



Hibiscus Tea - Sobolo (8 servings)

Ingredients

2 cups hibiscus leaves

10 cups of water

1 medium-sized riped pineapple

2 tsps pineapple syrup (*optional*)

1/2 cup sugar

2-3 large thumbs of ginger (*1/3 cup of peeled*)

3 grains of Hwentia/Grain of Selim

Preparation

- Place the Hibiscus leaves into a colander and rinse thoroughly under running water to remove any possible sand or dirt.
- In a large saucepan place Hibiscus leaves and add water to cover up leaves, place on high heat.
- Wash the pineapple thoroughly by soaking in water and a few splashes of vinegar.
- Peel the pineapple and ginger and cut into chunks. Save the pineapple peel.
- Add the pineapple peel and hwentia to the simmering Hibiscus leaves. Allow it to boil for 10-15 mins until water changes color.
- Using a sieve or colander, drain and separate the liquid from the cooked leaves and peels.
- Blend pineapple and ginger until smooth. Pour into the sobolo drink and stir
- Add the sugar and pineapple syrup and allow the drink to cool down completely.
- Store in the refridgerator before use or add ice to drink.
- Enjoy!!!