

# Dandelion Chips

(Recipe and photo from Show Food Chef [www.showfoodchef.com](http://www.showfoodchef.com))

## Ingredients:

- One bunch of dandelion greens
- 1 tbsp olive oil
- Salt (or other seasoning) to taste

## Method:

- 1) Wash, dry and break dandelion greens into large pieces. Discard any thick ribs.
- 2) Drizzle olive oil on the greens and toss to lightly coat all the leaves. Sprinkle leaves with salt (or seasoning of your choice).
- 3) Place leaves in a single layer on a baking sheet. Bake at 200-250°F for about 30-40 minutes (maybe longer), until leaves are crispy. Watch them closely so they do not burn!
- 4) Remove pan from the oven and allow to cool. Be careful when handling chips; unlike this invasive species, these chips are very delicate!



# Iced Dandelion Tea Latte

(Recipe and photo from One Green Planet [www.onegreenplanet.org](http://www.onegreenplanet.org))

## Ingredients:

- 2 roasted dandelion root tea bags
- 8 cups of water
- 1 cup of soy milk
- 2 tablespoons of sugar
- ½ teaspoon of vanilla extract
- Cinnamon

## Method:

- 1) Boil 8 cups of water and steep 2 bags of dandelion root tea for 15 minutes
- 2) Freeze 1 cup worth of tea as ice cubes and cool the rest in fridge for at least 2 hours
- 3) After tea has cooled, pour it into a serving pitcher. Add soy milk, sugar to taste, vanilla, and tea ice cubes
- 4) Sprinkle a pinch of cinnamon, serve, and enjoy!



# Badandelion Muffins

(Recipe adapted from Instructables [www.instructables.com](http://www.instructables.com))

## Ingredients:

- 5 oz of dandelion greens
- 4 eggs
- 3 large bananas, chunked
- ½ cup of brown sugar
- 1 ½ cups of flour
- 1 teaspoon of baking soda
- 1 teaspoon of lemon juice
- ½ cup of butter
- salt

## Method:

- 1) Remove stems from greens.
- 2) Blend all ingredients in a food processor until everything is mixed together (use high setting)
- 3.) Line muffin tin with cups and fill these cups almost to the top
- 4.) Bake at 350°F for 32 minutes, until browned.
- 5.) Cool on a wire cooling rack for 10 minutes, then enjoy!



# Dandelion Greens

## Nutrients:

- High in calcium and iron
- Source of antioxidants
- Plenty of minerals
- Complete protein
- Multivitamins: Vitamin A, vitamin C, vitamin B1, B2 and B6 vitamin E and vitamin K .

**Health Benefits:** The nutrients in dandelion greens may help reduce the risk of cancer, multiple sclerosis, cataracts, age-related macular degeneration and stroke. Dandelion contains anti-inflammatory properties which may provide benefit to those with asthma and other inflammatory diseases.

Information from: <http://www.incrediblesmoothies.com>