

Hibiscus Sweet Tea

By Chef Lachelle Cunningham

INGREDIENTS

1 - 1½ cup natural sweetener (*agave nectar, maple syrup, date syrup, honey, stevia, etc.*)

1 cup warm water

Zest of 4 limes

8 cups cold water

¾ cup dried hibiscus flowers

Ice cubes

DIRECTIONS

1. In a small saucepan, bring the sweetener, warm water and lime zest to a boil.
2. Remove from the heat and let steep for 30 minutes. Strain the lime syrup into a measuring cup.
3. In a large saucepan, bring the cold water and hibiscus flowers to a boil.
4. Remove from the heat; let steep for 20 minutes. Refrigerate until chilled.
5. Strain the tea into a pitcher.
6. Stir in ½ cup of the lime syrup, or more to taste.
7. Serve the tea in tall glasses over ice.



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