



## BEVERAGES

# Ruby Red Tea

This cooling, cleansing tea is great warm or cold.

YIELD: Serves 1

### INGREDIENTS

1 tablespoon herbs (alone or as a combo with 2 cups water) hibiscus flowers, rooibos, and/or rosehips

1 liter of warm (150°F) water – not boiling

1/2 cup of hibiscus flowers or a combination of red herbs

### DIRECTIONS

1. Steep for 20 minutes or leave in the sun for 2 hours.
2. Pour out the tea, straining off the leaves.
3. You can add lemon and honey to taste.
4. You can use the same flowers and herbs for a second infusion.



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### NUTRITION GEM

## Health Benefits of Hibiscus, Rooibos & Rosehips

**Hibiscus** – Hibiscus is rich in antioxidants to help with weight management and promote liver. It has useful antibacterial and anti-inflammatory properties

**Rooibos** – Rooibos tea, or red bush tea is caffeine-free with anti-inflammatory properties that help manage blood sugar levels, cool and calm the liver, brain and gut.

**Rosehips** – Rosehip have a high vitamin C content, plus antioxidants that boost the immune system, promote skin health, and help manage type 2 diabetes and joint pain.