

HIBISCUS ICED TEA



Ingredients

170 grams of Hibiscus/ Jamaica Flower (6oz)
1 liter of tap water (pitcher)
250 milliliters of tap water (cup)
1 strainer

Directions



1 Boil the flowers in the cup filled with water.



2 Use a strainer to separate the flowers.



3 Fill your pitcher with tap water.



4 Add 2 tablespoons of sugar (optional).



5 Add ice and stir.



6 Serve.

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