

## Did You Know...

Dandelions have been used as a form of medicine for generations! Dandelions' modern reputation as a sidewalk weed is misleading: Indigenous peoples have used this plant's leaves and roots to make teas that aid with digestion, sore throats, coughs, liver problems, and kidney problems. Dandelion sap can also be used to help get rid of warts!

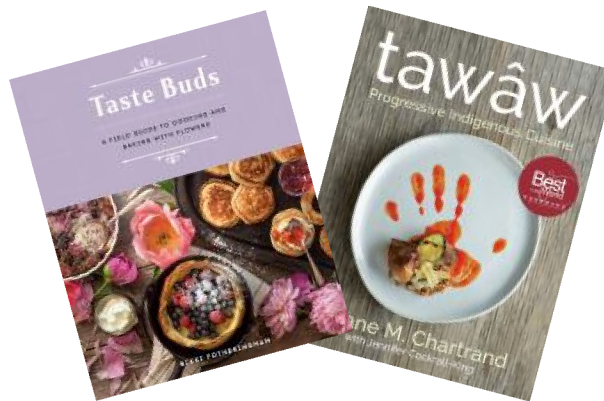
**\*[www.kmumut.org](http://www.kmumut.org)\***



Find our archive of recipes and other spicy resources by scanning the QR code.



[www.tbpl.ca/spice-club](http://www.tbpl.ca/spice-club)



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**TBPL  
Spice Club**  
Spice of the Month:  
**Raw Dandelion  
Root**

# Caffeine-Free Easy Herbal Coffee

\*Recipe found at [raiasrecipes.com](http://raiasrecipes.com)

## Ingredients

- 1 tablespoon of roasted chicory root
- 1 tablespoon of dandelion root
- 4 cups of water
- 1 teaspoon of vanilla extract

## Optional:

- milk
- creamer
- sugar
- honey
- ice cubes

## Directions:

1. Boil water in a pot. Add all ingredients to water and let steep for 10 minutes.  
Alternatively, prepare ingredients in a heat-safe bowl and boil water in a kettle. Pour boiling water into heat-safe bowl and let steep for 10 minutes.
2. Strain and save liquid. Pour into mugs or other heat-safe cups. Prepare as you would coffee, adding milk, cream, sugar, and/or honey. Pour coffee over ice cubes for a refreshing summer drink!

# Dandelion Tea Donuts

\*Recipe found at  
[brooklynfarmgirl.com](http://brooklynfarmgirl.com)

## Donut Ingredients

- ½ cup of milk
- 1 tablespoon of dandelion root
- 1 cup of flour
- ¼ cup of white sugar
- 1 teaspoon of baking powder
- ½ teaspoon of cinnamon
- ½ teaspoon of salt
- 1 egg
- 1 teaspoon of vanilla extract
- 1 teaspoon of vegetable oil

## Icing Ingredients

- 1 cup of powdered sugar
- 2 tablespoons of butter
- 2 tablespoons of milk
- ¼ cup of cocoa powder
- ¼ teaspoon of vanilla extract
- sprinkles (optional)

## Directions:

1. Preheat your oven to 325°F.  
Grease a donut pan.
2. In a saucepan, heat up milk and dandelion root for 15 minutes, stirring occasionally. Remove from heat and strain, keeping liquid.
3. In a bowl, mix flour, sugar, baking powder, cinnamon, and salt together.

## Donut Directions continued:

4. Separately, mix together milk, egg, vanilla extract, and oil. Add milk mixture into flour mixture and combine well.
5. Pour into donut pan and bake for 10-12 minutes. Remove and let cool.
6. In a bowl, mix together powdered sugar and butter until creamed well.
7. Add milk, cocoa powder, and vanilla extract and continue to mix until creamy and well-combined.
8. Once donuts are cool, dip the into the frosting to cover the tops.
9. If using sprinkles, pour sprinkles into a bowl wide enough to fit the donut. Dip donuts into the sprinkles. Enjoy!

