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BLUE PEA BUTTERFLY TEA

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## A Guide to the Uses and Benefits of the Butterfly Pea Flower

The butterfly pea flower is a natural flower that grows in South East Asian nations such as Thailand, Malaysia, and Vietnam. The vivid blue blossom is an intriguing component with numerous applications and health advantages. This step-by-step guide will go through the various uses and advantages of butterfly pea flower.



*Clitoria ternatea*, also called butterfly pea, butterfly flower, Clitoria flower, Asian pigeonwing, and blue pea, is the natural flower used to make butterfly pea tea. It is not a true tea like green or black tea, which come from the *Camellia Sinensis* plant, despite its frequent association with tea. Instead, it is a "herbal infusion" or "tisane," similar to herbal teas like chamomile or mint. Because of this, you can use it whenever you choose because it contains no caffeine.



### WEIRDLY, IT'S BLUE.

The butterfly pea flower has naturally blue petals that, when air-dried and soaked in hot water (or cold water, which takes longer), produce a vivid blue hue. Technically speaking, it contains "anthocyanins," which are plant pigments found naturally. In Greek, "anthos" means "flower" and "kuanos" means "blue," therefore the word "anthocyanin" is a combination of those two terms. This is also responsible for the impressive antioxidant properties and beautiful blue/purple color of blueberries, blackberries, eggplants, and cabbage.

## COLOUR CHANGING!

Butterfly pea tea's color fastness is pH-dependent. This means that the tea will become violet when the pH is lowered by adding an acid. Make your own litmus test to tell the difference between acidic and alkaline substances, or just pretend you have superpowers when you show it to your friends.



### DO YOU KNOW HOW BUTTERFLY PEA TEA TASTES?

Tea made with butterfly peas has been called "earthy." As a result of the inclusion of lemongrass and pandan (a leaf with a sweet flavor that is commonly used in Thai cookery), the Crystal Blue Tea blend has a slightly sugary flavor. After adding a little lemon, many say it reminds them of the colorful cereal Froot Loops.



## THE HEALING POWERS OF THE BUTTERFLY PEA FLOWER:

The butterfly pea flower, a popular traditional herbal remedy, is rich in the antioxidant anthocyanins. It has been used for centuries in Asia to increase blood flow to the skin, hair, and eyes, earning it a prominent place in Ayurvedic therapy. It has been suggested that it can aid with stress and anxiety reduction, inflammation, and pain, and even general health.



### FOR YOUR HEALTH, THIS MEANS:

- Reducing oxidative stress and inflammation
- Improving cardiovascular health by reducing blood pressure and cholesterol
- Boosting the immune system and warding against infections
- Increasing cognitive reserve and delaying the onset of age-related memory loss
- Reducing the look of fine lines and other skin flaws
- Reducing hair loss and promoting hair growth.
- Facilitating digestion and reducing stomach issues
- Reducing anxious feelings and stress
- Protecting against age-related vision loss and fostering healthy eyes
- Reducing the likelihood of developing certain malignancies
- Improving liver health and protecting against liver disease
- Increasing bone density and decreasing osteoporosis danger
- Reducing the likelihood of developing type 2 diabetes and increasing insulin sensitivity.
- improving kidney function and protecting against damage

## HOW TO MAKE BLUE PEA BUTTERFLY TEA

To prepare Blue Pea Butterfly Tea, you will need dried Blue Pea Butterfly flowers and hot water.

For a standard cup of tea (about 250ml), add 3-4 dried Blue Pea Butterfly flowers to a teapot or infuser.

Pour hot water over the flowers and let them steep for 5-10 minutes, or until the water turns a deep blue color.

You can adjust the amount of flowers based on your desired intensity of color and flavor.

For a sweeter taste, you can add honey or sugar, and for a tangy flavor, you can add a squeeze of lemon juice.

Blue Pea Butterfly Tea can also be enjoyed cold by adding ice cubes and a slice of lemon or lime. Experiment with different brewing methods and flavor combinations to find the perfect Blue Pea Butterfly Tea for you!



## FOODS AND DRINKS THAT TURN YOUR MOUTH BLUE

Butterfly pea flower tea, combined with a teaspoon of honey and a squeeze of lemon over ice, is typically served as a welcome iced tea drink in Thailand.



### BUTTERFLY PEA LATTÉ

Make beautiful latte art by combining butterfly pea powder with foamy milk.



### COLOUR CHANGING COCKTAILS

Butterfly pea flowers are being used by bartenders all over the world to produce a natural blue effect in their cocktails. You can use this with gin, vodka, and many other drinks!



## IN THE KITCHEN

Butterfly pea tea has become increasingly popular as a way to naturally color your food blue without resorting to artificial colors due to the current trend toward rainbow-colored meals. Rather than brewing the flower in water first, the blue butterfly pea powder form of the flower is preferred for cooking because it may be used directly to dishes.

