

Oat, Pear & Cardamom Smoothie

Ingredients – Serves 2

- 2 pears
- 6 cardamom pods
- 500 ml oat milk
- 100 g natural yoghurt
- 2 teaspoons runny honey
- 2 teaspoons bee pollen

Method:

1. The night before you want to make your smoothie, peel and core the pears. Pop them into the freezer.
2. Open the cardamom pods and extract the seeds, then crush up in a pestle and mortar.
3. Tip the crushed seeds into a blender, then add the frozen pears, oat milk, yoghurt and honey. Blitz until smooth.
4. Divide between two glasses and sprinkle over the bee pollen.



Frozen fruit gives smoothies a nice coldness without requiring ice and helps make use of over-ripe fruit that's on the way out. Smoothies are also the perfect vehicle for natural nutrient powders, so feel free to add a teaspoon here if you are so inclined.

What is Bee Pollen?

Bee pollen is a ball of pollen made by young bees when they land on a flower. Bees carry these balls back to the hive in sacs on their legs and store them in the hive's honeycomb.

Benefits of Bee Pollen:

Bee pollen is considered so beneficial that advocates are quick to tout the benefits of this so-called superfood, saying it can:

- relieve inflammation
- work as an antioxidant
- boost liver health
- strengthen the immune system
- work as a dietary supplement
- ease symptoms of menopause
- reduce stress
- speed up healing