

## Citrus Dandelion Soda



### Ingredients:

2 quarts of boiling water  
2 quarts dandelion flowers, rinsed  
1 thinly sliced lemon  
1 thinly sliced orange or 2 mandarin oranges  
 $\frac{3}{4}$  cup sucanat or sugar of choice  
1 cup of whey

### Instructions:

Place the dandelions and citrus in a large jar or bowl and make an infusion by pouring all but a cup of the water over the top and covering for 15 minutes or so. Measure the sucanat into a bowl and pour the remaining cup of water over it and stir until dissolved. Strain the dandelion infusion and pour in two cups of cold water and the sucanat water. Let sit until room temperature. Add the whey, stir and cover with a loose fitting lid, coffee filter or cheese cloth. Let sit on the counter for 2-3 days until the color lightens and you can see bubbles on the top and sides of the beverage. It should stay good in the fridge for a couple of weeks or until it loses it's flavor and becomes bitter.

### To Use:

Drink before and after meals to aid in digestion.