



EVERYTHING HERBAL

by Cheryl Jabz



HIBISCUS BERRY CIRCULATION TEA



BENEFITS

- Rich in antioxidants.
- Supports cardiovascular wellness.
- Refreshing hot or cold.



INGREDIENTS

- 2 tablespoons dried hibiscus flowers
- 2 cups water
- 1/2 cup mixed berries
- 1 teaspoon honey



INSTRUCTIONS

- 1 Bring water to a boil.
- 2 Add hibiscus and berries.
- 3 Simmer 5 minutes.
- 4 Remove from heat and steep another 10 minutes.
- 5 Strain and sweeten if desired.



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