



## Papaya Bee

Serves 1

A probiotic blend to nourish the gastro-intestinal system, boost intestinal immunity and enhance energy levels.

### Ingredients

Goat yoghurt	175 ml
Papaya, chopped roughly	125 g
Bee pollen	30 g
Honey	1 tsp

### Method

1. Blend the goat yoghurt, papaya and honey with a few ice cubes, until smooth and creamy.
2. Serve in a tall glass, sprinkling the bee pollen on top.
3. Stir the bee pollen through when you're ready to drink.

Bee pollen contains trace amounts of minerals and vitamins and is very high in protein and carbohydrates. Bee pollen is not found in the everyday diet. It is found in nutritional supplements and Chinese herbal medicine products. It is used to enhance energy, memory and performance.

## *Recipes for Healthy Living*

*"Let food be thy medicine and medicine be thy food." Hippocrates*

Simply following a healthy diet on a regular basis can significantly improve our wellbeing. Kamalaya's inspired healthy cuisine combines the ancient healing traditions of China and India with current medical research to create delicious, nutritious cuisine that supports optimal health. See more healthy recipes here: [www.kamalaya.com/recipes.htm](http://www.kamalaya.com/recipes.htm)

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