



@KICKCRAMPSASS

## INGREDIENTS

- 1 1/2 TABLESPOONS HIBISCUS
- 3 CUPS SPRING WATER
- 1/2 LEMON, SQUEEZED
- 1/2 ORANGE, SQUEEZED
- 1 TEASPOON DATE SYRUP (OR RAW AGAVE NECTAR)
- 1/4 INCH GINGER (1/4 TSP GROUND)
- 1/4 INCH TURMERIC (1/4 TSP GROUND)
- 1/4 TEASPOON CINNAMON
- 1/8 TEASPOON NUTMEG
- 1/8 TEASPOON ALLSPICE

## NUTRITION FACTS

- CALORIES: 79
- TOTAL FAT: 0.53G
- SATURATED FAT: 0.18G
- SODIUM: 17MG
- POTASSIUM: 184MG
- TOTAL CARBOHYDRATES: 19.9G
- DIETARY FIBER: 3.1G
- SUGARS: 12.76G
- PROTEIN: 1.2G
- VITAMIN A: 259IU
- MAGNESIUM: 28MG
- PHOSPHOROUS: 25MG
- VITAMIN C: 62.1MG
- CALCIUM: 119MG
- IRON: 2.71MG
- VITAMIN K: 1.9UG
- ZINC: 0.16MG
- VITAMIN E: 0.27MG

# SACRED SORREL

SERVES 1: 24 OZ

## PROCEDURE

- 01** COMBINE ALL INGREDIENTS IN A POT, COVER WITH THE TOP AND BRING TO A BOIL.
- 02** REDUCE HEAT AND SIMMER FOR 10 MINUTES.
- 03** REMOVE FROM HOT EYE AND ALLOW TO COOL. REFRIGERATE OVERNIGHT.  
\*OR KEEP HOT
- 04** ENJOY!