

Dandy Blend is a delightful, flavorful beverage made from water extracts of three roasted roots (dandelion, chicory and red beet) and two roasted grains (barley and rye), all of which have a long reputation for promoting good health.

Nothing else is added – no sweeteners, preservatives or artificial flavors. Gluten from the grains has been removed through a natural process that uses no chemicals.

History

Europeans drank a beverage like Dandy Blend a couple of centuries ago. Dr. Peter Gail, an internationally known ethno-botanist and specialist in dandelions, brought it to the United States in 1988. For over 15 years it was primarily available through medical practitioners and directly from him. Several years ago, at the urging of practitioners, it was made available to a wider audience.

Dandy Blend is available in four sizes:

7.05oz. – **Item #15023**

14.1oz. – **Item #15022**

2lb. – **Item #15017**

25 pack single serve – **Item #15014**



Recipe

Dandelion Protein Latte

1/2 cup almond milk (can use any milk or alternative)
1/2-1 Tbsp protein powder
1/4 tsp. Cinnamon
1 rounded tsp Dandy Blend
1 cup hot water
stevia, agave nectar or other sweetener to taste

Put milk, protein powder, cinnamon and sweetener into a blender. Blend on low. Add Dandy Blend and hot water. Blend on high until foamy. Pour into a cup and serve.

Want to know more about dandelions?

Dr. Gail, whom USA Today calls the “king of dandelions” and whom Good Morning America dubbed “The Wizard of Weeds”, is the author of two books on dandelions, and several other books on edible wild plants. They are available on www.dandyblend.com.

**For more information
visit www.dandyblend.com
or call 800-697-4858**



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Trying to
quit coffee,
but haven't
found a
better choice?
Well, now you
have one.



- rich, full-bodied taste of coffee
- no caffeine, acidity or bitterness
- gluten-free
- the only instant beverage in America containing dandelion root.
- each cup contains 630 mg of dandelion/chicory extract

**Nothing else
even comes close!**

For Those Who Should Not Be Drinking Coffee

David Winston, founder of Herbalist & Alchemist, Inc. in Washington, NJ. says that “*Dandy Blend is one of the few coffee substitute blends on the market that actually tastes better than coffee.*” It isn’t surprising that many prominent herbalists drink Dandy Blend regularly and recommend it to their clients/patients as an excellent way to kick the coffee habit.

A Versatile Beverage

Dandy Blend is so versatile that, depending on how much powder you use, it can be everything from a pleasant, nutty roasted tea to a rich, strong espresso or cappuchino. It is also the easiest way to get the benefits of dandelion root into your diet. Add one spoonful in a cup of hot or cold liquid, stir, and it is ready to drink. It makes a particularly good iced coffee for use in warm weather.

- 1 level tsp per 8 oz. = a tea-like beverage
- 1 rounded tsp in 8 oz = a rich, full-bodied coffee.
- 1 heaping tsp to 1 Tbsp for an espresso-strength beverage.

If you add any of the above to a cup of cold or hot milk or dairy alternative, add your favorite flavorings and a sweetener of your choice, you have a delicious latte, café au lait, or cappuccino. You can achieve the same effect often by adding flavored creamers of your choice. Recipes are on the Dandy Blend bags. A booklet of recipes may be downloaded for free from www.dandyblend.com.

Frequently Asked Questions

Q. Why is dandelion included in the blend?

A. Dandelions have for centuries been a highly respected healing herb in Asia, Europe and elsewhere. It is used as a spring tonic to rid the body of toxins that build up over the winter. It also, when roasted properly, provides a mild flavor that counteracts the “bite” often experienced from other ingredients in substitutes such as chicory.

Q. Dandy Blend seems so expensive. What is the cost per cup?

A. Dandy Blend is so concentrated that it takes very little powder to make a rich, full-bodied cup of “coffee.” Each bag contains far more cups of beverage than an equivalent-sized container of other brands. On a per cup basis, Dandy Blend costs as little as \$.07 per cup—less than you would pay for a cup of coffee or for most other substitutes.

Q. Can pregnant or breastfeeding women drink Dandy Blend?

A. Dandelion is the beverage of choice in China and Japan for pregnancy. Dandelion root has long been revered as a liver tonic and blood purifier, as well as a diuretic. Women using dandelion root during pregnancy have often surprised their doctors with the purity of their blood. After birth, it is very effective in increasing lactation.

Q. Doesn't roasting destroy enzymes, vitamins, and other components in the roots and grains?

A. Some enzymes and vitamins are affected by roasting. However, dandelions and other ingredients contain many minerals that are locked up behind thick cell walls. Roasting releases them and makes them more available to the body than they are in the raw state. It also caramelizes digestive bitters and makes them more effective.

Q. Dandelions are bitter. What makes this beverage slightly sweet?

A. Food produced by dandelion leaves is stored in the roots as the starch inulin (not insulin). Inulin is just a bunch of fructose molecules tied together by fragile bonds. Roasting breaks these bonds and releases fructose. The bitter substances are still present, but the fructose masks the bitterness.



Q. Can Dandy Blend be used by diabetics and hypoglycemics?

A. Because Dandy Blend is sweetened with fructose released from the dandelions and chicory, it may be suitable for both diabetics and hypoglycemics. Ask your doctor.

Q. Barley and rye are listed as ingredients, but you say it has no gluten. How can this be?

A. Gluten is made up primarily of two proteins that are not water soluble. Dandy Blend is made by roasting the roots and grains and then steeping them in hot water to remove all the water-soluble components, draining off the water, and spray-drying it in special chambers. The fine brown powder that is left after the drying process is the Dandy Blend. Gluten and any other substances that are not water soluble are left in the “grounds” to be tossed away.

Q. What is the shelf life of Dandy Blend?

A. Even though the container is marked with a specific date, Dandy Blend has an almost indefinite shelf-life if kept in airtight containers and in a cool dry place.

Q. Can Dandy Blend be used to get off coffee?

A. Yes, it can. Dandy Blend provides a seamless transition from coffee, with no withdrawal symptoms.

