Bubbie's Space

Bubbie's Color-Changing Butterfly Pea Tea

A fun, beautiful, and naturally magical tea that changes color with a splash of lemon!







Ingredients

- 2 cups water
- 1–2 tablespoons dried butterfly pea flowers (or 2 tea bags)
- 1–2 teaspoons honey (or sweetener of choice)
- Juice of ½ lemon (or lime)
- Ice (optional)
- Lemon slices and fresh mint (for garnish)

Instructions

1. Bring the water to a boil, then remove from heat.
2. Add the butterfly pea flowers and steep for 5–7 minutes.
3. Strain out the flowers (or remove tea bags) and stir in honey.
4. Pour over ice (optional) and add a squeeze of fresh lemon.
5. Watch the magic! The tea will change from deep blue to a beautiful purple or pink when lemon is added.

Bubbie's Tips

- The color change is natural! The lemon makes the tea more acidic, turning it from blue to purple and pink.
- Adjust the sweetness to your taste.
- Serve it hot for a cozy tea or over ice for a refreshing drink.

Enjoy!