



# KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Dandelion Iced Tea MAKES 4 quarts

CATEGORY Beverage PREP TIME 2 minutes COOK TIME 5 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

## INGREDIENTS

1 quart	hot water
1 quart	dandelion blossoms
to taste	honey or sweetener of choice (optional)
3 quarts	cold iced water
to taste	squeeze of lemon (optional)

## DIRECTIONS

1. Pour hot water over dandelion blossoms, allow to steep for 5-8 minutes.
2. Strain tea through a fine mesh sieve.
3. Add sweetener and stir until well combined.
4. Pour mixture over iced water and add a squeeze of fresh lemon to taste.
5. Refrigerate 3-4 hours before serving.
6. Pour and enjoy... best if used within 36 hours.

## MY NOTES

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