

## Dandelion Pesto

serves 4

Dandelion greens are a very good source of Dietary Fibre, Vitamins A,C,E and K, Thiamin, Riboflavin, Vitamin B6, Calcium, Iron, Potassium and Manganese.

*Note:* Dandelion is a common meadow herb in the Asteraceae family. It is not to be confused with other weed species known as 'false dandelions' which also have yellow flowers and look quite similar, e.g. catsear.



### Ingredients | Method

- ½ cup shelled pine nuts
- 3 garlic cloves, minced
- 2 cups chopped fresh dandelion leaves  
(If you aren't up for foraging your own 'lion's teeth' or 'dent-de-lion', replace these with 3 cups of loosely packed fresh spinach leaves)
- 1 tbsp lemon zest
- 1 tbsp lemon juice (alternatively use 2 drops of Young Living Lemon Essential Oil)
- ½ cup organic olive oil
- ½ tsp Himalayan salt
- 1 tsp turmeric powder
- ½ tsp freshly ground black pepper (or for a different flavour, replace the pepper for 1 drop of Young Living Basil Essential Oil)
- ¼ cup freshly grated parmesan

- 1 Heat the pine nuts in a skillet until golden brown. Allow to cool.
- 2 Place all ingredients, except for the parmesan, into a blender or food processor and process until smooth. If mix is too thick, slowly add a bit more olive oil. Add the parmesan and continue to blend till the mixture has a smooth consistency.

Keep in the refrigerator and eat within 3 days. Enjoy this dip with crackers, seed bread, carrot sticks or as a topping on meat, veggies and eggs!

### Recipe #19 – courtesy of Alchemy/Purple House

In what was once the village post-office, Alchemy Café has put Forth on the map. Regular customers and tourists from far and wide come for a taste of the healthy menu, entirely gluten free. Alchemy supports the local organic industry as much as possible, and uses only fair trade organic coffees and chocolates.



Come in for breakfast, morning tea, lunch and afternoon tea, with a wide range of menu options available. Enjoy coffee, teas, wines and ciders, juices, smoothies, soups, desserts and cakes. It's also a one-stop shop for gifts and all your organic ingredients.



640 Forth Road, Forth  
Open Mon-Sat | 9am-4pm  
Tel. (03) 6428 2013 | 6428 3007  
[www.purplehousenaturaltherapies.com.au](http://www.purplehousenaturaltherapies.com.au)