

# Blackcurrant and Hibiscus Iced Tea

Thirst quenching and refreshing, perfect for a summer picnic

## Ingredients

15 grams blackcurrant & hibiscus loose leaf tea (we use Jing)

8 grams dried rose buds (Jing)

45 grams honey

1 litre of iced water

## Method

Blanch the blackcurrant & hibiscus tea with the honey for 1min. Then add the cold water, waiting until the temperature is around 10 Celsius before adding the rosebuds. Leave to infuse for 2 hours.

