

# Roasted Chicory & Dandelion Root "Coffee"

**Prep:** 5 minutes ~ **Cooking:** 15 minutes ~ **Yield:** 6 cups

## Ingredients & Directions

6 cups filtered water

4 tablespoons roasted chicory root pieces or grinds **or** roasted dandelion root pieces or grinds, **or** combination of the 2

1 teaspoon licorice root powder **or** licorice root grinds, optional

1. **In a saucepan:** Boil water in a 3-quart glass, ceramic, or stainless steel pot. Add roasted chicory and/or dandelion root pieces or grinds and optional licorice root. If using larger pieces of roasted chicory or dandelion root, simmer 5 more minutes. Cover, reduce heat, and simmer for 15 minutes. If too strong, add more water. Strain before serving or refrigerating.

**In a percolator:** Add roasted chicory and/or dandelion root to metal basket of stainless steel stovetop percolator (lined with an unbleached paper liner) with optional licorice root, reduce heat and percolate for 15 minutes. If using an electric percolator, follow manufacturer's suggestions.

**In a drip coffee maker:** Line the basket with a dioxin-free coffee filter. Add finely ground roasted chicory and/or dandelion root, water, and optional licorice root, and follow manufacturer's instructions.

2. Serve hot, black, or with nut milk or coconut milk. Sweeten as desired. Reheat or pour into 1 or more thermos bottles and seal to keep warm for several hours. Refrigerate leftover "coffee" in a glass jar. Reheat gently in a saucepan and use within 5 days.

Nutrition

**1 cup:**  
negligible  
calories, protein,  
carbohydrate, fat

Roasted and brewed, chicory and dandelion roots have a robust coffee-like flavor and fragrance. Unlike coffee, they're caffeine-free. And you can make a pot, refrigerate the leftovers, and reheat as needed. Dilute a strong brew with water or coconut

milk, or use it to make a Mocha Frosty, or Dairy-Free Mocha Pots de Creme. For an alternative to milk or cream, try unsweetened coconut milk or homemade almond, cashew, or macadamia nut milk.

For a sweet taste, add dried, minced licorice root or licorice root powder to the pot, or sweeten individual cups of this beverage with a tiny pinch of stevia extract powder, a few drops of stevia extract liquid, a dash of kiwi concentrate, or a teaspoon of honey or agavé nectar before serving.

Note: If you can't find roasted chicory and dandelion root pieces or grinds in health foods stores in your area, refer to Sources in Appendix.