

HOW TO BREW HIBISCUS TEA FOR MAXIMUM HEALTH BENEFITS



The deep red colour and lightly floral flavour of hibiscus tea make it a refreshing beverage, which may also lower your blood pressure and boost your immune system. Tea made from hibiscus flowers contains vitamin C, iron, vitamin A and health-promoting antioxidants. The heat from boiling water helps to extract the various beneficial compounds and pigments from the dried flowers

Step 1

Boil enough water to make your desired amount of tea, either for one cup or several.

Step 2

Measure roughly 2 tablespoons of dried hibiscus per cup of tea you would like to brew.

Step 3

Place the measured hibiscus into an infuser, teapot or French press. If using the infuser, place it in your mug.

Step 4

Pour the appropriate amount of water into mug, tea pot or French press. Put the lid on the teapot or french press, if using.

Step 5

Let the tea steep for three to five minutes.

Step 6

Remove the infuser from mug, pour the tea from teapot through a strainer into a mug or depress the strainer of the French press and pour the tea into a mug.