

DANDELION FRITTERS

SERVES: 4-6

PREP TIME: 5 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 2 cups Dandelion flowers
- 1 cup Flour
(regular or Gluten-Free)
- 1 cup Milk
(or use non-dairy milk)
- 1 egg
(or a vegan flax egg replacer)
- 1/4 tsp Salt
- Oil or butter for frying
- Honey for serving

DIRECTIONS

How to Harvest Dandelions

Pick flowers when they are fully open on a sunny day. Be ready to use them right away! Soak them in a bowl of water for a few minutes to remove any dirt or critters, then let drain.

Make the Fritters

- Whisk flour, milk, egg, and salt in a medium bowl.
- In a heavy duty pan, heat up to 1 inch of oil over medium heat until a bit of batter sizzles when you drop it in.
- Dip the flowers into the batter to coat, then fry, petal side down until golden (about 2 minutes), then flip and fry an additional minute or so.
- Drain on paper towels and serve with honey for dipping!

