

The Bee's Knees Smoothie

This is a favorite in our house. My daughter and I drink these quite often!

1 Banana

1 Tbsp Raw Honey

2 Pitted Dates (soaked 30-90 minutes and drained)

1/2 C Coconut Water

1/2 Tbsp Bee Pollen

3 Tbsp Raw Almond Butter

Blend all ingredients until smooth.