Did you know? All fruits and vegetables can be purchased with SNAP Benefits
Find out more at: www.urbanharvest.org/farmers-markets/SNAP
TROPICAL ROSELLE TEA

INGREDIENTS

2 T Roselle Tea Calyx
½ c Water
½ c Pineapple or Orange Juice

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!