

Hibiscus Tea Recipes

From the Teas.co.uk wiki

Hibiscus Tea Recipes

Tart, ruby red and caffeine free. The hibiscus and hibiscus blend teas we stock, with the recipes already written for them.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Hibiscus Tea Recipes recipe. Canonical: <https://teas.co.uk/recipes/hibiscus/>*

Hibiscus is sharp, cranberry tart and a vivid deep red, and it is one of the most versatile caffeine free teas in the cupboard: excellent hot, outstanding iced, and a natural base for spiced and fruit blends. It needs a properly strong brew to show its character, a weak pink cup does little, so use a generous amount and a full steep. It is naturally tart rather than bitter, so it does not punish a long infusion. A little honey tames the edge without burying it. Note the one genuine caution: hibiscus is generally advised against in pregnancy, the honest detail is in [hibiscus tea in pregnancy](#), with the cardiovascular context in [hibiscus and blood pressure](#). Every recipe below already lives in the linked product is recipe tab; this page gathers the hibiscus suited ones, and the iced versions cross over with the [iced tea recipes](#).

The recipes

- [Good Earth Hibiscus, Rose & Sweet Berries](#)

The classic tart hibiscus cup, hot or iced.

- [Teapigs Superfruit](#)

Hibiscus led berry blend, vivid and sharp.

- [Teapigs Spiced Pear](#)

Hibiscus base warmed with spice for autumn.

- [Tetley Green Tea, Mango & Passion Fruit](#)

Hibiscus brightness with tropical fruit.

- [Teapigs Winter Gluhwein](#)

Hibiscus and spice, a mulled caffeine free cup.

- [Good Earth Sweet and Spicy](#)

Hibiscus warmed with cinnamon and orange.

Looking for a different style? Browse [all recipe categories](#), or read the matching wiki guide for the science and brewing detail before you start.

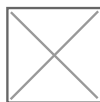
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