

Agua De Jamaica

Ingredients:

6 cups water
2 cups dried hibiscus petals
1 cinnamon stick
¼ tsp ground cloves
¼ tsp ground nutmeg
¼ tsp ground allspice
¼ cup piloncillo sugar, chopped
¼ cup white sugar
2 cups cold water



*GLUTEN-FREE



*SOY FREE



*VEGAN

Nutrition Facts

16 servings per container
Serving size 9 fl oz

Amount per serving

Calories 60

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 58g 21%

Dietary Fiber 45g 161%

Total Sugars 6g

Includes 3g Added Sugars 6%

Protein 0g

Vitamin D 0.1mcg 0%

Calcium 90mg 6%

Iron 3.2mg 20%

Potassium 170mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions:

1. In a large saucepan, add 6 cups water and bring to a boil.
2. Add the hibiscus petals and seasonings, reduce heat to medium-low and simmer for 30-45 minutes.
3. Add the chopped piloncillo, stirring until dissolved.
4. Allow to cool for 15 minutes, then strain the warm liquid into a pitcher, squeezing as much liquid from the petals as possible.
5. Add an additional 2 cups of water and the white sugar, stirring until dissolved.
6. Serve.