



# Indigo Herbs Natural Health Guide

## Strawberry & Bee Pollen Superfood Smoothie



### Ingredients

- ✦ Handful of strawberries
- ✦ Half a banana
- ✦ Small pot of yoghurt (or roughly 2 tbsp)
- ✦ ½ pint of skimmed milk
- ✦ ½ tsp bee pollen granules
- ✦ ½ tsp acai powder

### Method

Blend your ingredients together for a creamy, fruity smoothie packed with vitamins and brimming with folic acid and natural enzymes!