**PEELED GARLIC:**

Freshly peeled garlic is 100% worth it, whether you’re making pasta, pesto or pizza. Taking the time to free those pungent cloves from their papery jackets — instead of buying the jar of pre-chopped garlic — can make all the difference in the flavor of a recipe. But garlic knows it’s that good and can be stubborn about coming out of its peels.

**What is Peeled Garlic?**

Peeled garlic is a pre-peeled, ready-to-use product that's convenient and time saving.

**Health Benefits:**

**Lowers Blood Pressure :**

Consuming peeled garlic cloves has been shown to help lower blood pressure, which can reduce your risk of developing these conditions. The compounds in garlic can help to relax blood vessels and improve blood flow, reducing the strain on your heart.

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

**Uses of Peeled Garlic:**

Peeled Garlic is one of those versatile meal preparation 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**

1. Easy to use
2. No Additives or Preservatives
3. Time saving
4. Stores so well

**REPHRASED**

**PEELED GARLIC:**

Whether you're preparing pizza, pesto, or pasta, using freshly peeled garlic is always worthwhile. Instead of purchasing the jar of pre-chopped garlic, take the time to separate those strong cloves from their papery coverings. This will drastically improve the flavor of your dish. However, garlic can be difficult to remove from its peels since it is aware of how good it is.

**What is Peeled Garlic?**

Peeled garlic is a practical and time-saving pre-peeled, ready-to-use product.

**Health Benefits:**

**Lowers Blood Pressure :**

It has been demonstrated that eating peeled garlic cloves will lower blood pressure, which can lower your risk of acquiring certain illnesses. Garlic contains chemicals that can ease blood vessel tension and enhance blood flow, easing the strain on your heart.

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.

**Uses of Peeled Garlic:**

Peeled garlic is one of those handy meal-prep tricks that 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**

1. Easy to use
2. No Additives or Preservatives
3. Time saving
4. Stores so well