

## How to Make Hibiscus Tea

Remove the petals and wash away any debris, pat gently with a cloth or paper towel to dry.

Boil water in a tea kettle (or a pot)

Put the hibiscus flowers into a tea leaf infuser

Put the infuser in the teapot (if you don't have an infuser you can put the flowers into the teapot, but strain them out of the tea before serving.)

Pour boiling water over the infuser and fill the teapot.

Cover the teapot with a lid and let steep for 10 minutes

**Taa Da.. Hibiscus tea! You can also make iced tea.**

\*\* Many herbal teas, including hibiscus tea, may interfere with certain medications, or may cause an allergic reaction. Please, consult your health care provider before consuming\*\*

*Katherine's*  
**Corner** 