

# Hibiscus-rose ice tea



## **Ingredients for hibiscus-rose ice tea:**

- 1-2 tsp hibiscus leaves
- 1-2 tsp rose leaves
- 0,6 l (20 oz) water

## **Hibiscus-rose ice tea preparation**

Prepare a delicious warm or cold tea with fruits or herbs. Add some fresh seasonal fruits for the fruit tea or ferment the tea as water kefir and you will get a probiotic beverage.

The best water temperature for making tea is around 80 °C (175 °F) to preserve the active substances. If we don't have a thermometer, boil the water and leave it for 5-10 minutes at room temperature. Put hibiscus and rose flowers into the mesh basket of Cheese Maker. Pour over hot water and leave to rest. After at least few minutes take out the mesh basket and leave the tea to cool down. Add ice cubes and pieces of fresh apples and tangerines.

For the big Kefirko jar (1,5 l/50 oz) double the amount of leaves.

This tea is just perfect on a rainy day when getting cosy with a book and a blanket. It will warm you up and give you a kick with the fruity and delightful taste.

See more kefir recipes [here](#).

## **Products used to prepare this recipe:**



## **Cheese Maker**

[Buy on Kefirko.com](https://kefirko.com)



## **Mandoline Slicer**

[Buy on Kefirko.com](http://Kefirko.com)