

# Cold Brew Hibiscus Tea

Yield: 8 min  
Total Time: 6 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-hibiscus-cold-brew-recipe>

## Ingredients:

- hibiscus flowers dried food grade
- 8 cups water
- 1/2 cup hibiscus flowers dried
- 8 cups water filtered
- sweetener choice amount to taste
- fruit sliced, amount to taste

## Nutrition:

1. Calories: 5 calories
2. Carbohydrate: 2 grams
3. Sodium: 25 milligrams
4. Sugar: 1 grams

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