

HIBISCUS QUENCHER

PREP TIME: 35 min
COOK TIME: 5 min
SERVINGS: 8
SERVING SIZE: 1 cup



INGREDIENTS

- 4 cups water
- 1 cup dried hibiscus flowers ***
- 4 cups 100% grape juice
- 1 inch piece of ginger, peeled and chopped

DIRECTIONS

1. Bring 4 cups of water to a boil.
2. Turn off the heat and add the hibiscus flowers and ginger. Let sit for 20-30 minutes.
3. Strain out the flowers and ginger
4. In a large pitcher, add the boiled hibiscus water and 4 cups of grape juice.
5. Refrigerate until cold and enjoy!

*** Hibiscus flowers can be found in Latinx, Caribbean, Asian and African grocery stores.

Other names for the flowers: roselle, flor de Jamaica, sorrel or bissap.



Public Health

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