

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Pollen Persimmon Potpourri

Bee pollen is famous for its aphrodisiac qualities as well as its ability to enhance your energy and many other health benefits. Raw local honey may help eliminate or reduce seasonal allergies.

2 3/4 cups water/ice

2 Tbls. bee pollen

2 Tbls. raw honey

1/2 tsp. cinnamon

1/4 tsp. nutmeg

Spinach, added until mixture reaches 6-cup line

2 cups persimmons, chopped

1 banana, frozen in chunks

2 sweet apples, like Red or Golden Delicious

2 cups frozen blackberries

Blend first 6 ingredients until smooth. Add remaining ingredients and blend until smooth. Serve immediately, or refrigerate for up to 24 hours and shake well before serving.

*Recipe from **The Green Smoothies Diet** by Robyn Openshaw.*

