

HEALTH, HAPPINESS & HEALING

“The Lord your God is with you,
He is mighty to save. He will take
great delight in you, He will quiet
you with His love, He will rejoice
over you with singing.”

— Zephaniah 3:17 (NIV)

Bubbie's Cup of Tea

HIBISCUS GINGER LEMON TEA

A beautiful blend to support
immunity, digestion and natural
radiance — inside and out!

INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 2 Tbsp dried hibiscus flowers
- ♥ 1 tsp fresh ginger, sliced (or 1 tsp dried ginger)
- ♥ 1 tsp lemon juice (fresh preferred)
- ♥ 1 tsp honey (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add hibiscus flowers and ginger. Reduce heat and simmer for 8–10 minutes.
- 3 Remove from heat and add lemon juice.
- 4 Strain into cups.
- 5 Sweeten with honey if desired. Stir and enjoy!

SCAN & VISIT



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Bubbie's TEA TIP

Sip this tea in the morning or early
afternoon to support your immune system,
boost your metabolism and give your
skin a natural glow.

BUBBIE'S TIP

Add a pinch of cayenne pepper
for an extra metabolic boost
and warming benefits (optional).

GOOD TO KNOW

Hibiscus is rich in antioxidants,
may help lower blood pressure, and supports
heart health. Ginger aids digestion and
fights inflammation. Lemon is high in vitamin C
and helps the body absorb nutrients.

Source: NIH – Hibiscus | Mayo Clinic – Ginger
Cleveland Clinic – Lemon