



BLUE LOTUS

Nymphaea caerulea

An Ancient Remedy

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Blue Lotus

How to prepare your Blue Lotus tea:

- Take your lotus flower and place it in a cup or tea infuser of choice
- Pour boiling water unto your cup and let it sit for 5 minutes
- You can add a squeeze of lemon juice and honey or sugar to taste. The acid of the lemon works in extracting more of the blue lotus alkaloids.
- Enjoy your cup of bliss!



Did you know? You can eat the lotus flower afterwards and also re-use the same flower for 2 or 3 times as they are quite potent. Adding lemon juice gives the tea a beautiful pink color, blue pea butterfly pea tea will give it a rich blue color.



NATURE'S PHARMATROPIA

Healing with Nature

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