

Hibiscus & Grapefruit Spritz

PREP TIME: 5-10 MINUTES
COOK TIME: 5-10 MINUTES

YIELDS: 11-12 (11 OUNCE) DRINKS

Ingredients

- 4 cups filtered water
- 1 tablespoon hibiscus (cut, sifted & dried)
- ¼ cup honey
- Ice to fill glasses ¾ full
- 1 bottle grapefruit juice (volume depends on how much ice is used)
- 1 can club soda (splash in each drink; could also use a flavored seltzer for a pop of flavor!)

Prep Time: 15-20 minutes

Texture: Liquid

Smell: 3/10

Spice Level: 0/10



Nutrition Content for 1 Drink

Calories: 72kcal	Carbohydrates: 18g
Fat: 0.1g	Fiber: 0.7g
Protein: 0.7g	Added sugar: 6g
	Sodium: 9mg

Directions

1. Boil the filtered water in a pot, with the lid on.
2. Add the hibiscus, then let sit for 5 minutes to infuse.
3. Pour into another container through a fine mesh strainer to remove the hibiscus petals.
4. While still hot, stir in $\frac{1}{4}$ cup honey until dissolved.
5. Allow to fully cool.
6. Fill a serving glass $\frac{3}{4}$ way with ice.
7. Scoop $\frac{1}{3}$ cup of the hibiscus tea over the ice, then fill the rest of the glass with grapefruit juice, leaving a little room for a splash of club soda.
8. Garnish with a hibiscus flower or lime wedge & serve chilled. Add additional honey or simple syrup if a sweeter taste is desired.

Recipe Benefits

Hibiscus, also known as roselle, is a flowering plant with numerous potential health benefits. Hibiscus is rich in antioxidants, such as anthocyanins and polyphenols, which help protect the body from oxidative stress and inflammation.

Studies have shown that hibiscus tea may help lower blood pressure, reduce cholesterol levels, and improve overall cardiovascular health.

