

Dandelion Flower Syrup

Use as a spread on bread and butter as you would honey.

2 very large handfuls of dandelion flowers

1 quart cold water

5 cups unrefined sugar

½ lemon, including peel

1. Place the dandelions in the water and bring to a boil. Remove from heat, cover, and allow to steep overnight.
 2. The next day, strain and press the flowers to remove the liquid. Add the sugar and the lemon, peel and all. Bring to a boil, reduce heat, and simmer until the mixture is of a syrup consistency.
 3. Remove the lemon and pour the syrup into a glass container. Store in the refrigerator.
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