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The Ultimate Dandelion Cookbook: 148 Recipes for Dandelion Leaves, Flowers, Buds, Stems, Roots

By Kristina Seleshanko

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.An Amazon #1 Bestseller! Become a dandelion hunter! 148 dandelion recipes for breakfast, lunch, dinner, snacks, and even dessert! What if someone told you one of the world's most nutritious foods is also tasty, can be cooked many different ways, is easy to find, and is totally free? I know what I'd do: I'd run out and grab some! Well, the good news is, there is such a food: Dandelions. Yes, those pesky weeds with bright yellow flowers you've grown up thinking are the enemy of perfect lawns are actually food - brought to North America by immigrants who knew how valuable they are. Every part of the dandelion is edible * Dandelion greens recipes are common throughout Europe and often used in salad, quiche, lasagna and other pasta dishes, and many other familiar and less-familiar dishes. * The honey-like flowers are a healthy and tasty addition to bread, omelets, pancakes, and more - plus they make delectable dandelion wine, dandelion jelly, and dandelion wine. * The buds are often pickled or added to...



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