

Immunity Boosting Recipe: Hibiscus Ginger Iced Tea

This refreshing *Hibiscus Ginger Iced Tea* is inspired by **Zobo (also known as Bissap/Sobolo)**, a traditional West African hibiscus drink enjoyed for generations. Zobo is not only delicious and refreshing but naturally rich in immune-boosting nutrients that help support the body.

The main immune-boosting ingredients in this drink are hibiscus, ginger, and pineapple peels, which work together to provide antioxidants, warmth, and natural digestive support.



1. **Hibiscus** is rich in vitamin C and antioxidants that help strengthen the immune system and protect the body from everyday stress. It is known for reducing blood pressure and supporting heart health.
2. **Ginger** has anti-inflammatory properties that help the body manage inflammation and is also a great aid for digestion. It adds warmth and subtle spice to the drink.
3. **Pineapple bark/peels** are full of vitamin C and the enzyme bromelain which helps digestion and can help reduce inflammation.

Prep Time: 10 mins

Cook Time: 1-hour

Total Time: 1hr:10mins

Servings: 4

Ingredients

- ¼ cup (50 grams) of dried hibiscus petals
- 1 tbsp (15 ml) fresh grated ginger
- 1-2 tbsp (15-30ml) Honey
- 6 cups (1500ml) of water
- Bark/peels from 1 pineapple
- Ice
- Mint leaves and lime slices for garnish

Instructions

1. In a medium or large pot, combine the water, pineapple bark, and ginger. Bring to a boil over medium heat and cook for 30 minutes.
2. Strain the liquid into another medium pot, discarding the pineapple bark and ginger. Add the hibiscus petals and boil for another 30 minutes. Add an extra cup of water if needed.
3. After 30 minutes, turn off the heat. Stir in the honey. Start with 1 tablespoon and adjust to your preferred sweetness.
4. Allow the mixture to cool completely, then strain out the hibiscus petals.
5. Refrigerate for at least 30 minutes. Serve over ice and garnish with mint leaves and lime slices for added flavor.

