

Bulgarian Spread for Bread (Egg-Free, Gluten-Free, Soy-Free)

This simple recipe was altered from The Sophia Echo, a foreign newspaper in Bulgaria. It was showcased in the article "Christmas deliciousness" by Magdalena Rahn on December 25, 2006.

Ingredients:

- 1 clove garlic
- sea salt (to taste)
- 100g (3.5 ounces) chopped walnuts
- 100g (3.5 ounces) honey

Directions:

Mash the garlic with a little salt; add the walnuts and honey. If it seems too thick, add a tad of water. To serve, break off pieces from a loaf of bread and dip them in the mix.