

Zero Waste Recipe : Dandelion Syrup

Homemade Wild Flower Yumminess

Dandelion syrup can be used as a substitute for maple syrup, or as a sweetener in tea and coffee. It is also perfect on pancakes, or drizzled over a fruit salad and yogurt, or in a delicious [drizzle cake](#).



Dandelion Syrup Recipe

- 50 large dandelion flowers (yellow petals only)
- approx. 2 pints water (enough to cover the petals)
- juice 1 lemon
- *optional:* 500 grams chopped green apples (approx 3 apples. Unpeeled if organic)
- *optional:* 1 large stalk chopped rhubarb (from our garden, we added for extra flavour)
- 300-500 grams sugar (tweak to taste)

Method

1. Gently separate the yellow dandelion petals from the green flower head.
2. Place all the ingredients (except the sugar) in a pot. Bring to a boil, simmer for an hour.
3. Remove from heat, and allow to cool.
4. Once cooled strain liquid into a bowl using a fine mesh strainer or cheesecloth. Extract as much of the beautiful yellow juice as you can.
5. Weigh the juice and pour it back into the pot. Add in the sugar, same weight as the juice.
6. Bring to a boil so it thickens. Be careful not to boil for too long or the vibrant yellow colour will darken.
7. Pour into sterilised jars, seal tight. Voila, your syrup is done!

Makes approx. 1.5 litres