

Dandy Blend Recipes

Dandy Blend's versatility is the perfect mix of yummy goodness with the health-promoting benefits of dandelion, making it simple to integrate with any lifestyle. Preparing a cup of Dandy Blend is effortless; just add a spoonful into a cup filled with hot or cold liquid, give it a stir, and it's ready to drink!

When using Dandy Blend in recipes that call for coffee, instant coffee, or espresso powder, use the same amount suggested in the recipe. If your recipe calls for prepared coffee, just mix the adjusted amount with hot or cold water and add it in.

Whether you're drinking Dandy Blend or cooking with Dandy Blend, we hope you'll explore all the wonderful recipes it can be used for.

Dandy Blend Lattes

Dandy Cinnamon-Nutmeg Latte

By Dawn Bliss of Stony Ridge Café in Tahoma, California

8 oz. of hot/cold milk or milk alternative

1 rounded tsp. of Dandy Blend

1/8 rounded tsp. of cinnamon

Pinch of nutmeg

Agave nectar or sweetener of your choosing

Dandy Baileys

By Shatoiya Delatour from Auburn, California

8 oz. hot/cold milk or milk alternative

1 rounded tsp. of Dandy Blend

1 tsp. of Baileys Irish Cream or more to your liking

Dandy Hot Chocolate

1 package of Hot Chocolate (follow directions on package)

1 tsp. of Dandy Blend

Dandy Chocolate Milk

8 oz. cup of hot/cold chocolate milk or milk alternative

1 tsp. of Dandy Blend

Summer Dandy

4 tsp. of Dandy Blend

1 cup of hot water

2 cups of cold water

1 cup of milk

1/4 cup of flavored coffee creamer

Directions: Dissolve Dandy Blend into hot water. Then add in the cups of cold water, cup of milk, and the flavored coffee creamer. Stir it all together, cover and place in refrigerator to chill for a couple of hours.

Dandy Protein Latte

By Melody Pickell and shared by Lisa Saslove of Satori Lifestyle in San Luis Obispo, California

1/2 cup of almond milk
1/2 to 1 tbsp. of protein powder
2 dashes of cinnamon
1 rounded tsp. of Dandy Blend
1 cup of hot water
1/2 tsp. of agave nectar or sweetener of your choosing

Directions: Add almond milk, protein powder, one dash of cinnamon and the agave nectar into a blender. Blend on low until protein powder is completely mixed. Add Dandy Blend and hot water and blend on high until foamy texture is achieved. Pour into a cup and add the second dash of cinnamon.

Liquid Mounds Bar

By Christina Schultz from Glenwood Springs

12 oz. of boiling water
2 heaping tsp. of Dandy Blend
1 tbsp. of coconut oil
1 rounded tsp. of agave nectar or sweetener of your choosing
1/4 cup whole milk, coconut milk, or cream

Directions: Mix Dandy Blend with the boiling water. Add coconut oil and agave nectar (or sweetener of your choosing). Finally, mix in the whole milk and as you taste, it'll feel like drinking a liquid Mounds Bar.

Dandy Cola

Christina Schultz also created this wonderful recipe for a Dandy Cola. It tastes similar to regular cola beverages, but without the caffeine or acids.

16 oz. glass
1 heaping tsp. to tbsp. of Dandy Blend
1/4 cup of boiling water
1/8 cup of maple syrup (optional)
12 oz. can of cold seltzer water (club soda)
Ice

Directions: Add suggested measurements, or more to taste, of Dandy Blend to the glass. Then, add the boiling water and stir until dissolve completely. If sweetener is desired, at this stage add the maple syrup and stir until cool and no foaming. Tip glass and VERY SLOWLY pour in the can of cold seltzer water (club soda). Do this carefully as though it were a nitrogen-activated beer or stout. If you are very slow and careful you will get only a half inch or so of foam that will quickly dissipate. Finally, add ice to fill the glass and once again do so CAREFULLY and slowly, as that can reactive the foam. Viola! You have a nice, cold, fizzy Dandy Blend that tastes remarkably like regular cola!

A postscript: The first time we tried this new recipe, my wife discovered that she hasn't sweetened it quite enough for her taste, so she added a bit of cinnamon-nutmeg non-dairy coffee creamer to it. Viola, again! Another whole, new delicious, iced beverage.

Frozen Dandy Blend Beverages

Dandy Shake

2 scoops of dandelion ice cream (recipe below under Dandy Desserts)

1 cup of cold milk

1 tsp. of Dandy Blend

Directions: Combine all ingredients in a blender and blend until smooth and creamy. Pour into tall glass and serve with a straw.

Dandy Malt

2 scoops of dandelion ice cream (recipe below under Dandy Desserts)

1 cup of cold milk

1 tsp. of Dandy Blend

1/4 to 1/2 cup of malted milk powder

Directions: Combine all ingredients in a blender and blend until smooth. Pour into a tall glass and serve with a straw.

***Note:** Although ice cream is recommended for these recipes, frozen yogurt or reduced-fat ice cream could be used for a healthier snack.

Dandy Blend Desserts

Dandy Blend Ice Cream

One of our most popular recipes using Dandy Blend is our Dandy Blend Ice Cream. It tastes a lot like coffee ice cream, with the benefit of no caffeine. This treat is great to enjoy with the whole family and forms the base for a flavorful milkshake.

1 qt. of slightly softened vanilla ice cream or frozen yogurt

1 to 2 tbsp. of Dandy Blend, or more to taste

Directions: In large bowl or mixer, combine the ice cream and Dandy Blend until the color is a uniform tan. Adjust to taste and serve immediately or place in freezer, covered until ready to enjoy.

