



# 50 RECIPES USING DANDELION

*Posted on May 19, 2022 by Charlotte Hunter*

---

Dandelion (*Taraxacum officinale*) is a nutritious plant that contains many illness-warding antioxidants and anti-inflammatory qualities. Dandelion has even been said to help reduce cholesterol, control blood sugar levels, and can promote a healthy liver.

Many parts of the dandelion can be used in the kitchen to promote well-being and health. The petals and greens are delicious in a variety of recipes.

When foraging for dandelions it is recommended to look for the young plants and collect them in the spring and the fall. When dandelion plants are older, they can be tougher and have a bitter taste. The good thing about dandelion foraging is that they can be found almost anywhere, they are usually considered a weed and are extremely easy to find. They grow in pastures, meadows, parks, gardens, fields, and anywhere that is grassy. Dandelions are instantly recognizable and very obvious for even the most beginner forager.

Here are some great recipes that use dandelions:

## 1. Dandelion Iced Tea

- 1 cup fresh dandelion flowers
- 2 cups of hot water
- 2 tbsp of sugar or sweetener
- ½ cup of chamomile tea
- 6 quarts of cold water
- 10 ice cubes
- Juice of 2 limes

1. Take the dandelion flowers in a bowl and pour over the hot water, brewing the hot tea for around 5-8 minutes.
2. Next, add your sweetener of choice and stir it into the brew. Add the chamomile tea at this stage too.
3. Continue to let it brew for another 3 minutes.
4. Now you can add the cold water and the ice.
5. Finally, squeeze the lime juice into the mixture.
6. Serve in a glass and enjoy!

## 2. Dandelion Flower Syrup

- 3 cups of water
- 2 cups of dandelion petals
- 2 cups of sugar

- ½ cup of honey
- ½ a lime

1. In a pan combine the petals, water, and lemon on high heat. Allow the mixture to come to a boil and turn the heat off. Let this mixture steep overnight.
2. In the morning strain the mixture and squeeze the petals to release all of the liquid.
3. Now take this liquid, the sugar, and honey and simmer over low heat for 1 hour, stirring.
4. The liquid will begin to form a syrup consistency.
5. Store in a jar in the fridge and use on pancakes or in cocktails, there are so many uses!

### 3. Dandelion Infused Vinegar

1. Collect some dandelion flowers in a jar.
2. Make sure they are washed and fresh.
3. Cover the flowers with vinegar (any vinegar of your choice)
4. Steep for 1-6 weeks depending on how strong you want it.
5. Store in a sealed jar in a cool place.

### 4. Dandelion Greens Pesto

- 2 cups of dandelion greens, chopped and rinsed
- ½ cup of oil of your choice
- 2 cloves of garlic
- 3 tbsp of pine nut
- 2 tbsp parmesan
- 1 tsp of lemon juice

Add all of the ingredients to a food processor and blend until smooth and creamy. Use on salads, toasts or in pasta dishes.

### 5. Dandelion Eggs on Toast

- 3 cups of dandelion greens
- 1 tbsp of butter
- 1 leek (sliced)
- 4 large eggs (beaten in a cup)
- ½ cup of feta cheese

- Salt & pepper
- 4 slices of bread

1. Heat a pan on medium and add the greens and butter to the pan.
2. Stir on the heat, until the greens have wilted a little.
3. Add the leek and continue to stir the vegetables until they are soft.
4. Add the beaten eggs to the pan and stir gently, until a scrambled egg forms.
5. Add the feta cheese and salt and pepper.
6. Serve on top of two slices of toasted bread each.

## 6. Dandelion Honey

- Fresh Dandelion heads
- 2 slices of lemon
- 300ml water
- 300g cane sugar
- 1 sprig of thyme

1. Mix the water, lemon and dandelion flowers, and thyme sprig in a large pan.
2. Bring the water to a boil and simmer for 10 minutes.
3. Turn off the heat and leave to infuse for 10+ hours.
4. Strain the flower and lemon water through a sieve and squeeze out all of the liquid.
5. Measure how much liquid you have and match the amount of liquid with an amount of sugar.
6. Add a little salt and let this dissolve.
7. Bring to the boil and allow the mixture to boil for 10-15 minutes.
8. Take the pan off the heat and see if the honey sets on a cold plate.
9. If it is not ready, return to the boil for 7 minutes.
10. Pour into jam jars and seal with a sterilized lid.

