

Butterfly Blue Pea Flower Tea is a mesmerizing indigo-hued herbal tea is more than just beautiful, it's packed with antioxidants, calms the mind, supports hair and skin health, and aids digestion. Traditionally used in Southeast Asian and Ayurvedic practices, butterfly blue pea tea is caffeine-free, sattvic, and adaptable for both hot and cold servings.

## What Is Butterfly Blue Pea Flower Tea?

Butterfly pea flower tea is an herbal infusion made from the dried petals of the *Clitoria ternatea* plant. Naturally vibrant in color, it changes hue with acidity (like lemon), making it not just healing, but magical to watch. It's calming, cooling, and perfect for unwinding.

## How to Make Butterfly Blue Pea Flower Tea: The Traditional Way

### □ Ingredients:

- 1½ cups **hot water** (not boiling, ~90°C)
- 6-8 **dried butterfly pea flowers**
- Optional:
  - ½ tsp **lemon juice** (for color change + vitamin C)
  - ½ tsp **palm sugar** or **rock sugar** (if sweetening is needed)
- Few **tulsi leaves** or a **slice of fresh ginger** (for variation)

### □ Method:

#### 1. Steep the Flowers

- Add dried flowers to a cup or teapot.
- Pour hot water over them.
- Cover and steep for **5-7 minutes**, until the color turns deep blue.

#### 2. Strain & Customize

- Strain into cups.
- Add lemon juice (watch it turn violet!).
- Stir in palm sugar if desired.

### □ Ayurvedic Benefits

1. **Tridoshic balance** when taken in moderation.

2. **Cooling** and calming to the nervous system.
3. Supports **brain function, vision, and skin clarity.**
4. Lightens [pitta](#) and [kapha](#) while grounding [vata](#) gently.

### ☐ **Pro Tips from the Indian Kitchen**

- Always **add lemon juice after steeping** to retain color transformation and Vitamin C.
- If you want a **cooling iced version**, chill it with a few mint leaves.
- Use **ceramic or glass** to fully appreciate the color!

### ☐ **Why We Love Butterfly Blue Pea Flower Tea**

- Visually stunning and interactive
- Naturally caffeine-free
- Great for meditation or wind-down routines
- Enhances beauty from within (skin, hair, eyes)

### ☐ **Ideal For**

- **Morning focus**
- **Post-meal lightness**
- [Kapha](#) balancing routines
- **Tea lovers avoiding milk or spice**
- **Fasting or intermittent eating plans**

