

Sparkling Hibiscus Iced Tea



Ingredients

4 cups water
4 hibiscus tea bags
4 Tbsp. honey
Ice
Sparkling water, to taste
Mint leaves, for garnish
3-4 fresh strawberries,
chopped or sliced for garnish

Instructions

There are two ways to prepare your tea: the traditional way with boiling water or cold brew. I find that the cold brew method is more flavorful and less bitter, but it does take longer.

Traditional: In a pitcher, combine boiling water, tea bags, and honey. Let steep for 30 minutes to 1 hour, depending on how strong you like your tea. Remove tea bags. Chill in refrigerator for 1 hour.

Cold brew: In a pitcher, combine water and tea bags. Let steep in refrigerator for at least 6 hours or overnight. When adding honey, mix with equal parts hot water first so it dissolves easily in cold brew (since the honey won't dissolve in cold liquid).

Add ice to a glass or cup. Fill with tea until it's $\frac{3}{4}$ full. Fill the rest with sparkling water. Garnish with mint and strawberries. Serve and enjoy!

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