**GARLIC PASTE:**

Garlic is widely used around the world for its pungent flavor as a seasoning or condiment. It is often paired with onion, tomato, or ginger.

Important conversions to remember: 1 teaspoon garlic paste = 1 large or 2 small cloves = ¼ teaspoon garlic powder

Garlic paste is just as the name suggests - blended garlic with a touch of oil or water made in the blender or food processor.

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 flavor varies in intensity and aroma with the different cooking methods.

**What is Garlic Paste?**

As it is exactly described, garlic paste is nothing but blended garlic with some oil or water. You can either store in the refrigerator or freezer and take it out when your recipe calls for it.

Garlic paste is a great way to add garlic flavour to any dish. It can be used in place of fresh garlic in most recipes. Garlic paste is also a convenient way to get the benefits of garlic without the strong smell.

**Health Benefits :**

Good for blood pressure and cholesterol levels.

It's cheaper and lasts longer when stored properly.

It is rich in vitamins and minerals, including vitamin C, B vitamins, manganese, and selenium. Garlic is also a good source of fibre.

It has many health benefits due to its high nutrient content. Garlic can help boost your immune system, fight off infections, and lower cholesterol levels. Garlic powder can also help improve circulation and prevent blood clots.

**Uses of Garlic Powder**

Garlic paste is one of those versatile meal prep hacks that can be used whenever finely chopped, minced or grated garlic is called for in a recipe. It makes a savory addition to dressings, marinades and sauces, too.

**Why You’ll Love It**

More Flavor

No Additives or Preservatives

Incredibly Easy

Stores So Well!

**REPHRASED**

**GARLIC PASTE:**

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.

Conversions to keep in mind: 1 or 2 large cloves of garlic are equivalent to 1/4 teaspoon of garlic paste.

Garlic paste is prepared in a blender or food processor by blending garlic with a little bit of oil or water, as the name implies.

Eastern Asia, South Asia, Southeast Asia, the Middle East, northern Africa, southern Europe, and portions of South and Central America all use it in many or most of their cuisines. It is also a crucial feature of many or even most dishes in other places. With the various cooking techniques, the flavor changes in terms of strength and scent.

**What is Garlic Paste?**

Garlic paste is nothing more than garlic that has been combined with some oil or water, exactly as it is described. When your recipe calls for it, remove it from the freezer or refrigerator where you stored it.

Any recipe can benefit from the flavor of garlic paste. In most recipes, it can be used in place of fresh garlic. Another practical method for obtaining the advantages of garlic without the overpowering smell is garlic paste.

**Health Benefits :**

good for cholesterol and blood pressure.

If stored properly, it is less expensive and lasts longer.

Vitamin C, B vitamins, manganese, and selenium are just a few of the vitamins and minerals that are abundant in it. A good source of fiber is garlic.

Due to its high vitamin content, it has numerous health advantages. Your immune system can be strengthened by garlic, which can also help you prevent infections and lower cholesterol. Additionally, garlic powder can aid in boosting circulation and preventing blood clots.

**Uses of Garlic Powder**

One of those useful meal preparation tricks is garlic paste, which may be used whenever a recipe calls for finely chopped, minced, or grated garlic. Additionally, it adds flavor to sauces, marinades, and salads.

**Why You’ll Love It**

More Flavor No Preservatives or Additives Extremely Simple

So Well Stored!