

Dandelion Cookies

This is a fun way to celebrate spring and kids will love participating in the making and eating of these tasty treats.



Ingredients

1 stick of butter,
1/2 cup of honey,
2 eggs,
1 teaspoon vanilla,
1 cup whole wheat pastry flour,
1 cup regular oats,
1/2 cup freshly picked dandelion flowers.



- ★ Preheat oven to 375°. Melt butter on low heat. Set aside to cool slightly.
- ★ Remove all of the green stems and bracts from the dandelion flowers; set aside.
- ★ Mix together the dry ingredients in a medium bowl, set aside.
- ★ Mix the dandelion flowers into the honey and butter mixture.
- ★ Add the eggs and vanilla and stir well.
- ★ Add the wet mixture to the dry mixture and stir well.
- ★ Place by the tablespoon full onto greased cookie sheets.
- ★ Bake for 12 minutes or until golden brown on the edges.



Dandelion Fritters

This is wild junk food at its best! In this simple recipe, dandelion flowers are coated with a batter and then fried to perfection. To prepare the flowers, harvest them fresh when they are fully open and remove the green bracts. Fry them up as soon as possible so that the flowers are still nice and open. These are delicious either savory or sweet and the herbal combinations are really endless.



Ingredients

1/3 cup flour,
1/3 cup milk,
1 teaspoon baking powder,
1/3 cup corn meal,
1 egg,
dash of sea salt,
generous amount of an oil that can
withstand high heat.



Photo Credit: Linda Bittle

- ★ For sweet: one tablespoon honey (or to taste) cinnamon, cloves, cardamom, nutmeg to taste (1/2 teaspoon to 2 teaspoons of total herbs)
- ★ For savory: thyme, rosemary, oregano, or other savory herbs to taste, possibly adding more salt.
- ★ Mix the dry ingredients together and then add the egg and mix well.
- ★ Add the sweet or savory ingredients.
- ★ Dip the flower blossoms into the mix and fry in hot oil until golden. Let cool slightly and enjoy!



Dandelion Root Tea

Roasted dandelion roots make a delicious tea. You can buy already roasted roots or harvest and roast your own. If you're doing your own roasting, place the dried roots in a dry cast iron pan on medium high heat. Stir continuously until the roots darken in color and have a fragrant smell.



Ingredients

1 - 2 teaspoons of roasted
dandelion roots,
10 - 16 ounces of water.



- ★ Place the roasted roots in a pan along with the water. Bring to a boil and then simmer for 10 - 15 minutes.
- ★ Strain off the roots, add honey and cream if desired.

