

How To Prepare DANDELION TEA *For Pregnant Women*



Buy or harvest
pesticide-free young
dandelion greens.

Give them a thorough
wash to remove
any dirt.



Cut or tear them
into small pieces.

Add the greens to the
pot of boiling water
for 5-10 minutes.



Pour the tea into a
cup or mug.

Add honey to taste,
if needed

