



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Roasted Dandelion Root Coffee MAKES 1 cup

CATEGORY Beverage PREP TIME 5 min COOK TIME 30 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

Roasted Dandelion Root :

1/2 c dried dandelion pieces
(finely chopped)

Dandelion Coffee :

2 tbs roasted dandelion root
2 cups water
to taste sweetener
to taste cream

DIRECTIONS

1. Preheat oven to 350F and line a baking tray with parchment.
2. Spread out the dandelion pieces and roast until the roots are dried and roasted but not burned, approx 5-15 minutes. (The longer the the roast the darker the roast.)
3. Once desired roast is achieved, place 2 tbsp of roasted roots in a small sauce pan with water.
4. Boil for 5-10 minutes.
5. Strain pieces through a fine mesh before pouring into a mug.
6. Add sweetener and cream to taste & enjoy.

MY NOTES
