butter bee smoothie

prep time:
10

featured product:
butter, plus!

see what the buzz is about with our butter bee smoothie recipe! our butter, plus! greens with frozen banana and mango make this smoothie iron rich. a generous amount of honey makes every sip sweet. topped with bee pollen, this smoothie recipe will have you buzzing with joy! great for breakfast or as an afternoon pick-me-up.

ingredients

2 servings

2 packed cups of **organicgirl® butter, plus!** ?
1 large banana, sliced and frozen
1½ cups frozen mango chunks
1½ cups coconut or almond milk
2 tablespoons honey
1 tablespoon bee pollen

substitutions

? *substitute with* **butter, baby!**

directions

1. for best results, slice bananas and place on a parchment-lined baking sheet to freeze (your future self will thank you!). put in freezer for 2 hours.

https://iloveorganicgirl.com/wp-content/uploads/2017/05/OR2020_Microvid_freezingBananas_Square_2-1.mp4

2. remove sheet from freezer and place bananas into resealable bags.

https://iloveorganicgirl.com/wp-content/uploads/2017/05/OR2020_Microvid_freezingBananas_Square_3.mp4

3. in a blender combine lettuce, banana, mango, milk and honey. blend until smooth. divide between glasses and top with bee pollen.

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tip: frozen bananas will keep for up to 2-3 months. use them again and again for smoothies!

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