

Muddled Strawberry Hibiscus Sun Tea

Sue Van Raes

THE GOODS

1/2 Gallon filtered water

3/4 Cup Hibiscus flowers (dried)

1 Lime

2 Cups muddled strawberries

1/8 Cup monk fruit sweetener or sweetener of choice (add more to taste)

Ice for serving

THE METHOD:

In 1/2 gallon jar, muddle strawberries (to muddle simply press and smash berries against the bottom of bowl or jar with a spoon to release flavors), add dried hibiscus flowers, lime slices and filtered water. Set in the sun for 2-4 hours to steep. Add sweetener. Stir and serve in your favorite vessel over ice.



WEBSITE



INSTAGRAM