

GARLIC AND TAMARI CHICKEN DRUMSTICKS

A great snack food.

INGREDIENTS

- 6 chicken drumsticks
- 3 tablespoons of organic tamari
- 1 tablespoon crushed garlic
- Olive oil for cooking

METHOD

- Cook drumsticks with garlic and tamari in a covered pan on low heat until cooked through.
- Turn regularly.
- Can be served cold.



DETOX