



## 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](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](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.

[https://iloveorganicgirl.com/wp-content/uploads/2017/05/OR2020\\_Microvid\\_freezingBananas\\_Square\\_4.mp4](https://iloveorganicgirl.com/wp-content/uploads/2017/05/OR2020_Microvid_freezingBananas_Square_4.mp4)

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

[https://iloveorganicgirl.com/wp-content/uploads/2017/05/OR2020\\_Microvid\\_freezingBananas\\_Square\\_6.mp4](https://iloveorganicgirl.com/wp-content/uploads/2017/05/OR2020_Microvid_freezingBananas_Square_6.mp4)