

Breast Health Hibiscus & Berry Wellness Drink

Many women enjoy incorporating nutrient-rich beverages into their daily routine as part of a healthy lifestyle. This vibrant drink combines hibiscus tea, berries, lemon, ginger, and pomegranate juice—ingredients rich in antioxidants and plant compounds that can support overall wellness. While no drink has been proven to eliminate benign breast tumors, this refreshing recipe is a delicious way to increase your intake of beneficial nutrients.

Prep Time

10 minutes

Cook Time

5 minutes

Total Time

15 minutes

Servings: 2

Ingredients

- 2 cups water
- 2 hibiscus tea bags (or 2 tablespoons dried hibiscus flowers)
- $\frac{1}{2}$ cup 100% pomegranate juice (no added sugar)
- $\frac{1}{2}$ cup fresh strawberries, sliced
- $\frac{1}{4}$ cup fresh blueberries
- Juice of $\frac{1}{2}$ lemon

- 1 teaspoon freshly grated ginger
- 1 teaspoon honey (optional)
- Ice cubes
- Fresh mint leaves for garnish

Instructions

1. Bring the water to a boil.
2. Remove from the heat and steep the hibiscus tea for 5–7 minutes.
3. Remove the tea bags and allow the tea to cool.
4. Stir in the pomegranate juice, lemon juice, grated ginger, and honey if using.
5. Fill two glasses with ice.
6. Add the sliced strawberries and blueberries.
7. Pour the chilled tea mixture over the fruit.
8. Garnish with fresh mint and serve immediately.

Nutritional Facts (Approximate Per Serving)

Nutrient	Amount
Calories	75
Protein	0.5 g
Carbohydrates	18 g
Fiber	2 g
Sugar	13 g
Fat	0 g
Sodium	5 mg
Vitamin C	35% DV
Potassium	180 mg
Antioxidants	High

Women's Health Benefits

This refreshing drink is rich in vitamin C and antioxidants from berries, hibiscus, and pomegranate. The berries provide beneficial polyphenols, while ginger adds natural flavor and contains plant compounds that have been studied for their anti-inflammatory properties. Staying well hydrated and consuming a variety of fruits and plant-based foods can support overall health and complement a balanced diet.

Tips

- Enjoy chilled on warm days.
- Use sparkling water instead of still water for a light, fizzy version.
- Freeze strawberries and blueberries into ice cubes for an attractive presentation.
- Prepare a larger batch and refrigerate for up to 2 days.

***Medical Disclaimer:** This beverage is intended to support overall health and wellness. It is **not** a treatment or cure for benign breast tumors or any medical condition. If you notice a new breast lump or changes in an existing one, consult a qualified healthcare professional for evaluation.*