

African - Hibiscus Tea (Detox & Heart Health)

Why it's medicinal:

Hibiscus lowers **blood pressure**, supports **liver function**, and is **antioxidant-rich**.

Ingredients:

- 1 cup dried hibiscus petals
- 4 cups boiling water
- 1 tbsp honey
- 1 cinnamon stick (optional)

Instructions:

1. Steep hibiscus in boiling water for 10 minutes.
2. Strain and sweeten with honey.
3. Serve hot or cold.

Final Thoughts

These **traditional medicinal recipes** have stood the test of time, offering **scientifically supported health benefits** while being deeply rooted in cultural wisdom. Would you like a detailed **nutrition breakdown** for any recipe or recommendations for specific health conditions?