

Hot Hibiscus Iced Tea



Here's an iced tea recipe with a kick. A dash of cayenne makes this herbal infusion refreshingly spicy. Hibiscus tea has been found to lower blood pressure as much as antihypertensive medication, which contributes to better cardiovascular and brain health. It's also caffeine-free, making it a vibrant and irresistible nonalcoholic beverage.

Recipe and photo excerpted from [The Brain Health Kitchen: Preventing Alzheimer's Through Food](#), Artisan Books 2023. Photograph by Alexandra Grablewski.

Serves 4

4 cups water

2 tablespoons dried hibiscus flowers or 6 hibiscus tea bags

1 2-inch piece fresh ginger, thinly sliced

¼ teaspoon cayenne

Ice

Sparkling water

Combine the water, hibiscus, ginger, and cayenne in a small pot and bring to a boil over high heat. Cover and steep away from the heat for about 10 minutes.

Place a small fine mesh strainer over a bowl. Strain the tea infusion into the bowl and discard the rest of the solids. Chill in the refrigerator until ready to use.

For each drink, fill a 10-ounce glass halfway with ice and add 1 cup cold tea. Top with sparkling water and gently stir.