



Hibiscus Mint Tea

Hibiscus mint tea is a refreshing Ayurvedic herbal tea that helps cool the body while supporting digestion.

Servings: 2-3 mugs

Preparation Time: 15-20 minutes



Ingredients

- 1 tablespoon fresh mint (or 1 teaspoon of **dried mint**)
- 1 teaspoon dried **hibiscus flowers**
- Optional: Natural sweetener such as **maple syrup** or **raw sugar**

Instructions

- Pour 4 cups of hot water over the herbs.
- Add natural sweetener if desired.
- Cool to room temperature and enjoy!

Hibiscus Mint Tea (Cont.)



This recipe is appropriate for all dosha types in the hot summer. If you find it too cooling, add some fresh ginger.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

