- Prep Time: 10 minutes
- Cook Time: 8 minutes (hibiscus concentrate)
- Steep/Chill Time: 20 minutes
- Total Time: ~38 minutes
- Yield: 2 servings (approx. 16 oz / 475 mL each)
- Difficulty: Easy
- Intensity Level: Low–Moderate (light stovetop work, blending)

Table of Contents

- Ingredients
  - For the Hibiscus Concentrate
  - For the Berry Protein Base
  - For Garnish (Optional)
- Equipment
- Instructions

    - Step 1: Make the Hibiscus Concentrate (8 minutes active, low intensity)
    - Step 2: Build the Berry Protein Base (3 minutes active, moderate intensity)
    - Step 3: Combine and Layer (2 minutes active, low intensity)
    - Step 4: Garnish and Serve (1 minute, low intensity)
- Timing & Intensity Summary
- Nutrition Information (Per Serving, Estimated)

Ingredients

For the Hibiscus Concentrate

- 1 cup (240 mL) water
- 2 tbsp dried hibiscus flowers (or 2 hibiscus tea bags)
- 1 tbsp honey or maple syrup (optional, adjust to taste)

For the Berry Protein Base

- 1 cup (140 g) frozen mixed berries (strawberries, blueberries, raspberries)
- 1 cup (240 mL) cold water or coconut water
- 1 scoop (25–30 g) vanilla or unflavored protein powder (whey, pea, or plant-based)
- 1 tbsp fresh lime juice (about ½ lime)

- ½ cup (120 mL) plain Greek yogurt (optional, for creaminess and extra protein)
- 4–5 ice cubes

For Garnish (Optional)

- Fresh mint leaves
- Sliced strawberries or a lime wheel
- A light sprinkle of chia seeds

Equipment

- Small saucepan
- Fine-mesh strainer
- Blender
- Measuring cups and spoons

- Two tall glasses
- Long spoon or stirrer

Instructions

Step 1: Make the Hibiscus Concentrate (8 minutes active, low intensity)

1. In a small saucepan, bring 1 cup of water to a gentle boil over medium heat (about 3–4 minutes).
2. Remove from heat, add the dried hibiscus flowers or tea bags, and cover.
3. Steep for 8 minutes (high flavor intensity—do not over-steep or it becomes bitter).
4. Strain through a fine-mesh strainer into a small bowl or pitcher. Discard the flowers.
5. Stir in honey or maple syrup while warm, if using. Set aside to cool for 10–15 minutes.

Tip: You can make the concentrate ahead and refrigerate it for up to 5 days.

Step 2: Build the Berry Protein Base (3 minutes active, moderate intensity)

1. Add the frozen berries, cold water or coconut water, protein powder, lime juice, Greek yogurt (if using), and ice cubes to the blender.

2. Blend on medium speed for 30 seconds, then high speed for 45–60 seconds until completely smooth and frothy.

3. If the mixture is too thick, add 1–2 tbsp of water and pulse briefly.

Step 3: Combine and Layer (2 minutes active, low intensity)

1. Fill each tall glass about halfway with the berry protein base.

2. Slowly pour ¼ cup (60 mL) of the cooled hibiscus concentrate over the back of a spoon into each glass to create a layered swirl effect.

3. Gently stir once or twice with a long spoon—do not overmix, or you'll lose the gradient.

Step 4: Garnish and Serve (1 minute, low intensity)

1. Top each glass with fresh mint, a strawberry slice, or a lime wheel.

2. Sprinkle chia seeds if desired.

3. Serve immediately while cold and frothy.

Timing & Intensity Summary

Stage	Time	Intensity
Boil water	3–4 min	Low
Steep hibiscus	8 min	None (passive)
Cool concentrate	10–15 min	None (passive)
Blend base	1–2 min	Moderate (blender)
Assemble & garnish	3 min	Low
Total	~38 min	Low–Moderate

Nutrition Information (Per Serving, Estimated)

Based on 2 servings using Greek yogurt and whey protein. Values are approximate and vary by brand.

- Calories: ~230 kcal
- Protein: ~20 g
- Carbohydrates: ~26 g
- Fiber: ~4 g

- Sugars: ~17 g (mostly from fruit and honey)
- Fat: ~3 g
- Sodium: ~85 mg
- Potassium: ~380 mg
- Vitamin C: ~35% DV