

Hibiscus Beverage: Bebida de Rosa de Jamaica (Healthy and Nutritious Beverage)

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"Hibiscus Beverage" (in Spanish, Bebida de Rosa Jamaica) is a healthy and nutritious beverage. It is very popular in Guatemala and Mexico and the Rosa Jamaica flowers are sold in most Latin supermarkets or on Amazon.

Ingredients

7 cups water
2/3 cup dried rosa de jamaica flowers
½ cup sugar^[1]_[SEP]
1 cinnamon stick
Lime wedges for garnish



Directions

Note → First, do not use a wooden spoon in making this drink or it will be your new pink spoon!

I speak from experience.

Bring 4 cups of water to a boil in a medium saucepan. Once boiled, remove the pan from the heat and add the dried flowers, sugar and cinnamon stick. Stir ingredients together. Cover pan and let steep for 10 minutes stirring occasionally to ensure sugar dissolves.

Strain the liquid through a sieve into a glass pitcher, and add 3 more cups of water. Stir and chill. This drink should be tart with a light sweetness. You can add more sugar or water according to your taste. Serve over ice and garnish with a wedge of lime.

Note → (This tea is recommended for patients with Diabetes. It helps lower high blood pressure, cleans the digestive system and it's an important part of weight loss diets.)