

HONEYBEE POLLEN

Pollenated from a variety of nectar sources.

FLAVOR: sweet, earthy

REGION: Delaware, Maryland, Pennsylvania

NUTRITION PER TABLESPOON:

16 calories

2.2 grams carbs

1.2 grams protein

9 amino acids

OTHER BENEFITS: high antioxidants, cholesterol, liver health

Add to smoothies, salad, yogurt, etc.