peelings in a ziploc bag in the freezer (use one inch when you make a fruit smoothie for a nice lemon taste). Throw in garlic and water and blend well. The strong lemon and garlic flavors mellow each other out for an easily drinkable therapeutic treat.

I had an abscess and prayed about what I could do to eliminate it - this drink recipe came into my mind and it worked within a day to reduce the swelling. For an even more powerful healing experience, take 1/2 tsp of cayenne and 1/3 cup water, mix and drink quickly before the lemon garlic drink.

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<http://www.herballegacy.com/Recipes.html>