



HIBISCUS ZING ACAI

By Maan and Farah

Preparation Time: 20-30 min



INGREDIENTS

Dry Hibiscus Leaves

Ginger

Honey

Organic Acai Powder

METHOD

1. Place hibiscus leaves in colander, rinse with tap water.
2. Place leaves in glass bowl, add 500 ml boiling water.
3. Add the ginger and stir, then cover & soak for at least 15 min, preferably 30.
4. Strain into electric mixer pitcher retaining all liquid, wash the leaves with additional 100 ml water and gently press to release all liquid.
5. Add honey and acai powder to the collected liquid and blend till smooth.
6. To enjoy warm, reheat gently.
7. To enjoy cold, refrigerate for an hour or so and add ice when serving.

Health Benefits

- Hibiscus is packed with antioxidants, helps lower blood pressure and support liver health.
- Ginger is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties. It is effective against nausea and helps in fighting infections.
- Together they promote healthy digestion.
- Acai also helps improve the body's antioxidant defenses, support heart health, and have anti-cancer properties.

This recipe was prepared in collaboration with



healthy
options