## 7. Fried Dandelions

- 1 cup of plain flour
- Salt & pepper
- Paprika
- 2 eggs
- 40 unopened dandelion flowers
- 50g butter

1. Mix the flour, salt, pepper, and paprika in a mixing bowl until evenly combined.
2. Beat the eggs and stir in the dandelion flowers until covered in egg.

3. Melt the butter in the pan and remove half of the dandelion flowers from the egg mixture.
4. Coat the dandelions in the flour and cook in the melted butter until brown and crispy.

## 8. Dandelion Green Salad

- 2 cups of dandelion greens
- 1 cup grated cucumber
- 1 cup of grated carrot
- 1 cup of pomegranate seeds
- apple or pear slices
- 1 cup of walnuts
- Juice of 1 lemon
- Salt and pepper

Toss ingredients together in a large bowl, pour the lemon juice in, and season with salt and pepper.

## 9. Dandelion Pasta

- 1 tsp salt
- ¼ cup of olive oil
- 8 cloves of garlic
- 12 oz of Dandelion Greens
- 1 tsp freshly ground black pepper
- 12 oz of pasta
- 2 oz of parmesan cheese
- ½ cup of cream

1. Bring a pot of salted water to a boil and add the pasta.
2. In a frying pan add the oil and garlic and cook for 5 minutes until the garlic is golden.
3. Add the dandelion greens and black pepper to the pan.
4. Add the cooked pasta to the pan.
5. Stir in the grated parmesan cheese and the cream, until everything is combined.

**Related:** [Canning Pasta Sauce for Long Term Preservation](#) (Video)

## 10. Dandelion Tea

- 1 tbsp of dried dandelion roots and leaves
- 1 cup of hot water

1. Steep the dried dandelion in the hot water for 10 minutes.
2. Add sugar or honey to taste.

## 11. Dandelion Greens Smoothie

- 2 Cups of dandelion greens
- 1 banana
- 1tbsp of cacao
- 1tbsp of maca powder
- ½ cup of hemp seeds

1. Add all ingredients to a blender.
2. Blend on medium speed for 2 minutes.
3. Enjoy.

You can also use kiwi, avocado.. the list is long.

## 12. Dandelion Soup

- 1tbsp of olive oil
- 1 onion (chopped)
- 4 cloves of garlic
- 5 cups of dandelion greens
- 2 large potatoes peeled and diced
- 400ml of vegetable/chicken stock
- Salt and pepper
- ½ cup of heavy cream

1. Take a large saucepan and add the olive oil and the onion and garlic.
2. Fry until soft and golden.

3. Add the potatoes to the pan.
4. Cook until the potatoes are more or less soft.
5. Add the dandelion greens and stock to the pan.
6. Simmer for around 20 minutes.
7. Season with salt and pepper.
8. Take off the heat and blend the mixture with a hand blender carefully.
9. Stir in the heavy cream and serve.

**Related:** [How to Make Three Sisters Soup](#) (Video)

## 13. Dandelion Pasta Bake

- 400ml water
- Salt and pepper
- 100g of penne pasta
- 2tbsp olive oil
- 3 cups of dandelion greens
- 2 cloves of garlic
- 1 onion chopped
- 1 cup of cream cheese
- 2 cups of mozzarella cheese
- 2 cups of cheddar cheese

Preheat the oven to 350 degrees.

1. Bring the water to a boil and add the pasta.
2. Take a frying pan and fry the garlic, onion, and dandelion greens until soft.
3. Once the pasta is cooked, add the pasta to the frying pan and mix.
4. Add the cream cheese and stir in.
5. Place the pasta mix into a lasagna tray.
6. Add the extra cheeses on top.
7. Bake in the oven for 10-15 minutes until the cheese has melted.

