

Hot Hibiscus Iced Tea



The combination of ginger and cayenne gives this antioxidant rich tea a kick, while being irresistibly refreshing. Hibiscus flowers have been shown to lower blood pressure to the same degree as taking anti-hypertensive medications.

Serves 4

Ingredients:

4 cups water

2 tablespoons dried hibiscus flowers or 6 hibiscus tea bags

One 2-inch piece of 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.