

A MERRY HEART

“A merry heart doeth good like a
medicine: but a broken spirit
drieth the bones.”

— Proverbs 17:22 (KJV)

Bubbie's Cup of Tea

HIBISCUS BERRY ORANGE TEA

A bright, ruby-red sip!

INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 2 Tbsp dried hibiscus calyces or 2 hibiscus tea bags
- ♥ 1/2 cup raspberries and blueberries, lightly crushed
- ♥ 2 thin orange slices
- ♥ 1-2 tsp honey (optional)

DIRECTIONS

Steep 7-10 min

- 1 Bring water just to a boil, then remove from heat.
- 2 Add hibiscus, berries, and orange slices.
- 3 Cover and steep for 7-10 minutes.
- 4 Strain into two cups. Stir in honey, if desired.
- 5 Sip warm, or chill and serve over ice.

Bubbie's TEA TIP

A bright, tart fruit-and-floral tea rich in colorful plant compounds.

BUBBIE'S TIP

For a smoother cup, steep 7 minutes. For a bolder, tangier brew, steep up to 10 minutes. Chill leftovers for a refreshing iced tea.

GOOD TO KNOW

Hibiscus tea may lower blood pressure. If you have low blood pressure, take blood-pressure medicine, are pregnant or breastfeeding, or take other medicines, ask a healthcare professional before frequent medicinal use.

Clinical trial: McKay et al., J Nutr. 2010 - PubMed

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