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HONIE ANN PEACOCK, EXECUTIVE CHEF • HEALTHSTYLE WORKSHOPS • KITCHEN COACHING • PRIVATE COOKING PARTIES FOLLOW HON ON INSTAGRAM, FACEBOOK, PATREON, TUMBLR & TWITTER

HON'S HIBISCUS TEA

Benefits of Hibiscus Tea: it's Packed With Antioxidants, helps Lower Blood Pressure, May Help Lower Blood Fat Levels, helps boost Liver Health, helps promote Weight Loss, contains compounds that may Help Prevent Cancer, helps fight bacterial infections

Ingredients

8 heaping tsp organic hibiscus tea
6 c. filtered water
1 cinnamon stick about 3 in. long
2 cloves
Zest of one organic orange and juice
1 organic lime squeezed
1 ½ in. pc gingerroot
Maple syrup to taste [or raw honey or date sugar]

Directions

Put water in heavy bottomed saucepan with lid and bring to boil. Remove cover and turn off heat. Add . Cinn.stick, cloves, gingerroot, orange zest, lime juice, organic hibiscus calyces of the flowers and sweetener to taste. Garnish with fresh spearmint sprigs and lime wedge and orange peel.

Serve hot or cold. Nice mixed with sparkling water, Prosecco, or as a cocktail with rum, gin or vodka.

Note: I deliberately make it a bit stronger so it can be used as a mixer. It can always be watered down if it's too strong for your taste. Let your inner chef be your guide.