## 14. Dandelion Wine

- 8 cups of boiling water
- 8 cups of dandelion flowers
- 1.5 lemons sliced
- 1.5 oranges sliced
- 1.2lbs of sugar

- ½ tbsp of active yeast

1. In a large pan, pour boiling water over the flowers.
2. Allow to stew for 48 hours at room temperature in a cool, dark place.
3. Strain and squeeze the liquid, and then discard the flowers.
4. In a pan, bring the liquid, lemons, oranges, and sugar to a boil for 30 minutes.
5. Pour the mixture into a clean glass jar and cool the mixture.
6. Add the yeast and cover the container with a cloth, allowing the mix to ferment for 3-4 weeks in a cool, dark space, stirring once daily.
7. Strain through fine mesh or a sieve and rinse the container.
8. Pour the liquid back in and let it stand for 2 days.
9. Now decant the liquid into sterilized bottles and close.
10. Store in a cool, dark space for 2-3 months before consumption.

## 15. Dandelion and Bean Stew

- 1 tbsp of olive oil
- 1 onion chopped
  
- 2 cloves of garlic
- 2 cups cooked kidney beans
- 3 cups dandelion greens
- 2 cups of cauliflower
- 2tsp cumin
- 2tsp paprika
- 2 cups of rice
- Salt and pepper

1. Fry the onion and garlic in a pan on medium heat.
2. Once soft and golden, add the beans, greens, and cauliflower to the pan.
3. Simmer for 15 minutes.
4. Add the spices and season with salt and pepper.
5. Cook the rice and serve with the stew.

**Related:** [Bean and Rice Survival Soup – Easy and Adaptable Recipe](#) (Video)

## 16. Dandelion Greens Tart

- Pre-made short crust pastry



- 4 eggs
- 1 onion chopped
- 4 cups of dandelion greens
- 1 sprig of thyme
- 1 sprig of rosemary
- 1 cup of feta cheese
- 1tbsp of balsamic vinegar

1. Roll the pastry to the size of the pastry tin.
2. Part bake the pastry in an oven preheated to 350 degrees.
3. In a pan sweat the onion, dandelion greens, and herbs until soft.
4. Add this mixture to the rolled-out pastry.
5. Beat the eggs and season with salt and pepper and add to the tin.
6. Now top with crumbled feta.
7. Bake for 20 minutes.
8. Add a splash of balsamic vinegar for taste.

## 17. Dandelion Cookies

- ½ cup coconut oil
  
- ½ cup honey
- 2 eggs
- 1tsp vanilla
- 1 cup of flour
- 1 cup of oats
- ½ cup dandelion flower petals

1. Preheat the oven to 375 degrees.
2. Mix the coconut oil and honey and beat in the eggs and vanilla.
3. Stir in the flour, oats, and petals.
4. Drop the mixture onto a greased cookie tray.
5. Bake for 11-14 minutes.

**Related:** [How to Make Hardtack Biscuits](#) (Video)

## 18. Boiled Dandelion Greens

- 2 Cups of Dandelion Greens
- 200ml of water
- Salt and pepper
- ½ a lemon

1. Add greens to water and boil.
2. When the greens are soft, take them out of the pan.
3. Season with salt, pepper, and lemon juice.

## 19. Dandelion Bread

- 1/3 cup of dandelion petals
- 1 cup of milk
- 1tbsp of active yeast
- ½ cup warm water (not too hot)
- ¼ cup of honey
- 2tsp salt
- ½ tbsp of butter
- 2 eggs
- 5 cups of flour

1. Heat the milk and petals in a pan for around 10 minutes.
2. Remove from the heat and let the mixture cool.
3. In a large bowl, mix the water, honey, yeast, and milk and let it sit until the yeast produces foam.
4. Add the butter and eggs to the mix.
5. Add 1 cup of flour and salt. Continue slowly adding the flour until a dough forms.
6. Knead the dough until elastic.
7. Put in an oiled bowl and coat the dough, now let the dough rise for 80 minutes.
8. Grease your bread tins.
9. Punch down the dough and knead again, removing the air bubbles.
10. Divide the dough in half and place the dough into the greased tins.
11. Let rise for another 45 minutes.
12. Preheat the oven to 425 degrees and bake for 30 minutes or until hollow when tapped with a knife.
13. Let the bread cool before slicing.

