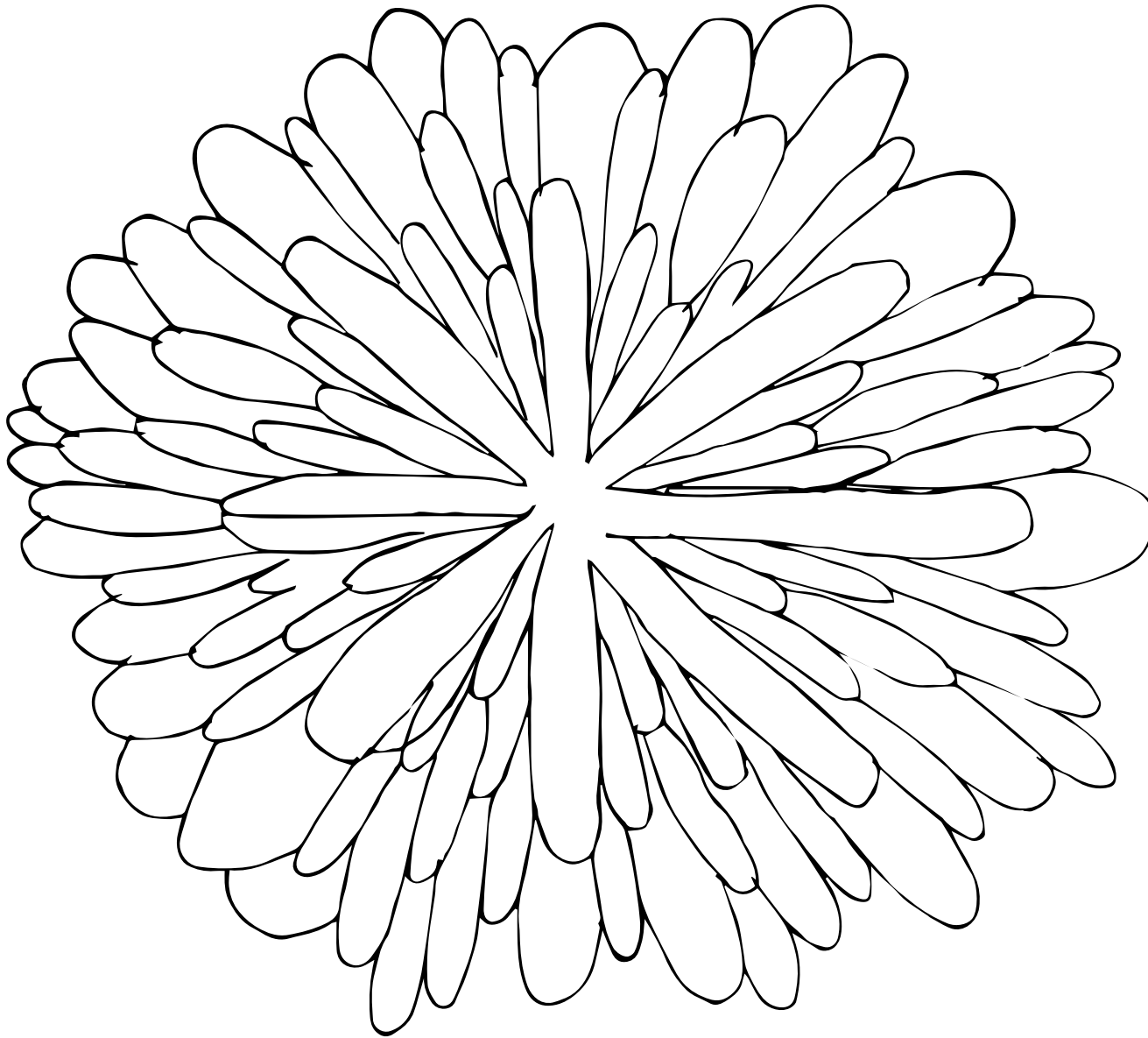


Dandelion FLOWER



LOVE your dandelions and help Lake Winnipeg by not spraying them with harmful chemicals.

ROOTS: skin health, arthritis, digestion, more. Makes a great coffee substitute safe for adults & kids!

LEAVES: nourishing - try in salads!

FLOWERS: nourishing & great in salads, baking, teas & more!

Dandelion Chocolate Chip Cookies

- $\frac{1}{3}$ cup butter or coconut oil
- 1 egg
- $\frac{1}{4}$ cup sugar
- 2 tbsp honey or maple syrup
- 2 tsp real vanilla
- $1\frac{1}{2}$ cups spelt flour
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp sea salt
- 1 cup fresh dandelion flower petals
- $\frac{1}{2}$ cup chocolate chips

1. Preheat oven to 350F.
2. Prep flowers - shake, wash, dry.
Pick petals, compost green stems.
3. Mix wet ingredients together well.
4. Mix dry ingredients together
- add to wet and mix well.
5. Shape dough into 1tbsp balls,
place on greased baking sheet,
and press down slightly.
6. Bake 10 min, cookies will still be
sort of soft (will firm up when cool).

