

Hibiscus Tea

by Bitty's Living Kitchen



INGREDIENTS

- 1 quart water
- 1/4 cup Hibiscus leaves
- 1/2 cup sweetener of your choice
- 1 strainer

DIRECTIONS

Bring water to a boil in a pot. Once it starts boiling, add the hibiscus flowers and remove the pot from the heat.

Let the tea steep for 10 minutes or your desired strength. Pour the tea through a strainer and add a sweetener of your choice.

Enjoy this tea warm or over ice!

CHEF'S NOTES:

Hibiscus tea has many benefits like lowering cholesterol, helping control blood pressure, increasing immunity, relieving coughs and gallbladder problems to name a few!