



Zobo Drink - Known as Zoborodo or Hibiscus Drink - _A Healthy Beverage

Ingredients:

3/4 ounce hibiscus tea (or roselle, sorrel, bissap, or zobo leaves)

4 cups water

1/2 teaspoon grated fresh ginger or more if spicy drink is desired

1/2 teaspoon grated orange peel or as desired

1/2 stick cinnamon

1/4 teaspoon ground cloves and allspice (pimento) optional if desired

1 cup no sugar natural pineapple juice

Optional rum as hot drink spirit

Place clean hibiscus leaves/flowers in large saucepan; add water, ginger, orange peel and cinnamon.

Stir; bring to a boil; cover; reduce heat to low; boil for 10 to 15 minutes.

If desired, add cloves and allspice if desired; set aside for 30 to 45 minutes.

Strain the liquid through a fine sieve to remove leaves, flowers, and spices. Set aside the tea leaves/flowers for another use.

Note: If desired, you can make iced cubes by pouring some of the zobo liquid into ice trays and freezing overnight. These cubes can be added to your water or other drinks.

Add pineapple juice to the remaining liquid or if desired a small amount of honey or fruit juice. Stir; chill in refrigerator before serving.

Serves: about 4 cups

About the Recipe: The vibrant red colored drink is made from dry petals of the roselle plant and is known as a drink with nutritional benefits. Its light tart flavor blends well with warm spices. A touch of sweetness can be added with natural fruit juices. Also with a quick trip to the freezer, you could easily make popsicles or ice cubes in molds. Enjoy 1 to 2 cups per day hot or cold.

Background on Zobo (roselle), a woody shrub of the hibiscus specie. It's popular in Northern parts of Nigeria and is called by different names in Ghana, Caribbean, Central and Western Africa, Mexico, Indonesia, and Australia, where the beverage is served. If you research this plant, you will find an overwhelming amount of information about its health/nutritional benefits. The scientific studies, however, are limited.

<http://funke-koleosho.blogspot.com/2013/07/zobo-tonic-drink.html>

<http://www.dobbyssignature.com/2014/01/how-to-make-nigerian-zobo-drink.html>

[https://en.wikipedia.org/wiki/Roselle_\(plant\)](https://en.wikipedia.org/wiki/Roselle_(plant))