

Chef at 11

URBAN *farming*
INSTITUTE
GROWN IN OAKLAND PARK

ROSELLE



UFI'S FAMOUS HIBISCUS TEA

TIME

Prep: 5 minutes
Cook time: 10 minutes

INGREDIENTS

1/2 cup of dried roselle (4 oz)
3/4 cup honey or sugar
1 cup water

FUN FACT

Roselle is rich in calcium which can help keep your teeth and bones healthy

Try a combination of any of these to create your own signature syrup:

- 1 oz fresh sliced ginger
- 1 oz fresh turmeric
- 1 zested lemon
- Peel of an orange