

Everything
HERBAL

by Cheryl Jabez

Nourish
Refresh
Rejuvenate
One Cup
at a Time!

ANTIOXIDANT RADIANCE & WELLNESS

"Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

— Matthew 5:16 (NIV)

Bubbie's Daily Cup of Tea

HIBISCUS POMEGRANATE ORANGE ZEST TEA

A vibrant, fruity blend to help support heart health, healthy circulation and overall well-being — one cup at a time!

INGREDIENTS

Makes 2 cups • Prep 5 min

- 2 cups water
- 2 Tbsp dried hibiscus flowers
- 1 Tbsp dried orange peel (or 1 orange, zested)
- 1 Tbsp pomegranate arils (fresh or dried)
- 1 cinnamon stick
- 3–4 whole cloves
- 1 slice of fresh ginger (optional)
- 1–2 tsp honey or maple syrup (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add hibiscus, orange peel, pomegranate, cinnamon, cloves and ginger.
- 3 Reduce heat and simmer for 8–10 minutes.
- 4 Remove from heat and let steep for 5 minutes.
- 5 Strain into cups.
- 6 Sweeten if desired. Sip slowly and enjoy!

Bubbie's TEA TIP

This ruby-red tea is as beautiful as it is beneficial! Hibiscus is known to help support healthy blood pressure and heart health, while pomegranate adds powerful antioxidants. Orange brings a touch of sunshine and uplifting flavor!

BUBBIE'S TIP

Add a slice of fresh orange or a few pomegranate arils to your cup for an extra burst of flavor and antioxidant power!

GOOD TO KNOW

Hibiscus is rich in vitamin C and plant compounds that support heart health. Pomegranate is a potent antioxidant, and orange peel adds natural oils that may help boost mood and immunity.

SCAN & VISIT



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