

# HIBISCUS ELDERBERRY ICED TEA

Created By June Ok  
MRO's Summer Intern Class of 2022



A fruity and herbal iced tea  
to **SUPPORT** your immune system.

Makes 2 servings (~8 fl oz each)

## INGREDIENTS



2 Servings\*  
MaryRuth's Organic  
Elderberry Liquid Drops



1 3/4 Cups  
Water  
(divided)



1 Tbsp  
Dried Hibiscus Flowers



4-6  
Blackberries



2 Tbsp  
Lemon Juice



1-2 Tbsp  
Monk Fruit



Ice

## INSTRUCTIONS

### TO MAKE THE HIBISCUS TEA:

1. Bring 1 cup of water to a boil in a small pot.
2. Turn off the heat and add dried hibiscus flowers.
3. Cover pot with lid and let steep for 15-20 minutes.
4. Strain the dried flowers and combine with 3/4 cup cold of water.

OR

1. Bring 2 cups of water to a boil in a small pot.
2. Turn off the heat and add dried hibiscus flowers.
3. Cover pot with lid and let steep for 15-20 minutes.
4. Strain the dried flowers and let chill in fridge until cold.

### TO MAKE THE BLACKBERRY JUICE:

1. In a small bowl, add the blackberries, lemon juice, and monk fruit.
2. Use a fork or muddler to crush the blackberries.
3. Strain the mixture into a bowl, keeping the juice.

### TO COMBINE:

1. Add the blackberry juice to the hibiscus tea.
2. Divide into two glasses.
3. Stir in 1 serving of Organic Elderberry Liquid Drops into each cup.
4. Add ice and serve.