

# Hibiscus Tea

Learn to brew perfect hibiscus tea with this healthy, caffeine-free recipe. Rich in antioxidants and vitamin C, enjoy hot or iced year-round.

5	10	15	2	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Hibiscus Tea

## Ingredients

- 2 cup water
- 1 tbsp fresh root ginger
- 2 tsp honey
- 2 dried hibiscus petals

## Instructions

- 1 Prepare the base**  
Bring 2 cups water to a rolling boil in a medium saucepan over medium-high heat, about 3-4 minutes.
- 2** Add 1 tablespoon fresh ginger slices to the boiling water and boil for 2 minutes to infuse the flavor.
- 3** Remove the saucepan from heat immediately and add 2 tablespoons dried hibiscus petals to the hot water.
- 4** Cover the saucepan and let steep for 10 minutes until the liquid turns deep ruby red.
- 5** Strain the tea through a fine-mesh sieve into serving glasses, gently pressing the hibiscus petals with the back of a spoon to extract maximum color and flavor.
- 6 Serve hot**  
Stir 2 teaspoons honey into the hot tea until completely dissolved and serve immediately while steaming hot.
- 7 Serve cold (optional)**  
Cool the strained tea to room temperature, then refrigerate for 2-3 hours until completely chilled, stir in 2 teaspoons honey, and serve over ice.

## Tips

Use glass, ceramic, or enamel containers when brewing hibiscus tea, as metal can react with the natural acids and affect both flavor and color.

Never boil hibiscus petals directly or use boiling water, as excessive heat destroys beneficial compounds and can create a muddy gray color instead of the beautiful ruby red.

Allow the tea to steep for at least 10 minutes to fully extract the vibrant color and optimal flavor from the dried petals.

Add honey or sweetener while the tea is still warm for better dissolution, but taste first as the natural tartness is part of hibiscus tea's appeal.

Rinse your mouth with water after drinking hibiscus tea, as the natural acids can temporarily soften tooth enamel.

For iced tea, brew the concentrate stronger than you normally would, as melting ice will dilute the final beverage.

Fresh ginger can be substituted with 1/2 teaspoon ground ginger, though fresh provides better flavor and aroma.