



DANDELION HONEY



STEP 1. PICK DANDELIONS TO FILL 2 CUPS. GENTLY REMOVE ANY INSECTS!

STEP 2. PLACE IN A PAN WITH 1 1/2 CUPS OF WATER AND 2 OR 3 SLICES OF LEMON



STEP 3. SIMMER FOR 15 TO 20 MINS AND THEN LEAVE TO INFUSE FOR 24 HRS

STEP 4. STRAIN AND SQUEEZE ALL THE LIQUID INTO A BOWL.



STEP 5. WEIGH THE LIQUID AND THAN ADD THE SAME AMOUNT OF SUGAR IN A PAN.

STEP 6. HEAT IN THE PAN AND SIMMER FOR AROUND AN HOUR. LET IT COOL AND THEN POUR INTO STERILISED GLASS JARS.



ENJOY!

