



Hibiscus Syrup

YIELD: 1 CUP

It's not just that I enjoy the floral, tart taste of hibiscus. Even better, dried hibiscus flowers are ultrahigh in vitamin C and minerals, and they promote a number of other nutritional benefits. For a festive sparkling cocktail, add 1 tablespoon Hibiscus Syrup to 4 ounces champagne or other sparkling wine.

1 cup water

3 tablespoons honey

8 hibiscus tea bags (I enjoy Republic of Tea brand) or 3 tablespoons loose dried hibiscus

In a small pot, bring the water to a boil over high heat. Once boiling, remove from the heat and stir in the honey. Add the tea bags or loose hibiscus and let steep for 15 minutes. Then, either remove the tea bags or use a fine-mesh sieve to strain out the loose hibiscus. Taste, and add additional honey, if needed. Let cool, and refrigerate the syrup in a covered container for up to 3 days.

To make Hibiscus Soda: Stir 2 tablespoons Hibiscus Syrup, or to taste, into 10 ounces (1¼ cups) seltzer.