**Related:** [How to Make Bread on a Stick](#) (Video)

## 20. Dandelion Coffee

- 2 tbsp of roasted dandelion root
- 1 stick of cinnamon
- 1 tsp fennel seed
- 2 cups of water

1. Place the dandelion root and other spices in a pot.
2. Add the water and bring to a boil.
3. Simmer for 15 minutes.
4. Add your preferred milk and sweetener.
5. Enjoy.

## 21. Dandelion Broth

- 1 onion
- 3 cloves of garlic
- 4 cups of dandelion greens
- 300ml of vegetable stock
- 2 cups of pumpkin
- 1 carrot sliced
- Dried mixed herbs
- Garlic powder
- Salt and pepper.

1. Sweat the onion and garlic in a saucepan.
2. Add the dandelion greens, the stock, and the pumpkin and carrot.
3. Bring to a boil and season with the condiments and salt and pepper cooking for around 20 minutes.

## 22. Chickpea and Dandelion Green Curry

- 2tbsp of butter
- 1 onion chopped
- 2 cloves of garlic chopped

- 1 tbsp of ginger minced
- 2 tsp Cumin
- 2 tsp Garam masala
- 2 tsp Cayenne pepper
- 2 tsp ground coriander
- 2 cups of dandelion greens
- 2 cups of spinach
- 1 can of chickpeas
- ½ coconut milk
- Salt and pepper

1. Sweat the onions, garlic, and ginger slowly in the butter on low heat.
2. Once almost caramelized add the spices to release the fragrance.
3. Add the dandelion greens and spinach and chickpeas, allowing the greens to wilt.
4. Add the coconut milk and simmer for 15 minutes.
5. Season with salt and pepper and serve.

## 23. Dandelion Beer

- 1 handful of large burdock roots
- 1 handful of dandelion roots
- 1 tsp of dried carrageen
- 18oz of sugar
- 2 tbsp of treacle
- Juice of 1 lemon
- 11 grams ale yeast

1. Clean and slice the roots
2. Boil the roots in water with the carrageen.
3. Remove from the heat and add 2 liters of cold water, sugar, treacle, and lemon juice and stir.
4. Strain the liquid into a jar and add the yeast when the liquid is at room temperature.
5. Cover and leave to ferment for a week.

## 24. Dandelion Jelly

- 3.5 cups of water
- 4 cups of dandelion petals
- 2 tbsp lemon juice
- 1.75 oz fruit pectin
- 4.5 cups of sugar

1. Heat the water and add 2 cups of petals, and simmer for 10 minutes.
2. Remove the petals with a slotted spoon and strain them over a bowl.
3. Squeeze out all the liquid.
4. Remove the petals and repeat for the other 2 cups of petals.
5. Take 3 cups of the dandelion water and pour it into a large pot.
6. Add the lemon juice, and pectin and bring to a rolling boil.
7. Add sugar and return to a boil.
8. Cook stirring constantly for around 1 minute.
9. Remove from the heat and skim the foam off the surface.
10. pour mixture into hot sterilized jars and remove any air bubbles with a spatula.
11. Place the lid firmly on.
12. Place jars into boiling water using a holder and bring the water to a boil for 7 minutes.
13. Remove the jars from the pot and place them on a wooden surface.
14. Make sure the seal is tight and let cool for 24 hours.

## 25. Dandelion Fritters

- 1 cup of flour
- 1 cup of milk
- 1 large egg
- 1 tsp baking powder
- Coconut oil
- 1 cup dandelion flower heads, immediately used after picking

1. Whisk all of the ingredients together, apart from the dandelion heads.
2. Dip the dandelions in the batter.
3. Fry in the oil flower side down.
4. Flip and fry.
5. Drain on kitchen paper and serve with the sauce of your choice.

