



# KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Dandelion Infused Oil MAKES 1 cup

CATEGORY Preparation PREP TIME 5 minutes COOK TIME \_\_\_\_\_

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

## INGREDIENTS

1 c carrier oil (sweet almond, jojoba, extra virgin olive oil, etc)  
1 c dandelion blossoms

## DIRECTIONS

1. First, gently crush your dandelion flowers to help release the natural oils. This can be done by placing the dandelion in a ziplock bag and using a rolling pin to crush the blossoms.
2. In an air-tight container, pour oil over the crushed blossoms, completely covering them.
3. After a quick stir, seal the container and allow it to sit in a cool dark place for 4 - 6 weeks, the longer it sits, the more natural oils will have been released into the carrier oil.
4. When ready, filter the mixture through a cheesecloth. Discard the used pulp.

## STORAGE

The infused oil can be stored in an air-tight container kept in a cool, dark place.

## MY NOTES

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