

Hibiscus Tea

Ingredients

- 1 tablespoon dried hibiscus petals (hibiscus sabdariffa)
- 1 cup boiling water
- Optional: cinnamon stick or honey for flavor

Instructions

1. Place dried hibiscus petals in a cup.
2. Pour boiling water over petals.
3. Cover and steep for 5–7 minutes (hibiscus gets tart quickly).
4. Strain and serve hot or chilled.

Benefits

- Helps lower blood pressure naturally.
- Rich in vitamin C and antioxidants.
- Refreshing, tart flavor — can be enjoyed as a hot tea or iced tea.

Warnings

- Can lower blood pressure significantly — not safe for people already on BP medication without doctor approval.
- May interact with diuretics or heart medications.
- Pregnant or breastfeeding women should avoid hibiscus.