

Blueberry Herbal Tea

5 servings

Choosing water and unsweetened beverages is an important part of a healthy diet. Unsweetened beverages are drinks that are made without the use of added sugar. Unsweetened drinks such as blueberry herbal tea can have many health benefits, including lower blood sugar and providing antioxidants.

- 1 pint frozen blueberries, defrosted or fresh blueberries, gently rubbed under cold running water
- 5 cups of water
- ½ cup of dried hibiscus flowers
- 1 Tablespoon maple syrup or honey (optional)
- Fresh mint garnish (optional)

1. Wash hands with soap and water.
2. In a heatproof bowl, add blueberries and hibiscus.
3. In a pot or kettle, bring 5 cups of water to boil.
4. Pour boiling water over blueberries and dried hibiscus and steep for 5 minutes.
5. Pour tea mixture through a strainer to remove blueberries and hibiscus.
6. Serve hot or cold with maple syrup or honey added to taste. Garnish with fresh mint.
7. Store leftovers in a sealed container in the refrigerator for up to four days.



Nutrition Information per Serving (1 cup): Calories 20, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 10mg, Total Carbohydrate 5g, Dietary Fiber 0g, Sugars 5g, includes 3g Added Sugars, Protein 0g, Calcium 0%, Iron 0%, Potassium 0%

Recipe source: Crystal Wahpepah, *I Love Native Food 2023 Cookbook*