

Dandelion Juice Recipe



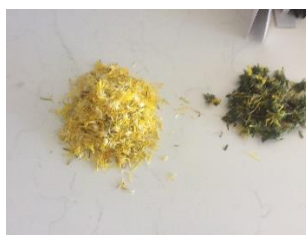
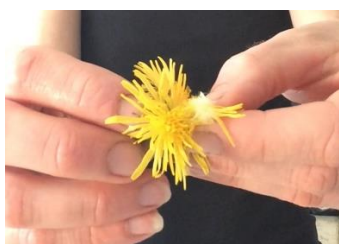
ingredients

- 3 cups packed very fresh dandelion blossoms – from unsprayed plants! (about 4 oz)
- 4 cups water
- sugar and lemon juice to taste



instructions

1. Using your thumb fingernail, cut and pluck the yellow blossom out of the tiny green leaves holding it. (Your thumb will get sticky and the flower will separate into petals.) Remove as much of the green as possible because green is bitter and turns the juice green; I had just a tiny bit of green on almost each blossom.



2. In a medium saucepan, bring water to a boil. Add half the blossoms, stir. Cover. Turn off water and steep for 20 minutes.



3. Using a fine mesh strainer, strain out and gently push on blossoms to remove some of the water.
4. Add the same dandelion water back to saucepan and bring to a boil. Add remaining blossoms; cover. Steep 15 minutes.
5. Strain out blossoms, pressing to remove water.
6. You can add sugar or a splash of lemon to taste. You can serve this hot as Dandelion Tea, or cold as Dandelion Juice. Enjoy!

For the more adventurous, you can use this liquid as the basis of Dandelion Jelly – Full recipe in the files section of our Facebook Page : Outdoor Adventures Forest School.