



Roasted Garlic Head



ingredients

- 1 head of garlic
- Olive or avocado oil
- Herbs of choice

directions

Conventional Oven

1. Preheat oven to 400 degrees.
2. Cut top of garlic head off.
3. Place on parchment lined baking sheet.
4. Drizzle olive oil all over garlic head.
5. Sprinkle on herbs of choice.
6. Bake for 1 hour.
7. Enjoy on bread on in recipes!

Ninja Foodie Method

1. Cut top of garlic head off.
2. Place on aluminum foil and drizzle the oil all over garlic head.
3. Sprinkle on herbs of choice.
4. Seal the foil around the garlic creating a pouch.
5. Place in Ninja Foodie.
6. Select bake/roast setting.
7. Adjust temperature to 350 degrees.
8. Bake for 35 minutes.