

## **SCANDINAVIAN DANDELION SYRUP WITH APPLES**

(A traditional Scandinavian folk recipe)

### *Ingredients*

50 dandelion flowers (only the yellow petals, use scissors to cut the green off)

500 g of chopped apples (about 3 apples)

1 stalk of chopped rhubarb (optional)

1 litre of water

500 g of sugar (approximately)

juice of one lemon



### *Method*

1. Put the apples, dandelion flowers, rhubarb, juice of lemon and water in a pot. (If you use organic apples, you don't have to peel them.)
2. Let it simmer for half an hour.
3. Strain so the juice is clear, it's beautifully yellow.
4. Weigh the juice and pour it back into the pot. Use the same amount of sugar as the juice weighs.
5. Bring it to a boil, until it thickens. Be careful not to let it boil for too long, it must not change colour.
6. Pour the syrup into clean and scalded jars.

### *Note*

The syrup is more liquid-like. It is usually spooned over pancakes, vegetables or put in tea. It's delicious and healthy!