Brewing Twinings Balance (Hibiscus, Rose and Peppermint)

From the teas.co.uk wiki

Twinings Balance is a caffeine-free herbal led by hibiscus, which brings a bright, almost cranberry-like tartness. A delicate rose sits behind it and a cool peppermint finishes the cup. Give it a five minute steep in just-boiled water to draw out the colour and the rose.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Brewing Twinings Balance (Hibiscus, Rose and Peppermint) recipe. Canonical: https://teas.co.uk/recipes/fruit-tea/brewing-twinings-balance-hibiscus-rose-and-peppermint/*

Makes one cup. No milk needed; add honey after tasting, as hibiscus is sharp.

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