



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Dandelion Honey **MAKES** approx 1 cup

CATEGORY Condiment **PREP TIME** 5 minutes **COOK TIME** 8.5-10.5 hours

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

2 cups fresh dandelion blossoms
3 slices lemon
1 1/2 cup water
1 1/2 cup cane sugar

DIRECTIONS

1. In a small sauce pan, bring water, dandelion blossoms, and lemon to a low simmer for about 15 minutes.
2. Turn off heat, cover pan and allow mixture to steep undisturbed for 8-10 hours.
3. The next day, remove from stove top and strain mixture through a fine mesh cheesecloth or paper coffee filter into a small bowl. Press the mixture to squeeze out all juices possible.
4. Measure or weigh the remaining liquid, then return to the sauce pan.
5. Stir in the same amount of sugar to the sauce pan and bring to a gentle boil for the desired thickness.
(About 15 minutes - Less time for a thinner syrup and more time for a thicker honey)
6. Pour into a sterilized jar and lid while still warm.

STORAGE

MY NOTES
