

Butterfly Pea Flower Tea

From the Teas.co.uk wiki

Butterfly pea flower tea, in summary: The blue drink that turns purple with lemon: real pH chemistry, caffeine free and gentle, with the superfood claims judged honestly.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Butterfly Pea Flower Tea. Canonical: <https://teas.co.uk/wiki/butterfly-pea-flower-tea/>*

Butterfly pea flower tea is the bright blue drink that turns purple when you add lemon, and that colour change is doing most of the work in its popularity. An honest guide separates the two things that get sold together here: the genuinely real, harmless and rather lovely natural-dye chemistry, and the considerably overstated "brain-boosting, anti-ageing superfood" marketing that has been layered on top of it.

Last reviewed by the teas.co.uk team in May 2026.

What butterfly pea flower tea actually is

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What butterfly pea flower tea actually is , Butterfly Pea Flower Tea. Canonical: <https://teas.co.uk/wiki/butterfly-pea-flower-tea/>*

It is a tisane, not tea: an infusion of the dried blue flowers of *Clitoria ternatea*, a plant grown across South-East Asia, with no tea leaf and therefore no caffeine. On its own it tastes mild, slightly earthy and faintly woody, which is clearly part of the point, the flavour is gentle so it is often blended with lemongrass, ginger or fruit, and it is frequently used as much for colour as for taste. The dramatic blue comes from anthocyanin pigments, and the colour is genuinely pH-sensitive: add an acid such as lemon and it shifts toward purple and pink, which is real chemistry, not a gimmick or an additive.

The honest health picture

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The honest health picture , Butterfly Pea Flower Tea. Canonical: <https://teas.co.uk/wiki/butterfly-pea-flower-tea/>*

This is where the careful reading matters. The colour change is real. The caffeine-free, low-calorie, pleasant-to-drink part is real. The "boosts memory", "anti-ageing", "burns fat", "detox" claims are not supported at the level the marketing implies; they typically rest on laboratory or animal studies of concentrated extracts, which do not translate to a cup of flower infusion, and presenting them as proven benefits would be exactly the

overclaim this wiki refuses. Anthocyanins are antioxidants, which is true of many colourful plants and does not make any of them a treatment. The summary: a nice, harmless, caffeine-free, photogenic drink with no demonstrated special powers in cup form. That is not a criticism; it is just the accurate label.

How to use it well

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How to use it well , Butterfly Pea Flower Tea. Canonical: <https://teas.co.uk/wiki/butterfly-pea-flower-tea/>*

Brew the dried flowers in just-off-boil water for around five minutes; it is forgiving like other flower infusions and you cannot easily make it bitter. The fun, and the genuine practical appeal, is the colour: brew it strong and use it as a natural blue base for iced drinks, lemonades and mocktails, then add citrus at the table so the colour shifts in front of people. As a hot drink it is best with a flavour partner (lemongrass, mint, ginger, a little honey) because plain butterfly pea is mild. It also works as a natural food and drink colouring where you would otherwise reach for synthetic blue.

Clear cautions

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Clear cautions , Butterfly Pea Flower Tea. Canonical: <https://teas.co.uk/wiki/butterfly-pea-flower-tea/>*

For general use it is considered low-risk in normal drinking amounts, which is worth saying clearly because it is genuinely one of the gentler tisanes. The fair, specific notes: it is caffeine-free so it suits the evening and caffeine-avoiders; like many botanicals it is sensible to be cautious in pregnancy and to treat concentrated extracts differently from a weak flower infusion; and it should be enjoyed for what it is rather than taken "for" a condition. Those are flags, not alarms, and they are the honest counterpart to the colour-trick enthusiasm. Choose butterfly pea flower tea for the colour and the caffeine-free gentleness, which are both real and both fun, and ignore the superfood story, which is not. Brew it strong, partner it with flavour or citrus, enjoy the blue-to-purple party trick, and treat it as the harmless, pretty, modest drink it actually is.

The colour is real, the superfood story is not

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Claim	Reality
Turns blue, shifts purple with lemon	true, pH-sensitive anthocyanin chemistry, not an additive
Caffeine-free, low-calorie	true, it is a flower tisane with no tea leaf
Boosts memory / anti-ageing / burns fat / detox	not at cup strength, rests on concentrated-extract lab studies
"Superfood"	antioxidants like many colourful plants, not a treatment

In short: a nice, harmless, caffeine-free, photogenic drink with no demonstrated special powers in cup form, which is an accurate label rather than a criticism. It is a tisane, not tea, an infusion of dried *Clitoria ternatea* flowers grown across South-East Asia, mild, slightly earthy and woody, so it is often blended with

lemongrass, ginger or fruit and used as much for colour as taste. For general use it is low-risk in normal amounts, one of the gentler tisanes, with the usual sensible caution around pregnancy and concentrated extracts, flags rather than alarms.

Reference noted

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- [NHS: Herbal medicines](#)

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