Hibiscus Tea Recipes

From the teas.co.uk wiki

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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. 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. One real caution: hibiscus is generally advised against in pregnancy; read the full detail 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.

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