

Dandelion Cookies

TASTE the SWEET FLAVOR of SPRING



INGREDIENTS (Makes 16 Cookies)

- 1/2 cup coconut oil
- 1/2 cup honey (local if possible)
- 2 eggs
- 1 tsp vanilla
- 1 cup whole wheat flour (gluten free flour mix can be substituted)
- 1 cup rolled oats
- 1/2 cup dandelion flower petals

TO MAKE IT

Step 1: Gather flowers where you are certain there are no chemicals applied to the lawn. Rinse flowers and leaves, then pat dry.

Step 2: Remove the petals from the dandelion flowers. You can save the greens for spring salad or discard (compost) green parts.

Step 3: Preheat oven to 375 degrees

Step 4: Mix the oil and honey and then beat in eggs and vanilla

Step 5: Stir in the flour, oats and dandelion flowers

Step 6: Drop the batter by large tablespoons full onto a parchment lined (or oiled) cookie sheet

Step 7: Bake for 10-15 minutes (they took 11 minutes in our oven)

Step 8: Let them cook and enjoy!

Shared by the Eastern Region Association of Forest and Nature Schools (ERAFANS) to encourage outdoor learning adventures and nature connection. To learn more, visit www.ERAFANS.org.