## 26. Dandelion Omelette

- 2 eggs
- 1 cup of dandelion greens
- 1 onion
- Salt and pepper
- ½ cup of Cheddar cheese

1. In a bowl beat the eggs.
2. In a frying pan melt the butter and add the onion and the greens.
3. Season the mixture with salt and pepper.
4. In a separate pan, add a little butter and then the egg mixture.
5. Let the egg mixture set.
6. Add the greens and onion and the cheddar cheese, until it is melted.
7. Flip the omelet in half and serve.

## 27. Dandelion Muffins

- 2 cups of plain flour

- 2 tsp of baking powder
- 1 tsp of baking soda
- 1 cup of buttermilk
- 1/3 cup honey
- 2 eggs
- ½ cup of salted butter
- ½ cup of dandelion petals

1. Preheat the oven to 375 degrees and grease the muffin molds.
2. Whisk the flour, baking powder, and baking soda in a large bowl.
3. Whisk the honey, milk, eggs, and melted butter.
4. Pour the mix into the flour mix and combine well.
5. Add in dandelion petals.
6. Divide the mix between the molds and bake for around 15 minutes.
7. Cool for around 5 minutes in the pan.
8. Remove and cool on wire racks.

## 28. Dandelion & Banana Bread

- 1 large banana
- ½ cup olive oil
- 1 egg
- 1/3 cup of brown sugar
- 1 ¼ cup flour
- 1/3 cup of dandelion petals

- 1 tsp of honey
- 1 tsp of baking powder
- ½ tsp of baking soda

1. Mash the banana, then add the oil, egg, and sugar.
2. Stir in the flour, the dandelion flowers, the baking powder, and the baking soda and mix by hand until everything is combined.
3. Scoop into a greased loaf baking dish.
4. Bake at 350 degrees for 20 minutes, allowing an extra 5 minutes if needed.

**Related:** [How to Make Homemade Bread in a Can](#) (Video)

## 29. Dandelion Mashed Potatoes

- 4 large potatoes
- 400ml of water
- 2tbsp Butter
- ½ cup of grated cheddar cheese
- 1 cup of boiled dandelion greens (chopped)
- Salt and pepper

1. Boil the potatoes until soft.
2. Mash the potatoes with a potato masher.
3. Add in the butter, grated cheese, and chopped greens.
4. Season with salt and pepper to taste.

## 30. Dandelion Greens Tagine

- 1tbsp butter
- 1 onion
- 3 cloves of garlic
- 1tsp harissa paste
- 2tsp sumac
- 1 tsp cinnamon
- 1 tsp ground coriander
- 3 cups of dandelion greens
- 1 cup of raisins
- 4 potatoes
- 1 carrot

- ½ cup of dried apricots
- 1 can of tomatoes
- 1 cup of vegetable stock
- 1 cup of chickpeas
- Juice of lemon

1. Sweat the onion and garlic in butter and add the harissa paste and spices.
2. Add the potatoes, carrots, greens, and dried fruits.
3. Add 1 can of tomatoes, the chickpeas, and stock to the pan.
4. Simmer for 20 minutes until the vegetables are soft.
5. Squeeze in the lemon juice and serve with couscous.

## 31. Dandelion Oil

- Oil of your choice
- Dandelion flowers

1. Place the dandelion flowers in a jar and cover them with oil.
2. Steep for 2 weeks in a sunny place.
3. After 2 weeks strain the mixture and transfer it into another jar.

**Related:** [The Nutrient Packed Oil That Lasts For At Least 5 Years On the Shelf](#) (Video)

## 32. Dandelion Green Pupusa

- 4 cups masa harina
- 3 cups cold water
- 1 cup mozzarella cheese
- 2 cups dandelion greens
- Vegetable oil (for frying)

1. Mix the masa harina and salt, adding the water gradually until the dough comes together.
2. Lightly oil the dough and roll the dough into a ball.
3. Flatten the dough into an even round.
4. Fill the dough with mozzarella cheese and the dandelion greens.
5. Fold the dough over until it is a completely sealed disc and then pat the ball between your hands until flat.
6. Brush with vegetable oil and cook for 2-3 minutes on each side.



