

# Not Too Sweet Hibiscus Tea

**Recipe Type:** Drink

**Serves:** 6

**Prep Time:** 3 minutes

**Cooking Time:** 10 minutes

**C** means cup    **T** means tablespoon    **t** means teaspoon    **oz** means ounce

## What you need:

- 5 hibiscus tea bags
- 6 C water
- 8 C Pitcher
- 2 tbsp. sugar



This is a picture of 1 serving.

## What to do:

1. Wash your hands.
2. Put 2 cups of water in a teapot or a large pan and heat it until the teapot whistles or the water comes to a boil.
3. Once water boils, turn off the heat and add 2 t of sugar. Mix well.
4. Place 5 Hibiscus tea bags in the tea pot or large pan. Leave them for about 3-5 minutes.
5. Put 4 cups of cold water in the pitcher.
6. Take off the tea bags and pour the tea in the pitcher. Let it chill in the freezer for 5 minutes.
7. Serve and enjoy!

## Nutrition Facts

**Serving Size** 8 oz

**Amount Per Serving**

**Calories** 20

**Calories from Fat** 0

**%Daily Value\***

**Total Fat** 0 g **0%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 10 mg **0%**

**Total Carbohydrate** 5 g **2%**

Dietary Fiber 0 g **0%**

Sugars 5 g

**Protein** 0 g

Vitamin C 2%

Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

FK= 2.2

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