



# Hibiscus Cinnamon Metabolism Tea

*A vibrant, antioxidant-rich tea with a touch  
of cinnamon to support a healthy metabolism  
and overall wellness.*

## INGREDIENTS:



2 tablespoons  
dried Hibiscus  
flowers



1 cinnamon stick



3 cups water



Lemon slices

## INSTRUCTIONS:

- 1 Bring water to a boil.
- 2 Add hibiscus and cinnamon.
- 3 Steep for 10–15 minutes.
- 4 Strain and serve hot or iced with lemon.

Rich in  
antioxidants. Refreshing,  
low-calorie beverage.  
May support  
cardiovascular health.

*Eat Well  
Feel Well  
Live Well*

## Herbal Tip:

Enjoy this tea hot  
to relax and unwind,  
or iced for a cool,  
refreshing boost!

Look for more herbal recipes and remedies on my website!

