

## How to make Hibiscus Soda

1. Make a strong tea with dried Hibiscus Flowers - take 4 rounded tablespoons of Hibiscus Flowers
2. Boil 4 - 1/2 cups of water
3. Pour over the Hibiscus Flowers - cover and let it sit for 20 minutes - strain
4. Add 4 tablespoons of honey - start with 3 tbs and taste - you want enough sweetness to override the astringency of the Hibiscus
5. When you reach the desired level of sweetness - refrigerate after the tea cools to room temperature

Pour in a glass with or without ice 50% Hibiscus Tean and 50% Sparking Water (you can use any flavor that would compliment the tea - lemon, lime, orange are excellent or plain)

Enjoy !!

Hibiscus Tea has a cooling effect on the body. Recent research has shown it benefits persons with high blood pressure and it has anti-cancer properties