



## Iced Hibiscus Tea Splash

By Erin Fletter

**Prep Time 5 / Cook Time / Serves 4 - 6**

## Fun-Da-Mentals Kitchen Skills

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

**steep:** to soak a food, like tea, in water or other liquid so as to bring out its flavor.

## Equipment

- ☐ Pitcher
- ☐ Liquid measuring cup
- ☐ Dry measuring cups
- ☐ Cutting board + kid-safe knife
- ☐ Citrus juicer (optional)

## Ingredients

### Iced Hibiscus Tea Splash

- ☐ 3 C cold water
- ☐ 1/4 to 1/2 C granulated sugar
- ☐ 1/2 orange, juiced
- ☐ 1 lime, juiced

☐ 3 hibiscus tea bags

☐ 1 ice

## Food Allergen Substitutions

Iced Hibiscus Tea Splash

### Instructions

Iced Hibiscus Tea Splash

pour + squeeze + steep

Pour **3 cups cold water** and **1/4 to 1/2 cup sugar** into a pitcher! Squeeze in the juice from **1/2 orange** and **1 lime** into the pitcher. Stir and add **3 hibiscus tea bags**. Let the tea steep while you prepare any other recipes or if you have time, at least 4 hours or overnight.

stir + pour

Before serving, remove the tea bags, stir again to dissolve the sugar, and add **1 cup of ice**. Pour into cups and enjoy!

### Featured Ingredient: Hibiscus Tea!

Hi! I'm Hibiscus Tea!

"I'm a pretty, dark red color, and I'm sweet, floral, and a bit tart, similar to cranberry juice. You can serve me as a hot tea or a cold, fruity punch!"

Hibiscus tea is made from an infusion of the calyces of the hibiscus (roselle) flower. A calyx protects and supports a flower bud. The herbal tea can be made from fresh or dried hibiscus.

The hibiscus used to make tea is thought to have come from Africa. Hibiscus tea is popular all over Africa. In Sudan, hibiscus tea is used in folk medicine to treat health conditions.

Roselle juice is a dark red-purple juice made from hibiscus. It is called "bissap" in Senegal and "sobolo" in Ghana. In Caribbean countries like Jamaica, the juice and the flower are called "sorrel." In Southeast Asia, hibiscus tea is heavily sweetened and served as a cold beverage.

Hibiscus tea is known to moderately lower blood pressure in people with high blood pressure. It may also help lower cholesterol and fight inflammation.