## 33. Dandelion Greens Tacos

- Taco shells/corn tortillas
- Pork belly cooked
  
- Cooked dandelion greens
- Avocado slices
- (Pico de Gallo)
- 1 tomato
- ½ an onion
- 2 tbsp of cilantro
- Salt and pepper
- ½ lime juice

1. Place the meat, cooked dandelion greens, and avocado slices in the taco shells.
2. Chop finely the ingredients for the Pico de Gallo and add lime juice, salt, and pepper.

**Related:** [The Succulent Red Plant That Tastes Like Bacon](#) (Video)

## 34. Potatoes and Dandelion Greens

- 1 tbsp butter
- 4 potatoes (boiled)
- 3 cups of dandelion greens
- 2tsp of dried thyme
- 2tsp of dried oregano
- Salt and pepper

1. Fry the potatoes in the butter, until they are a little crispy on the outside.
2. Add the dandelion greens until they are wilted.
3. Add the herbs and season with salt and pepper.

## 35. Dandelion Soda

- 4 cups of dandelion petals
- 4 cups of water
- 1 cup of sugar
- 1tsp ginger
- 1tsp lemon zest

- ½ cup ginger bug starter
- 2 cups of room temperature water

1. Place the petals in a mason jar.
2. Add 4 cups of boiling water and pour over the petals.
3. Cover and allow to steep overnight.
4. Strain out the petals the next day and reheat the tea, but do not bring it to a boil.
5. Add the sugar, ginger, and lemon zest and stir.
6. Allow the syrup to cool.
7. Pour the sweetened dandelion tea into sterilized bottles and add the ginger bug start and the room temperature water. Gently shake the bottle to combine.
8. Cap the bottle and allow it to ferment and carbonate for a week.

**Related:** [How To Make an Elderflower Probiotic](#) (Video)

## 36. Dandelion Pancakes

- 2 cups of milk/milk alternative
- 2 ripe bananas
- 2 tbsp of melted coconut oil
- 1 tsp vanilla
- 2 tsp baking powder
- 2 cups of flour
- 1 cup of dandelion petals

1. Peel and mash bananas in a large mixing bowl.
2. Add the milk and coconut oil to the mashed banana.
3. Add the vanilla, baking powder, and flour into the bowl and combine well.
4. Fold in the dandelion flowers, the batter will be thick.
5. Add room temperature coconut oil to a pan and place on medium heat.
6. Scoop out a little batter and add it to the hot pan, allowing it to spread evenly.
7. Flip when bubbles begin to form throughout the pancake.

**Related:** [The Delicious Secret This Common Plant Holds Hidden From Sight](#) (Video)

## 37. Dandelion Dhal

- 1tbsp of butter
- 1 onion
- 2 cloves of garlic

- 1tbsp ginger
- 1tsp turmeric
- 1 tsp coriander
- 1tsp of cumin
- 1tsp paprika
- 1tsp Garam Masala
- Salt and pepper
- 1.5 cups of red lentils
- 3 cups of vegetable broth
- 3 cups of dandelion greens
- 1 cup coconut milk

1. Salt and pepper
2. Cook the onion, garlic, and ginger in the butter until golden.
3. Add the spices.
4. Add the lentils, the dandelion greens, and the stock, and bring to a boil.
5. Cook the lentils until they soften and become mushy.
6. Finally, add the coconut milk to taste.

**Related:** [The Only Food That Grows Almost Faster Than You Can Eat It](#) (Video)

## 38. Dandelion Tortellini

- 1 bunch of dandelion greens
- 1 onion diced
- 4 cloves of garlic minced
- 1 tbsp of butter
- Salt, pepper, and oil
- Pasta dough

1. Sweat the dandelion greens with the onion and garlic in butter.
2. Season the mix.
3. Roll the pasta dough into fillable shells.
4. Fill the shells with the dandelion greens mix.
5. Cook the tortellini in your favorite sauce for 8 minutes.