Variations:

- Mocha- add 1/4 cup of chocolate syrup when adding the Dandy Blend or use chocolate ice cream in place of vanilla ice cream and syrup.
- Mocha Mint- add 1/4 cup of chocolate syrup and 1/2 tsp. of mint extract.
- Orange cappuccino- add 2 tsp. of grated orange peel, or more to taste.
- Cinnamon- add 1 tsp. powdered cinnamon.

Mocha Mock Mousse

1 1/2 oz. container of thawed non-dairy whipped topping

1 tbsp. of Dandy Blend

1 tbsp. of hot water

1 can of chocolate pudding (or a 4-serving box, prepared according to package directions)

pirouette cookies (optional)

Directions: Place whipped topping in a large bowl. In a separate smaller bowl combine Dandy Blend and water until powder is completely dissolved. Pour mixture over the whipped topping and fold in gently. Then, spoon in the pudding and continue folding mixture until smooth. Serve into serving cups of choosing and cover to chill until ready to serve. Decorate each “mousse” with a cookie or two, if desired.

Variations:

Use a chocolate flavored whipped topping for a stronger chocolate taste.

***Note:** Real whipped cream can be used in place of the 12 oz. frozen whipped topping, but consider the below:

- Real whipped cream will have to be sweetened a bit (suggested: 1/4 cup of sugar)
- Add the Dandy Blend/water mixture to the pudding first and fold in gently to retain as much volume in the whipped cream as possible. Also, plan to use the “mousse” the day you make it for best results.

Dandy Cookies

1/3 cup of shortening
1/2 cup of brown sugar
1/2 cup of granulated sugar
1 egg or 2 egg whites
2 tsp. of vanilla
2 tsp. of milk
2 cups of flour
1/2 tsp. of baking powder
1/4 tsp. of baking soda
1/4 tsp. of salt
2 tbsps. of Dandy Blend

Directions: Heat oven to 375 degrees. Mix shortening, sugars, egg, vanilla, and milk until fluffy consistency is reached. In a separate bowl combine dry ingredients and mix well, then add to shortening mixture and blend until smooth. Chill dough for about 30 minutes. After it’s chilled roll into 1-inch balls and place 2 inches apart on an ungreased baking sheet. Press cookies flat with the bottom of a glass, dipped in sugar. If you use a glass with a design on the bottom, cookies will come out with a decorative pattern. Bake 9-12 minutes, or until lightly browned.

Dandy-Dandelion Creme Brûlée

By Stacy Spillane From Maple Heights, Ohio

1 pt. of milk
1 cup of heavy cream
12 egg yolks
1 cup of sugar
1 cup of brown sugar
4 tsp. of Dandy Blend
1 tsp. of Cocoa powder
1/2 tsp. of Cinnamon

Directions: In a saucepan bring the cream, milk, and 1/2 cup of sugar to a boil. In a separate mixing bowl, whisk together the remaining sugar, egg yolks, Dandy Blend, cocoa powder, and cinnamon until light and creamy texture. Remove the boiling milk and cream mixture from the heat and whisk about one cup of it into the lightening egg yolk mixture. Whisking continuously, pour all of the yolk mixture into the saucepan in a slow stream. Mix thoroughly, then pour mixture into desired ramekins or baking dish. Bake in a hot water bath in a preheated 350-degree oven until the middle has set to resemble gelatin. Depending on the size or sizes of the baking containers baking could take around 40 minutes. Remove baked custards and cool to room temperature, then refrigerate until cold.

Meanwhile, sprinkle the brown sugar on a baking pan and dry it in a 350-degree oven. Allow sugar to cool, then powder it in a food processor. Sprinkle the powdered brown sugar evenly over the top of the cooled custard(s). Place the custards into a preheated broiler and watch very closely until the sugar has melted. Garnish with fresh dandelion flowers, if desired. Serve when the sugar top has cooled. Keep any remaining in the refrigerator for up to 3 days.

Dandy Tiramisu

1 large or 2 small pound cakes
1 cup of whipping cream
2 tbsp. of Dandy Blend
1/4 cup of sugar
1/4 cup of hot water
1/4 cup of amaretto or 2 tsp. of almond extract
1 can of vanilla pudding
Shaved chocolate

Directions: Slice pound cake(s) and set aside. Whip the whipping cream and keep chilled. Dissolve Dandy Blend and sugar in water and stir in Amaretto or almond extract. In a medium baking dish, place a layer of one of the cake slices and cover with a layer of whipping cream. Then, drizzle it with some of the Dandy Blend mixture and spoon over some of the pudding. Repeating in layers until all ingredients are used up, saving 1 cup of the whipped cream for the top. Spread reserved cup of whipped cream on the tiramisu. Cover and chill until ready to serve. Garnish with the shaved chocolate

Dandy Eclair Cake

1 package of graham crackers
1 can of vanilla pudding
18 oz. container non-dairy whipped topping
2-3 tbsp. of Dandy Blend

Directions: Place one can of chocolate frosting in a 9 X 13 inch. pan and add a layer of graham crackers. In a medium bowl combine the pudding, whipped topping and Dandy Blend. Spoon half of this mixture over the graham cracker layer and spread out smoothly. Then, place another layer of crackers and smoothly top with the remaining pudding mixture. Top with another layer of crackers, covering the pudding layer completely and spread carefully with the frosting. Finally, cover and refrigerate overnight.

Dandy Blend Glazed Angel

1 prepared angel food cake
2 cup of powdered sugar
2 tbsp. of chocolate syrup

2 tbsp. of Dandy Blend

1-2 tbsp. of milk

Directions: Place cake on serving platter. Then, combine sugar, syrup, and Dandy Blend until smooth, adding enough milk to make a thin frosting. Drizzle glaze over the cake. Serve with Dandy Blend ice cream, if desired.