



Urban Harvest

## HEALTHY FOOD IN A **SNAP**

TROPICAL ROSELLE TEA



DOUBLE UP  
FOOD BUCKS



Did you know? All fruits and vegetables can be purchased with SNAP Benefits

Find out more at: [www.urbanharvest.org/famers-markets/SNAP](http://www.urbanharvest.org/famers-markets/SNAP)



An Anthem Company

# TROPICAL ROSELLE TEA

## INGREDIENTS

2 T Roselle Tea Calyx

½ c Water

½ c Pineapple or Orange Juice



SMALL  
POT



SIMMER

## TIPS

Roselle tea calyx is an excellent antioxidant and the citrus juice a great source of Vitamin C – making this a wonderful way to start your day!

## INSTRUCTIONS

1. In a small pot add water, juice and roselle tea calyx
2. Simmer at a low boil for 4 minutes
3. Strain and enjoy!