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**Prep Time:**

5 minutes

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**Cook Time:**

40 minutes

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**Ingredients:**

1 head of garlic

## Roasted Garlic

### Instructions:

Slice a good chunk off the top of the head of garlic.

Make sure all the cloves are exposed so you will be able to get them out. It's best to have garlic with no green sprouts in it.

Wrap the garlic in tinfoil.

Preheat oven to 400 and bake the garlic for 40 minutes.

Let the garlic cool.

Squeeze each clove of garlic out one at a time.

**Unlimited on the lean protein diet**