## 39. Dandelion Pizza

- 2 cups pizza dough
- 1 cup pizza sauce

- Dandelion greens
- ½ bell pepper
- 6 pepperoni slices
- 1 cup of mozzarella cheese

1. Preheat the oven to 375 degrees.
2. Roll the pizza dough into a circle.
3. Spread the pizza sauce on the pizza base.
4. Add the dandelion greens.
5. Add the bell pepper and pepperoni.
6. Add the pepperoni slices on top.
7. Cover the pizza with cheese.
8. Place on a lightly floured tray and bake for 15-20 minutes.

**Related:** [“Healthy Pringles”: The Nutritious Leaves That Make Crispy Chips](#) (Video)

## 40. Dandelion Detox Water

- 1 cup of dandelion petals
- ½ cup of mint leaves
- ½ cup of lemongrass leaves
- ½ a lime sliced
- 500ml of water

Add all ingredients to your water and refrigerate for at least 3 hours.

## 41. Dandelion Ice Cream

- 1.5 cups of heavy cream
- 1.5 cups of half and half
- ½ cup honey
- 1 cup of dandelion petals
- 1 pinch of sea salt
- 6 egg yolks

1. Mix the cream, half and half, honey, and salt in a saucepan.
2. Add in the petals and leave to simmer slowly for 2-3 minutes.
3. Turn off the heat and allow the dandelion petals to infuse for around 30 minutes.

4. Strain the dandelion petals.
5. Pour the cream into another container to cool.
6. Add 6 egg yolks to a cooled saucepan, whisking constantly, and add the cream mixture.
7. If the cream is warm, the egg should make custard.
8. Continue whisking until thick.
9. Remove from the heat and pour into a bowl to chill.
10. Chill the custard in the refrigerator for 4 hours before using the ice cream maker to make a perfect dandelion ice cream.

## 42. Dandelion and Pineapple Juice

- 2 cups of dandelion greens
- 3 cups of fresh pineapple
- ¼ cucumber
- 1tbsp of honey

1. Blend all ingredients in a blender.
2. Serve over ice.

## 43. Dandelion Stir Fry

- 1tbsp oil
- 1 onion chopped
- 2 cloves of garlic minced
- Stir fry mix vegetables
- Dandelion greens
- Noodles (precooked)
- Soy sauce
- Honey

1. Heat the frying pan with some oil.
2. Throw the onion and garlic into the pan and fry until golden.
3. Toss in the remaining vegetables, cooking for around 5 minutes.
4. Add in the noodles.
5. Sprinkle in some soy sauce and some honey, constantly moving the mixture in the pan.

## 44. Korean Dandelion Salad

- 1.5lbs of dandelion leaves
- 3 green onion stalks, sliced

- 4 cloves of garlic, minced
- 3.5 tbsp of soy sauce
- 1 tbsp of sesame oil
- 2 tsp of Korean pepper powder
- 1 tbsp of sesame seeds
- 2 tbsp of vinegar

1. In a bowl, toss together the leaves, and green onion stalks.
2. Make a dressing with garlic, soy sauce, sesame oil, pepper, sesame seeds, and vinegar.
3. Toss the dressing over the leaves.

## 45. Dandelion and coconut mousse

- ¼ cup cold water
- 1.5 tbsp gelatin
- 1 cup of coconut milk canned
- 1 cup of cream coconut
- 2 cups of dandelion petals
- 1 pinch of salt
- 1.5 cups of heavy whipping cream
- 2tbsp of white sugar

1. Pour cold water and gelatin into a small bowl and let it sit for 5 minutes.
2. In a saucepan, heat the coconut milk, cream of coconut, and dandelion petals.
3. Add the gelatin to the warmed coconut milk and stir until the gelatin is dissolved.
4. Set aside and allow to cool to room temperature.
5. In a medium-size mixing bowl, pour the heavy whipping cream and add the sugar. Whisk until the cream is light and fluffy and soft peaks form.
6. Carefully add the cooled coconut mixture and gently combine.

