

CreakyKitchen

Cooking tips for the chronic disease community



RECIPE

GINGER HIBISCUS MOCKTAIL

INGREDIENTS

4 cups water

4 bags hibiscus tea

2 tablespoons fresh ginger, peeled and grated

2 tablespoons fresh lemon juice

Mint infused simple syrup

Ginger ale, to taste

Ice cubes, for serving

4 lemon wedges, for garnish

4 sprigs fresh mint, for garnish

DIRECTIONS

1. Bring the water to a boil in a medium saucepan over high heat. Remove from heat and add the hibiscus tea. Let stand 5 minutes. Using a slotted spoon, remove the tea bags, pressing hard on the bags.
2. Transfer to a heatproof pitcher and stir in the ginger, lemon juice, and simple syrup. Refrigerate until chilled, at least 4 hours.
3. Pour into 4 ice-filled glasses, top with ginger ale and garnish each with a lemon wedge and mint sprig, and serve immediately.