

## HIBISCUS COOLER



Makes 4 drinks

### Ingredients:

8 oz. chilled brewed hibiscus tea  
(1/2 cup hibiscus flowers+4 cups water)  
4 oz. Simple Syrup  
3 oz. pineapple juice  
2 oz. fresh lime juice  
2 oz. fresh orange juice  
4 thin strawberry slice

### Directions:

Bring ½ cup hibiscus flowers and 4 cups of water to a boil in a large pot. Once the water starts boiling, switch off the flame and cover the vessel. At this point, you can also add other herbs or add ins such as basil, lemon grass, lemon zest etc. Let the tea steep for 15-20 minutes. Strain tea then chill.

To make simple syrup, combine 1 cup water and 1 cup sugar in a sauce pan. Lightly boil until sugar is completely dissolved. Chill.

Combine ingredients in a pitcher, pour in a tall glass and enjoy!

(Food & Wine)

## LEMON BALM TEA



### Ingredients:

2 cups fresh Lemon Balm leaves (separate from stem)  
2 quarts water  
Honey or other sweetener

### Directions:

Bring water to a boil. Add leaves, reduce heat to very low or turn off. Cover and allow tea to steep for 15 minutes or more.

Strain leaves. Add honey or sweetener to taste. Chill.

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