**Related:** [The Plant That Is Sweeter Than Sugar And Helps People With Diabetes](#) (Video)

## 46. Sweet Green Juice

- 1/4 cup of dandelion greens
- 1 celery stalk
- 1 apple
- 2 cups of kale
- ¼ lime
- ¼ cucumber

- 0.5oz ginger

Press the ingredients through a juice press and serve over ice.

## 47. Dandelion & Ginger Cooler

- 2 cups of dandelion petals
- 1tbsp of ginger
- 1tbsp honey
- Juice of 1 lime
- Ice

Blend all of the ingredients and strain, serving over ice.

## 48. Dandelion Greens Super Sandwich

- 2 slices of bread
- Mayonnaise
- 1/2 can of tuna
- 1 cup of dandelion greens
- a few slices of lettuce
- 2 slices of cucumbers

1. Mix tuna and mayonnaise
2. Add the dandelion greens, the lettuce, and the cucumber.
3. Close the sandwich.

**Related:** [How to Make Mountaineer Tuna Stroganoff](#) (Video)

## 49. Dandelion Lemonade

- 5 lemons (juiced)
- 1.5 cups of sugar
- Dandelion petals
- 1tbsp honey
- Ice

Juice the lemons and place the juice, sugar, petals, and honey in a blender with some ice. Blend and enjoy.

## 50. Dandelion Tonic

- 2 tbsp of dried dandelion roots
- 2 tbsp of chicory root
- 2 tbsp of orange zest
- 2 tbsp of ginger
- 1.5 cups of vodka

Put the dried roots, zest, and ginger into a jar and pour in 350ml of vodka.

Cover the jar and let it sit in a cold place for a minimum of 7 weeks.

Strain the mixture and serve the tonic before meals.

We hope you have enjoyed learning about all the different ways that dandelion can be used in different recipes. A lot of people are surprised at the amount of uses this plant has, as it is often seen as just a weed. Now you know how to forage and make the most of this common plant. We hope you have fun cooking a few of these different foods.

**You may also like:**

[How to Make Medicinal Blooming Tea](#)

[Add This "Unusual Nutrient" to Coffee or Tea, to Effortlessly and Fully Empty Your Bowels Every Single Morning](#) (Video)

[Forage These Spring Edibles Before They're All Gone](#)

[Medicinal Foods: 10 Recipes To Bring Lasting Health](#)

[Burdock: The Annoying Weed That Can Save Your Life](#)



## Comments



**LisaS** - 2022-05-21 08:39:41

Hi I made dandelion infused vinegar. After a few months, it now has like a less than 1/4th of an inch pancake like white covering..I see similar things in kombucha, is this the mother or should I throw the whole thing?



**Carol L** - 2022-05-20 22:37:01

Once again I must request that you keep to one type of measurements, at least within a single recipe! you have mixes cups/Tbsp with ml/g in several recipes, making it impossible to do without going to a metric to cups site to convert!!! At the very least you could convert before posting, and as this is primarily a USA site, in American terminology, please? This is very annoying and time consuming.



**Bill Schmidt** - 2022-05-19 19:52:27

I know that it's never too late to get started, but I wish I had found a source like you when I was younger. I know that I would be a lot healthier at present. No major malfunctions, just old. My wife is the one standing on the banana peel and she is the finicky eater who will positively not try anything new. I am going to try some of the recipes for myself and of course offer some to my wife. Maybe I can get her to move even slightly to better health through better diet. Pray for me.



**Rebecca Grove** - 2022-05-19 14:01:10

I love the idea of using dandelions in food and medicinally. Are there any specific recipes for specific medicinal uses. I heard dandelion tea is great for flushing the liver of toxins but how much do you use and how frequently? Any published materials on this? I am very interested in herbal remedies. :)