**GARLIC:**

[Garlic](https://www.collinsdictionary.com/dictionary/english/garlic) is the small, white, round bulb of a plant that is related to the [onion](https://www.collinsdictionary.com/dictionary/english/onion) plant. garlic has a very strong [smell](https://www.collinsdictionary.com/dictionary/english/smell) and [taste](https://www.collinsdictionary.com/dictionary/english/taste) and is used in [cooking](https://www.collinsdictionary.com/dictionary/english/cook). garlic is widely used around the world for its pungent flavour as a seasoning or condiment. It is often paired with onion, tomato, or ginger.

It is a fundamental component in many or most dishes of various regions, including eastern Asia, south Asia, southeast Asia, the middle east, northern Africa, southern Europe, and parts of south and central America. The flavour varies in intensity and aroma with the different cooking methods.

**What is Garlic BULB?**

Garlic is often sold as a whole bulb, covered with papery white skin. A garlic bulb, also known as a head of garlic, is made up of individual lobes that are attached to the main root. A clove of garlic is one of those individual lobes.

**Health Benefits:**

* Wards Off Cough and Cold.
* Good for Cardiac Health.
* Improves Brain Functioning.
* Improves Digestion.
* Balances Blood Sugar.
* Boosts Immunity.
* Improves Skin Health.
* Prevents Cancer and Peptic Ulcer.

**Uses of Garlic Powder:**

Garlic is commonly used in salad dressings, vinaigrettes, marinades, sauces, vegetables, meats, soups, and stews. And, of course, there's garlic bread and in all its variations — garlic toast, bruschetta, crostini, canapé — which simply apply garlic to different kinds of bread, usually in a medium of butter or oil.

**Why You’ll Love It**

1. More Flavour
2. Incredibly Easy
3. Health benefits

**Rephrased:**

**GARLIC:**

The small, round, white bulb of a plant related to the onion plant is known as garlic. Garlic is used in cooking and has a potent flavor and aroma. Due to its strong flavor, garlic is frequently used as a flavoring or condiment around the world. It frequently goes with tomato, onion, or ginger.

Eastern Asia, South Asia, Southeast Asia, the Middle East, Northern Africa, Southern Europe, and portions of South and Central America all use it as a vital ingredient in many or most of their dishes. The various cooking techniques cause the flavor to change in both intensity and scent.

**What is Garlic BULB?**

The complete bulb of garlic, which is covered in papery white skin, is frequently sold. An individual lobe is linked to the main root to form a garlic bulb, sometimes called a head of garlic. One of the distinct lobes is a garlic clove.

**Health Benefits:**

Wards Off Cough and Cold.

Good for Cardiac Health.

Improves Brain Functioning.

Improves Digestion.

Balances Blood Sugar.

Boosts Immunity.

Improves Skin Health.

Prevents Cancer and Peptic Ulcer.

**Uses of Garlic Powder:**

Salad dressings, vinaigrettes, marinades, sauces, vegetables, meats, soups, and stews frequently contain garlic. Additionally, there is garlic bread and all of its variations, such as garlic toast, bruschetta, crostini, and canapé, which essentially involve the addition of garlic to various types of bread, typically in the form of butter or oil.

**Why It Will Appeal to You**

More Flavor

incredibly simple

health advantages