



Hibiscus Ginger Party Punch

By Erin Fletter

Prep Time 20 / **Cook Time** 5 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

steep: to soak a food, like tea, in water or other liquid so as to bring out its flavor.

strain: to separate liquids from solid foods or remove bigger food particles from smaller particles using a perforated or porous device like a strainer, sieve, colander, or cheesecloth.

Equipment

- Medium pot or saucepan
- Liquid measuring cup
- Dry measuring cups
- Measuring spoons
- Pitcher
- Strainer (optional)

Ingredients

Hibiscus Ginger Party Punch

- 4 C water
- 1 inch fresh ginger root
- 1 to 2 hibiscus tea bags
- 1/2 C granulated sugar or honey (or 2 stevia packets)

1 squeeze lime juice, optional

ice

Food Allergen Substitutions

Hibiscus Ginger Party Punch

Instructions

Hibiscus Ginger Party Punch

boil + steep

Carefully boil **4 cups of water** in your pot. Have kids wash or peel **1 inch slice ginger** root (they can use a spoon) and combine it with **1 to 2 hibiscus tea bags** and **1/2 cup sugar or honey** in the bottom of a pitcher. Adults slowly pour the boiling water into the pitcher and let the mixture steep for 15 to 30 minutes.

strain + serve

Strain or fish out the tea bags and the ginger chunks and add **1 squeeze of lime juice** if desired. Serve in cups poured over ice and enjoy!

Featured Ingredient: Hibiscus Tea!

Hi! I'm Hibiscus Tea!

"I'm a pretty, dark red color, and I'm sweet, floral, and a bit tart, similar to cranberry juice. You can serve me as a hot tea or a cold, fruity punch!"

Hibiscus tea is made from an infusion of the calyces of the hibiscus (roselle) flower. A calyx protects and supports a flower bud. The herbal tea can be made from fresh or dried hibiscus.

The hibiscus used to make tea is thought to have come from Africa. Hibiscus tea is popular all over Africa. In Sudan, hibiscus tea is used in folk medicine to treat health conditions.

Roselle juice is a dark red-purple juice made from hibiscus. It is called "bissap" in Senegal and "sobolo" in Ghana. In Caribbean countries like Jamaica, the juice and the flower are called "sorrel." In Southeast Asia, hibiscus tea is heavily sweetened and served as a cold beverage.

Hibiscus tea is known to moderately lower blood pressure in people with high blood pressure. It may also help lower cholesterol and fight inflammation.