

## HIBISCUS LEMONADE & tea

sweetened with honey and jetpacking the old-school Arnold Palmer with "off the charts" anti-oxidant power from organic hibiscus flower tea

### LEMONADE

4 ½ cups clean filtered water

1/3 cup organic local honey

(warm on stove until dissolved)

1 ½ cups fresh-squeezed organic lemons

(Myer's when in season – yum)

### HIBISCUS TEA

1 cup organic hibiscus flowers (stemmed & cut)

8 cups clean filtered water

(gently boil tea for 8 minutes & let sit for one hour)

Some drink lemonade, some drink tea...

and some like to mix half & half, enjoy!