

# Hibiscus Mint Iced Tea

Chef Sean Lane of Homegrown

RECIPE MAKES: 21 SERVING

## INGREDIENTS

- 1 cup dried hibiscus leaves
- 1 ½ cup mint leaves
- 6 quarts water
- 2 quarts apple juice

## PREPARATION

1. Bring water to a light boil, turn off and add the hibiscus flowers and peppermint leaves. Cover and steep for 20 min
2. Strain the tea into a desired container add apple juice
3. Serve over ice in the following portion: 4 oz. ice to 12 oz. tea

\*\* Tea can also be made cold brew if time allows – heating it simply speeds up the process when pressed for time \*\*

## NUTRITION INFO

Nutrition Facts	
servings per container	
<b>Serving size</b>	(376g)
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 0g Added Sugars	0%
<b>Protein 2g</b>	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 10mg	60%
Potassium 110mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Healthy Options

