

The Bees Knees Fluffer-Nutter Sammie

Note* If you have a severe pollen allergy, omit the pollen. If not, use it! It is full of nutritional benefits and has been a superfood for centuries! It is a dense source of protein, loaded with enzymes and is a concentrated source of tons of vitamins. Best of all: No one will even taste it!
No measurements here - you make the call!

Multigrain or other healthy bread

Organic Peanut Butter (Peanut butter is one thing you should only buy organic!)

[Ricemellow Creme](#)

Bee Pollen

Make a sandwich with the peanut butter and ricemellow creme, but before schmooshing them together, sprinkle some bee pollen on the peanut butter for an extra nutrition boost. If you don't tell the kids, they won't have any idea!