



DAILY Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 

TODAY'S HIGHLIGHT: HIBISCUS & MINT REFRESHER

A vibrant, fruity herbal drink that's packed with antioxidants and bursting with flavor. Hibiscus helps support heart health while mint soothes and refreshes. Perfect hot or iced for a delicious wellness boost! 

INGREDIENTS:

- 2 cups water
- 1/4 cup dried hibiscus petals (or 2 hibiscus tea bags)
- 6-8 fresh mint leaves
- 1-2 tsp honey or agave (optional)
- Ice cubes (for iced version)
- 1 slice lemon or lime (optional)



HOW TO MAKE:

- 1 Bring water to a boil.
- 2 Add hibiscus petals.
- 3 Simmer for 10 minutes.
- 4 Remove from heat and add mint leaves. Let steep for 5 minutes.
- 5 Strain, sweeten if desired, and enjoy hot or pour over ice with lemon!



TINY HERBAL TIP

Add a few berries or a splash of orange juice for an extra burst of flavor and vitamin C!



Sharing herbal knowledge, recipes & natural living to help you thrive — naturally!



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HERBAL BENEFITS:



HEART HEALTH SUPPORT

Hibiscus may help maintain healthy blood pressure and heart function.



RICH IN ANTIOXIDANTS

Helps fight free radicals and supports overall wellness and immunity.



AIDS DIGESTION

Hibiscus and mint can help soothe the stomach and reduce bloating.



STRESS RELIEF

Mint has a naturally calming effect that helps ease stress and tension.



HYDRATING & REFRESHING

A flavorful way to stay hydrated and feel revitalized all day.