

Homemade Dandelion Hard Candy - An Herbal Twist on Sweets

This treat has the nostalgic charm of Old-School No-Bake Cookies, with a wildcrafted twist!



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INGREDIENTS

2 cups brewed and strained dandelion tea (see below)

2 cups raw sugar

1 cup honey

$\frac{1}{8}$ tsp powdered ginger

$\frac{1}{8}$ tsp turmeric

Juice of 1 lemon (strained)

$\frac{1}{8}$ cup powdered sugar (for dusting)

How to Make Dandelion Candy:

? Step 1: Brew the Dandelion Tea:

Gather 3 cups of dandelion blooms (remove greens and stems).

Steep in 4 cups of boiling water for 4-6 hours or overnight.

Strain and measure out 2 cups of the golden tea.

? Step 2: Mix the Candy Base:

In a heavy-bottomed saucepan, combine: 2 cups dandelion tea

$\frac{1}{8}$ tsp ginger

Juice of 1 lemon

? Step 3: Heat Gently-No Stirring!:

Cook over medium heat, gently swirling the pan as it begins to boil.

Don't stir once boiling. Use a pastry brush dipped in water to prevent crystals on the sides.

Use a candy thermometer and heat to 300°F (149°C)-this is the hard crack stage.

? Step 4: Pour & Cool:

Carefully pour the hot mixture into candy molds or onto a parchment-lined baking sheet.

Let cool completely before removing from molds or breaking into pieces.

? Step 5: Dust & Store:

Toss finished candies in powdered sugar to prevent sticking.

Store in an airtight container in a cool, dry place.

Tips for Success:

Use fresh, unsprayed dandelions only! Avoid blooms near roads or treated lawns.

Swirl, don't stir the syrup as it cooks to prevent crystallization.

Use a reliable candy thermometer-precision matters for that perfect snap.

Add a pinch more ginger or lemon zest for stronger flavor, if desired.

How to Enjoy Dandelion Candy:

Pop one as a natural throat soother

Wrap a few in parchment paper as a sweet homemade gift

Crush and sprinkle over yogurt or ice cream

DIRECTIONS

1. ? Step 1: Brew the Dandelion Tea: Gather 3 cups of dandelion blooms (remove greens and stems).
2. Steep in 4 cups of boiling water for 4-6 hours or overnight.
3. Strain and measure out 2 cups of the golden tea.
4. ? Pro tip: This is a great time to double up and prep extra tea for a soothing drink later.
5. ? Step 2: Mix the Candy Base: In a heavy-bottomed saucepan, combine: 2 cups dandelion tea
6. 2 cups raw sugar
7. 1 cup honey
8. $\frac{1}{8}$ tsp ginger
9. $\frac{1}{8}$ tsp turmeric
10. Juice of 1 lemon
11. ? Step 3: Heat Gently-No Stirring!: Cook over medium heat, gently swirling the pan as it begins to boil.
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18. Tips for Success: Use fresh, unsprayed dandelions only! Avoid blooms near roads or treated lawns.
19. Swirl, don't stir the syrup as it cooks to prevent crystallization.
20. Use a reliable candy thermometer-precision matters for that perfect snap.
21. Add a pinch more ginger or lemon zest for stronger flavor, if desired.
22. How to Enjoy Dandelion Candy: Pop one as a natural throat soother
23. Wrap a few in parchment paper as a sweet homemade gift
24. Crush and sprinkle over yogurt or ice cream
25. Keep a few handy during allergy season for gentle relief

SWAPS & NOTES

It's simple, earthy, and perfect for soothing sore throats-or just enjoying a little homemade magic.

This treat has the nostalgic charm of Old-School No-Bake Cookies, with a wildcrafted twist!

Why I Love This Recipe There's something deeply satisfying about turning a foraged ingredient into candy.

Dandelions are rich in vitamins, and paired with ginger, turmeric, and lemon, this candy not only tastes great-it brings a little comfort too.

TIPS FOR SUCCESS

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Avoid blooms near roads or treated lawns.

Swirl, don't stir the syrup as it cooks to prevent crystallization.

Use a reliable candy thermometer -precision matters for that perfect snap.

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