



Dandelion LEAF

DANDELION LEAF TEA CAN HELP:

- fever
- blood sugar
- liver health
- more!

DANDELION LEAF TEA

1. Wash a harvest of clean spray-free dandelion leaves
2. Place in a 1 qt mason jar
3. Fill with boiling water (30 seconds after a boil)
4. Let steep for 10-15 minutes. For an infusion, steep 4-10 hours.
5. Sweeten with honey.

Try it with dandelion flowers, too!

