



INGREDIENTS:

8 Cups Water
6 Oz Dried Hibiscus Or Jamaica
Flowers, About 2 Cups
1 1/2 Cups Sugar, Or To Taste
2 Tbsp Fresh Lime Juice, Or To
Taste

DIRECTIONS:

1. In a saucepan, pour 8 cups of water and place over high heat.
2. Once it comes to a boil, add the Jamaica flowers, simmer at medium heat for 10 to 12 minutes and turn off the heat.
3. Let it cool down and strain into a heat proof glass or plastic water jar. Add the sugar and lime juice, mix well, cover and refrigerate. This will be good in the refrigerator for at least 3 months!

**COOKING
SKILLS
ACADEMY**