

## Hibiscus Spritzer

This light, subtly sweet tea can be mixed with sparkling water to make a refreshing mocktail. It is chock full of antioxidants called anthocyanins, which are good for heart health and may also help with slowing cancer progression and supporting brain health.

### Ingredients

- 4 cups water
- 6 hibiscus tea bags\*
- Optional: 1 tablespoon honey
- Ice
- 1 liter (33.8 ounces) sparkling water (or sub plain water, if preferred)
- Lemon or orange wedges
- Mint sprigs



### Instructions

1. Bring 4 cups water to a boil. Turn off heat, add tea bags, and allow tea to steep for 5-10 minutes.
2. Remove tea bags and stir in optional honey until dissolved. Add a few cups of ice to cool down the brewed tea.
3. Fill four 16-ounce glasses with approximately 8 ounces of brewed tea in each then add 8 ounces of sparkling water to each glass. Add additional ice, as needed, and garnish with a lemon or orange wedge.

\*You can find hibiscus tea blends in the hot tea section of any grocery store. Common brands that are good in this recipe include Republic of Tea Hibiscus Sangria, Tazo Passion Tea, and Stash Raspberry Hibiscus Tea.

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