

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Garlic Soup

- 1/2 teaspoon sea salt
- 2 whole garlic heads, peeled and chopped
- 3 - 4 tbsp dried parsley flakes
- 2 tablespoons extra virgin olive oil
- 4 to 5 cups filtered water
- 2 1-inch slices of day old bread
- 2 farm fresh eggs
- sea salt and freshly ground black pepper

Sprinkle sea salt on a cutting board and place all the peeled garlic cloves on top. Roughly chop the garlic and transfer to a soup pot with dried parsley and extra virgin olive oil. Warm over medium low heat just until the garlic begins to sizzle. Add water and bring to a slow simmer over medium high heat. Simmer for 15 to 20 minutes. Season well.

Meanwhile toast the bread. Rub both sides of the toast with a raw clove of garlic. Lay each toast in wide, shallow soup bowls.

When the garlic broth is fully cooked, poach the eggs in the broth. Using a slotted spoon, lay the eggs on top of the toast in each bowl. Ladle hot broth around and over top of each egg.

Serves 2, but doubles easily.



Recipe courtesy of Food Writer, Cookbook Author and Nutritionist, Lynn Ogryzlo
Photo courtesy of tasteatlas.com

Episode: Grow Bolder Not Older; anti-aging foods

Email Lynn with questions or comments at
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What You Eat Matters!