

# Butterfly Pea Flower Tea Ice Cubes

**Ingredients:** Butterfly Pea flowers, water. (Source dried Butterfly Pea Flowers locally in Kernersville, N.C. from My Garden Blooms, or on Amazon or Etsy.) They run \$5-8 a pack.

**Directions:** Place 4-8 dried butterfly pea flowers in a heat-proof bowl. Boil 1 cup of water. Steep flowers in the water for 5-10 minutes. Strain flowers out. Freeze tea in ice cube trays. Use when you're ready to make a fun summer drink.

**Butterfly Pea Flowers are rich in antioxidants, make a beautiful blue tea and change to a magenta color with the addition of citrus juices. Children and adults love these ice cubes in lemonade and also in plain water. The taste is mild, but the color is jazzy! You can also drink the hot-tea as is, or sweeten it and serve it with your favorite milk or milk alternative for a blue latte!**

