

Healthy Hibiscus Tea

1/2 Cup dried or raw hibiscus leaves

1 -2 Quarts of water

1/2 Lemon or lime

2 Whole cloves

Green Tea

1 Tablespoon apple cider vinegar

Dried or raw basil

Thumb size of ginger ground/mashed

Honey to taste

Bring water with hibiscus leaves, lemon/lime, cloves, and ginger to a boil.

Then cover and simmer on low for about 15-30 mins. While simmering, add green tea, ACV, and basil. Once done, strain or just drink as is. Add honey to taste. **Enjoy!**

