

Dandelion pesto

Ingredients

- 2 cups fresh dandelion greens
- 1 cup raw cashews
- 2 TBSP lemon juice
- 3 cloves garlic
- ½ cup organic sunflower oil
- 1 cup basil or mixed garden herbs (sorrel, mint, parsley, oregano)
- 1 cup water

Preparation

Mix all ingredients in a high speed blender until it forms a creamy texture. This recipe can be used as a dip, salad dressing or over stir-fried veggies. It is also delicious served over vegetable pasta made with raw zucchini, beets or pumpkins. Enjoy the wild taste from your backyard!

Adapted from "The Wild Wisdom of Weeds" by Katrina Blair.



Food Wisdom

Dandelion greens are available in most whole food stores. You can also pick them in your backyard if they have not been sprayed with chemicals.

Dandelion leaves are cooling which is wonderful for hot summer days and when feeling overheated in general. Young leaves are typically more sweet, older leaves more bitter. They are also diuretic which aids in the removal of toxins via the kidneys. They alkalize the body, purify the blood and stimulate the secretion of bile which helps with the digestion of fats. Their purifying effect on the liver improves skin conditions and age spots dissipate.

Dandelions are viewed as a weed; a plant to be eradicated. Now that you learn about the dandelions' massive benefits, do you agree?



www.AlexandraEpple.com