Preparation Time: 2 minutes
Steeping Time: 5–10 minutes (hot) or 15–30 minutes (cold brew)
Cooling Time (for iced): 1–2 hours
Total Time: Approximately 10 minutes (hot) or 2 hours (iced)
Yield: 1 serving (hot) or 1 quart (iced, about 4 servings)
Difficulty: Easy

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Ingredients

For Hot Hibiscus Tea (1 serving)

- 1 cup water
- 1½ teaspoons dried hibiscus flowers (or 1 tea bag)
- 1–2 teaspoons honey, sugar, or agave (optional, to taste)
- 1 squeeze of lemon or lime (optional)
- 1 cinnamon stick or a few slices of fresh ginger (optional)

For Iced Hibiscus Tea (1 quart, about 4 servings)

- 4 cups water
- ½ cup dried hibiscus flowers (or 8 tea bags)
- ¼–⅓ cup honey or sugar (optional, to taste)
- 1 tablespoon fresh lemon or lime juice (optional)
- Ice, for serving

- Fresh mint, orange slices, or lime wheels for garnish (optional)

Equipment

- Kettle or small saucepan
- Teapot, heatproof pitcher, or large jar
- Fine-mesh strainer (if using loose flowers)
- Long spoon for stirring
- Pitcher and glasses (for iced version)

Instructions

Hot Hibiscus Tea

Step 1: Heat the Water

Bring 1 cup of water to a boil in a kettle or small saucepan. If you’re using optional aromatics like a cinnamon stick or ginger slices, add them to the water now so they infuse as it heats.

Step 2: Steep the Hibiscus

Place the dried hibiscus flowers (or tea bag) in a teapot or heatproof mug. Pour the hot water

over them and cover to trap the steam and volatile aromatics. Steep for 5–7 minutes for a light, bright cup or 8–10 minutes for a deeper, more tart infusion. Hibiscus can turn bitter if steeped much beyond 10 minutes, so set a timer.

Step 3: Strain and Sweeten

Strain out the flowers (or remove the tea bag). Stir in honey or sugar while the tea is still hot so it dissolves easily, then add a squeeze of lemon or lime if desired. Taste and adjust—hibiscus is naturally tart, so a little sweetness goes a long way.

Step 4: Serve

Pour into a mug and enjoy warm. Garnish with a cinnamon stick or a thin slice of orange if you like.

Iced Hibiscus Tea

Step 1: Brew a Concentrate

Bring 4 cups of water to a boil. Place ½ cup dried hibiscus flowers in a large heatproof pitcher or jar and pour the boiling water over them. Cover and steep for 10–15 minutes—a longer steep is fine here because the ice and dilution will mellow the intensity.

Step 2: Strain and Sweeten

Strain out the flowers. Stir in honey or sugar while the liquid is warm, then add the lemon or lime juice. Taste; the concentrate should be slightly stronger and sweeter than you want the final drink to be.

Step 3: Chill

Refrigerate the concentrate for at least 1–2 hours, or until fully cold. For a faster chill, pour it into a wide bowl or spread it in a shallow pan.

Step 4: Serve Over Ice

Fill glasses with ice and pour the chilled tea over. Garnish with mint, orange slices, or lime wheels. If you prefer a milder drink, dilute with a splash of cold water or sparkling water.

Cold Brew Version (No Heat)

Combine ½ cup dried hibiscus flowers with 4 cups cold water in a jar. Cover and refrigerate for 8–12 hours (or overnight). Strain, sweeten to taste, and serve over ice. Cold brewing produces a smoother, less astringent tea with a softer tartness—ideal if you find hot-steeped hibiscus too sharp.

Time and Intensity Guide

Phase	Time	Heat/Intensity	Visual Cue
Boil water (hot)	2–4 min	High heat	Rolling boil
Steep (hot, light)	5–7 min	Off heat, covered	Deep pink-red color
Steep (hot, strong)	8–10 min	Off heat, covered	Dark ruby, pronounced tartness
Boil water (iced concentrate)	3–5 min	High heat	Rolling boil
Steep (iced concentrate)	10–15 min	Off heat, covered	Very dark red, concentrated flavor
Chill (iced)	1–2 hrs	Refrigerator	Cold throughout
Cold brew	8–12 hrs	Refrigerator	Deep red, smooth flavor

Nutrition (Estimated per 8-ounce Serving, Unsweetened)

Nutrient	Amount
Calories	~2–5 kcal
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg

Nutrient	Amount
Sodium	~2–5 mg
Total Carbohydrates	~1 g
Sugars	0 g
Protein	0 g