



EVERYTHING HERBAL

by Cheryl Jabz



Hibiscus Citrus Iced Tea

A vibrant, refreshing herbal tea
with bright citrus and floral notes.

*Perfect for warm days and
wellness rituals.*

INGREDIENTS

- 4 cups water
- 1/2 cup dried hibiscus flowers
- 2 tablespoons honey or maple syrup
- 1 orange & 1 lemon, sliced
- Ice cubes
- Fresh mint



INSTRUCTIONS

- 1 Bring water to a boil.
- 2 Remove from heat and add hibiscus flowers.
- 3 Steep for 10–15 minutes.
- 4 Strain and stir in honey.
- 5 Chill completely.
- 6 Serve over ice with citrus slices and mint.

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