



Dandelion Cookies



Thursday 14th May 2020

Yes that's right! Today we are going to bake Dandelion Cookies 😊

Dandelion flowers are not just pretty. They are also extremely nutritious food and are not bitter like the leaves.

To Prepare Dandelion Flowers for Use in Recipes:

1. Wash them thoroughly.
2. Measure the required quantity of *whole* flowers into a measuring cup.
3. Hold flowers by the tip with the fingers of one hand and pinch the green flower base very hard with the other. This will make the petals pop out! Shake the yellow flowers into a bowl. They are ready to use in your recipe.

Ingredients



1/2 cup oil



1/2 cup honey or syrup



2 eggs



1 teaspoon vanilla essence



1 cup plain flour



1 cup dry oatmeal/porridge oats



1/2 cup dandelion flowers

Instructions

1. Preheat oven to 190/375 degrees
2. Mix the oil and honey together and beat in the two eggs and vanilla.
3. Stir in flour, oatmeal/porridge oats and dandelion flower petals.
4. Spoon the mixture by teaspoonfuls onto a greased baking tray and bake for 10-15 minutes.

The mixture will look a bit like this before it is cooked.



Leave space between the spoonfuls or you'll end up with one giant cookie!

Maybe you could have a go at writing some of the recipe on your whiteboard or on paper.

If you have any good recipes that you'd like to share send them to us and we'll put them on the recipe tab on the school/nursery website so we can all share them.

Follow the link to see the recipes which are already there.

<https://blogs.glowscotland.org.uk/er/Giffnock/giffnock-nursery-class/nursery-recipes/>

Enjoy!