



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Dandelion Root Tincture **MAKES** approx 1 cup

CATEGORY Preparation **PREP TIME** 5 minutes **COOK TIME** 1-3 months

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

1 c vodka
1 c chopped dried dandelion roots

DIRECTIONS

1. First, chop up your cleaned dandelion roots.
2. In an air-tight container, pour vodka over the chopped dandelion roots, completely covering them.
3. After a quick stir, seal the container and allow it to sit in a cool dark place for 1 - 3 months, dandelion roots need at least 1 month to infuse into the tincture.
4. When ready, filter the mixture through a cheesecloth or coffee filter. Discard the used plant debris.

STORAGE

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

MY NOTES
