

## PEACE & PROTECTION

“He will cover you with his feathers,  
and under his wings you will find  
refuge; his faithfulness will be  
your shield and rampart.”

— Psalm 91:4 (NIV)

# Bubbie's Cup of Tea

## HIBISCUS ROSE CALMING TEA

A soothing cup for calm, comfort & heart.

### INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 1 Tbsp dried hibiscus flowers
- ♥ 1 tsp dried rose petals
- ♥ 1 tsp dried lavender buds
- ♥ 1 tsp honey (optional)
- ♥ 1 tsp fresh lemon juice (or to taste)
- ♥ Lemon slice (optional)

### DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add hibiscus, rose petals, and lavender.
- 3 Cover and steep for 8–10 minutes.
- 4 Strain into cups.
- 5 Add honey and lemon juice if desired.  
Stir gently and enjoy warm.

SCAN & VISIT



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## Bubbie's TEA TIP

Hibiscus is rich in antioxidants and vitamin C.  
Rose and lavender help calm the mind  
and uplift the heart.

### BUBBIE'S TIP

Make this tea part of your self-care ritual  
when you need a little calm and comfort.

### GOOD TO KNOW

Hibiscus may help support heart health  
and healthy blood pressure levels  
as part of a balanced lifestyle.

Source: WebMD – Hibiscus; NIH – Lavender