



Sea of Colors
BLUE THROAT CHAKRA RECIPE

Throat Chakra Butterfly Tea

by Kimberly Bizjak

Ingredients

- 4-6 loose dried butterfly pea flowers, or tea bag.
- 1 Tb cane sugar or honey (or less if you like tart rather than sweet tea)
- Optional: Juice from a small slice of lemon. (The tea will turn purple if you use too much lemon.)
- Optional: Blueberries to top

Directions

1. Put tea leaves or bag into your favorite mug.
2. Pour boiling water over tea.
3. Add sugar/honey, and lemon juice.
4. Enjoy cooled in the refrigerator over ice and top with blueberries if desired.