

Agua de Jamaica (Hibiscus Tea)



5 from 3 votes

Agua de Jamaica is a sweet and tart refreshing drink made from hibiscus flowers that's very popular in Mexico. This agua fresca is ready in only 15 minutes!

Prep Time

0 mins

Cook Time

10 mins

RESTING TIME

5 mins

Total Time

15 mins

Course: Drinks Cuisine: Mexican Servings: 8 servings Calories: 24kcal

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Ingredients

- 8-10 cups water, plus more to taste
- 1 1/2 cups dried hibiscus flowers
- 1/4 cup granulated sugar, plus more to taste

x 2 = Whole gallon

- 8 cups H₂O to start

- 3 c. flowers

+ 8 cups H₂O to end.

- 2 c. sugar (2-2 1/2 c)

Instructions

1. In a small pot, add 4 cups of water and the dried hibiscus flowers. Bring to a boil over high heat.
2. Reduce heat to low, cover and simmer for 5 minutes.
3. Remove from heat, uncover and let it cool down for 5 more minutes.
4. Pour the tea through a strainer or colander into a large pitcher that holds at least 8-10 cups. Discard the used used hibiscus flowers.
5. Add the granulated sugar and stir until completely dissolved. Add the remaining 4 cups water and stir to combine.
6. At this point, taste the tea and add more sugar and/or dilute it with more water until it's to your liking. Some people like it super sweet, some like it super strong, it's up to you!
7. Serve in a glass filled with ice and enjoy!

Notes

To make one cup of tea at a time - Follow steps 1-4 to make the hibiscus tea concentrate, except instead of pouring the concentrate into a pitcher, pour it into a glass container that holds 4 cups (**like this mason jar**). Grab a drinking glass and fill it 1/3 of the way up with concentrate and another 1/3 of the way up with water. Mix in 1 teaspoon of sugar at a time until the sweetness is to your liking. Fill the cup with ice and enjoy. Store the remaining concentrate

in the fridge.

Nutrition

Serving: 1cup | Calories: 24kcal | Carbohydrates: 6g | Protein: 0g | Fat: 0g | Saturated Fat: 0g | Polyunsaturated Fat: 0g | Monounsaturated Fat: 0g | Trans Fat: 0g | Cholesterol: 0mg | Sodium: 0mg | Potassium: 0mg | Fiber: 0g | Sugar: 6g | Vitamin A: 700IU | Vitamin C: 59.4mg | Calcium: 0mg | Iron: 19.8mg

Agua de Jamaica (Hibiscus Tea) <https://www.isabeleats.com/agua-de-jamaica-hibiscus-tea/>