

## Hibiscus & Citrus Iced Tea

Camp Food for the Soul | June 2008



*Brew and chill this ambrosial thirst-quencher ahead, then add ice, slices of fresh citrus, and fresh mint right before serving. This colorful tea starts with hibiscus flower herbal tea. We used Tazo Passion Herbal Infusion, available at specialty stores and Starbucks, or visit [tazo.com](http://tazo.com).*

PREP: 10 MINUTES CHILL: UP TO 36 HOURS STAND: 5 MINUTES

**6-8 HIBISCUS-BLEND TEA BAGS\***

**6 CUPS COLD WATER**

**2-3 TBSP. HONEY**

**ICE CUBES**

**1-2 ORANGES, LEMONS, AND/OR LIMES, THINLY SLICED**

**2-3 MINT SPRIGS, SLIGHTLY BRUISED WITH THE BACK OF A SPOON**

Place the tea bags in an 8-cup glass measuring cup or heatproof pitcher. Bring 3 cups of the water to boiling and pour over tea bags. Stir in honey. Let steep 5 minutes. Remove tea bags, gently squeezing out liquid, and discard.

Stir remaining 3 cups cold water into the steeped tea. Serve or cover and chill for up to 36 hours. To tote, place in a large container with lid and keep chilled. To serve, add ice, citrus slices, and mint to tea mixture. Makes six 8-ounce servings.

**\*NOTE:** Add 6 tea bags for a milder tea and up to 8 tea bags for a stronger flavor. This tea will be bright fuchsia. Depending on the brand, some hibiscus teas will also have other flavors added, such as orange, cinnamon, and rose hips.

Per serving: 34 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 3 mg sodium, 9 g carbo., 1 g dietary fiber, 0 g protein.