

Hibiscus-Cinnamon Iced Tea (Thaumatococcus Sweetened)

Recipe Courtesy of Chardonée Donald, MS, CBHS, CHN, CNS, LDN

Ingredients:

- 4 cups (1 liter) water
- 2 tbsp dried hibiscus petals (or 2-3 tea bags)
- 2 cinnamon sticks (Ceylon cinnamon is best)
- 1 knob of fresh ginger (approx 1")
- Very tiny pinch* of Katemfe (thaumatococcus) sweetener (yes, really!)
- Ice & lemon slices

**Adjust gradually as it is a sweet protein and not a sugar or sugar alcohol.*

Instructions:

1. Boil & steep: Bring water to a boil. Add hibiscus, cinnamon, and ginger. Steep for 10-15 minutes.
2. Strain & cool: Remove solids and let tea cool to room temperature.
3. Add thaumatococcus: Dissolve the tiny pinch of thaumatococcus while warm; wait 30-60 seconds due to sweetness developing slowly.
4. Serve: pour over ice; add lemon if desired. Keep extra tea in fridge.

TIP: Start with less thaumatococcus - it's 2000/3000 x sweeter than sugar by weight!

