



HIBISCUS JELLO WITH HONEY & GINGER

Imagine a wobbly, ruby-red treat with a tangy, floral taste, a sweet warmth, and a little zing. It's like a refreshing summer breeze captured in a dancing dessert!



INGREDIENTS

Dry Hibiscus Leaves (20 grams)

Ginger

Honey

Vegetarian Gelatin

METHOD

1. Place hibiscus leaves in colander and rinse with tap water.
2. Place in a deep bowl and add 500 ml boiling water for every 20 gm hibiscus.
3. Add grated ginger, stir & cover. Stand 15 minutes.
4. Drain liquid into saucepan. Wash the leaves with 100 ml hot water retaining all liquids into saucepan.
5. Press with ladle to release all liquid. Discard leaves.

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6. Place saucepan over medium heat and bring to gentle boil.
 7. Add honey and stir to dissolve.
 8. Bring back to boil, reduce heat and simmer for 2 minutes.
 9. Remove from heat, sprinkle the gelatin and stir/whisk well to completely dissolve.

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10. Divide into serving bowls or glasses, preferably glass.
 11. Cool to room temperature on counter then refrigerate for at least 4 hours, preferably overnight.
 12. Serve cold/

*Great Job,,,,, You Are All Set for a Healthy and Nourishing Dessert
with your Family*