

Hibiscus & Cinnamon Tea Recipe

Servings: 1

Serving Size: 2 cups

Ingredients:

- 1 tablespoon dried hibiscus flowers
- 1 small cinnamon stick (about 2-3 inches long)
- 2 cups boiling water

Instructions:

1. Place the dried hibiscus flowers and the cinnamon stick in a cup or heatproof container.
2. Pour 2 cups of boiling water over the hibiscus and cinnamon.
3. Cover the container with a plate to allow the tea to steep for about 5 minutes.
4. Strain the tea to remove the hibiscus flowers and cinnamon stick.
5. Enjoy the tea hot or let it cool and serve it cold.

Nutritional Breakdown (per serving - 2 cups):

- **Calories:** 5 kcal
- **Carbohydrates:** 1 g
- **Fiber:** 0.5 g
- **Sugars:** 0 g
- **Fat:** 0 g
- **Protein:** 0 g
- **Sodium:** 0 mg