Refreshig Summer Drink from Mexico

Lemonade is delicious, but so are these favorites from around the world!

**Jamaica (pronounced ha-MY-ka) – Hibiscus flower drink**

Popular in Mexico, you can buy Jamaica or many other aguas frescas (fresh water) like horchata (made from rice), tamarindo, lime, watermelon, strawberry, and even prickly pear.

**RECIPE:**

- 1 cup flor de Jamaica (hibiscus flowers) – found in Latin markets
- ½ cup sugar or 4 small cones of piloncillo (brown sugar also found in Latin markets)
- 8 cups water
- Large pot
- Strainer
- Pitcher or carafe
- Ice
- Lime or strawberry garnish (optional)

1. Sort flowers and discard any stems or discolored flowers. Rinse.
2. With an adult, heat water to a boil in a large pot. Add flowers and stir.
3. Add sugar or piloncillo and allow flowers to steep and sugar to dissolve for 10 minutes.
4. Let cool then strain liquid into a pitcher with ice. Stir.
5. Add sugar to taste.
6. Add strawberry or squeeze fresh lime and serve.

The Jamaica can also be poured into popsicle molds for a delicious, frozen treat!