

Refreshing Iced Butterfly Pea Latte with Lemon and Honey

Iced Butterfly Pea Flower Tea Latte Recipe



TIME
7 min

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INGREDIENTS

1 tbsp dried butterfly pea flowers (or 5-6 fresh flowers, or 1 tea bag)
1 cup hot water
¾ cup milk (dairy, almond, oat, or coconut)
1-2 tsp honey (or sweetener of choice, optional)
Ice cubes
1 tsp lemon juice (optional, for color-changing effect)
Extra butterfly pea flowers, for garnish

DIRECTIONS

1. Steep the Tea: Add butterfly pea flowers (or tea bag) to 1 cup of hot water. Let steep for 5-7 minutes until deeply blue in color. Strain out flowers or remove tea bag. Let the tea cool to room temperature.
2. Sweeten (Optional): If using a sweetener, stir in 1-2 tsp honey while the tea is still warm so it dissolves fully. Set aside to chill.
3. Froth the Milk: In a separate jar or container, froth the milk by:
4. Using a milk frother
5. Shaking it vigorously in a sealed jar
6. Blending it in a small blender for 10-15 seconds
7. This step helps create that gorgeous, layered latte look.
8. Assemble the Latte: Fill a glass with ice cubes. Pour in the cooled butterfly pea tea. Slowly pour the frothed milk on top to create layers.
9. Add Lemon for the Magic: Optional but magical: Add 1 tsp lemon juice to the drink and stir. Watch the tea turn from deep blue to bright purple!
10. Garnish & Serve: Top with extra dried or fresh butterfly pea flowers for a fancy finish. Serve with a straw or spoon and enjoy the magic!

TIPS FOR SUCCESS

Use filtered water for the clearest color.
Don't skip chilling the tea if you want that crisp iced finish.
Layer slowly for the best visual separation.

Adjust sweetness to your preference-taste before assembling.

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Original recipe: <https://chefmaniac.com/refreshing-iced-butterfly-pea-latte-with-lemon-and-honey/>