



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Dandelion Infusion Tea

Dandelion - leaves and roots

(Each contain different medicine)

Leaves are also wonderful for cooking, adding to salads fresh, and to stir fry and juices.

Make an infusion tea by simmering 2 handfuls of dandelion root and 2 handfuls of leaves in 3 liters of water for 40 min.

Turn off and allow to sit overnight. The heat and soaking overnight allows the minerals to steep into the infusion.

Strain and drink hot with lemon honey or as iced tea. If flavor is too strong dilute with more water to taste. Drink 2-3 cups per day for 2-3 weeks.

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