

# AGUA FRESCA DE JAMAICA (HIBISCUS FLOWER WATER)

Prep Time:

Cook Time:

Serves:

Agua Fresca, which is Spanish for “Fresh Waters,” are refreshing, nonalcoholic drinks available throughout Mexico, along with other countries in Central America and the Caribbean.

**Why try?** This recipe is for a quintessential Agua Fresca-Jamaica (hah-MY-EE-cah)—which is made from dried hibiscus flowers. Though it is technically an iced tea, the slightly tart flavor and deep garnet color of Jamaica has more in common with cranberry juice than the typical iced tea in the United States.

## INGREDIENTS

- 2 quarts water, divided
- 2 ounces dried hibiscus flowers (jamaica)
- 3/4 cup dark brown sugar
- Sliced oranges, lemons and/or limes for garnish

## PREPARATION

- 1 Bring 1 quart water to a boil. Add hibiscus and sugar, stirring until sugar has dissolved. Reduce heat and simmer for 10 minutes.
- 2 Remove from heat. Add remaining quart of water. Strain into a pitcher and chill.
- 3 To serve, pour into a glass filled with ice and garnish with citrus slices.



Recipe courtesy of  
foodchannel.com

