

Hibiscus Sangria (non-alcoholic)

This vibrant, alcohol-free sangria is as beautiful as it is refreshing. Hibiscus tea is naturally rich in antioxidant compounds that support overall health, while fresh citrus and seasonal fruit add vitamin C, fiber, and bright, juicy flavor. Finished with sparkling water and fragrant mint, it's a festive, flavor-forward beverage that's perfect for celebrating any occasion.

INGREDIENTS

5 cups brewed hibiscus tea, chilled
1/4 cup fresh orange juice
2 tablespoons fresh lemon juice
1 tablespoon fresh lime juice
1 orange, thinly sliced
1 lime, thinly sliced
1 peach or nectarine, thinly sliced
1/2 cup strawberries, halved
1/2 cup blueberries
2 cups sparkling water
6 mint sprigs
ice

SERVES

8

TIME

10 MIN

SPECIAL EQUIPMENT

Large pitcher

STORAGE

Store in fridge in covered pitcher for up to a week

METHOD

1. Brew the hibiscus tea slightly stronger than directed. Allow it to cool completely, then refrigerate until chilled.
2. In a large pitcher, combine the chilled hibiscus tea, orange juice, lemon juice, and lime juice. Stir well and taste. If the tea is more tart than you'd like, stir in a teaspoon or two of honey or maple syrup.
3. Add the sliced orange, lime, peach, strawberries, blueberries, and several sprigs of fresh mint.
4. Refrigerate for at least 2 hours, allowing the fruit to gently infuse the tea.
5. Just before serving, stir in the sparkling water.
6. Fill glasses with ice and ladle in plenty of fruit. Garnish with fresh mint.