

# Hibiscus Pear Tonic

Created for our alcohol-free Inner Table gatherings, this Hibiscus Pear Tonic is a recipe I've been making since my culinary school days in the 1990s, when moments of downtime became opportunities for creativity in the kitchen. Made simply with hibiscus tea, pear juice, and fresh mint, this refreshing mocktail is naturally sweetened with fruit alone and delivers a deeply nourishing, tonic-like quality. Rich in antioxidants from the hibiscus and hydrating by nature, it's bright, earthy, and designed to be sipped slowly in good company.

## INGREDIENTS

6 tea bags hibiscus tea, Traditional Medicinals brand  
8 cups water  
25.4 ounces pear juice, Bionaturae brand or other option  
1 bunch fresh mint

## STEP 1

Add tea bags and water to a medium pot. Simmer for 10 minutes then let sit for 20 minutes to steep and cool.

## STEP 2

In a large pitcher, add ice, steeped tea, pear juice, and mint.

## SERVES

12

## TIME

30 MIN

## SHOPPING LIST

1 box hibiscus tea bags (Traditional Medicinals brand suggested)  
water  
25 ounces pear juice (Bionaturae brand or other option)  
1 bunch fresh mint

## EQUIPMENT

Medium pot  
Pitcher with cover

## STORAGE

Store in covered pitcher in fridge up to 7 days