



EVERYTHING HERBAL

by Cheryl Jabz



Hibiscus Berry Wellness Syrup

A tart, fruity syrup perfect for wellness drinks, pancakes, yogurt, and lemonades.

USES:



Stir into sparkling water.



Drizzle over pancakes.



Add to yogurt.



Mix into lemonade.



INGREDIENTS

- 1 cup dried hibiscus flowers
- 2 cups water
- 1 cup mixed berries
- 3/4 cup honey
- 1 teaspoon vanilla extract



INSTRUCTIONS

- 1 Simmer hibiscus, berries, and water for 20 minutes.
- 2 Mash berries gently.
- 3 Strain through a fine mesh sieve.
- 4 Stir in honey and vanilla.
- 5 Cool and store in the refrigerator.



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