

Dandelion Chips

(Recipe and photo from Show Food Chef 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)

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)

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>