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## Bee K'onscious Brings Organic Raw Honey to Your Door

Friday 05th, June 2020 / 11:21 Written by [Johnnie De La Garza](https://flicksandfood.com/blog/author/admin/)



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## Providing Pure Antioxidant and Antibacterial Rich Single-Origin Honey from the Hive to Your Door – Bee K’onscious

Bee K’onscious is a product I can bee happy about!

This sweet highly nutritious super food is one I can really wrap my head and health around. I do a lot of cooking and almost everything I cook is made from scratch. That way I know what is going into my mouth. When it comes to sugar, I want something that is not only sweet, but better for me. So when the folks at Bee K’onscious asked if I wanted to try their raw honey, I immediately said “yes”.

I have tried many different brands of honey, as well as loads of other sweeteners, but have always been disappointed in many of them for one reason or another. Most of the time they have a weird taste or aftertaste. When I tried a spoonful of the Bee K’onscious honey, all I tasted was a sweet pleasant flavor. I tried it in my coffee and hot tea and was happy to report no unpleasant aftertaste. This honey was thick, creamy and so delicious. I asked myself, “why is this honey different”.



Bee K’onscious honey is actually single-sourced. All the honey in my jar came, not just from one area, it came from one hive, one bee-keeper. This company partners with TagOne, a provider of blockchain technology for the natural products industry. By using the QR code on the jar label, I was able to see things like where my honey was harvested, the bee keeper’s name and a certificate of analysis! That’s pretty impressive.

Raw honey has many health benefits too! This superfood contains many life sustaining substances – enzymes, vitamins, minerals, amino acids, antioxidants and water. And anyone who has trouble sleeping will be happy to know that honey promotes the release of serotonin. The body converts this to melatonin, which regulates quality and duration of sleep. Honey should be kept in everyone’s medicine cabinet too because it is also great for wound care, gingivitis, hypertension and, my favorite, brain health and so many more. But don’t expect all honey products on the market to be so beneficial because most honey on the grocery shelves are pasteurized (heated) removing many of the health benefits provided by this natural sweetener. Bee K’onscious honey is **NEVER** blended, filtered or pasteurized!



Bee K'onscious honey has a collection of four different honeys: Organic Raw Brazilian Cipo Uva, Raw California Sage, Organic Raw Brazilian Marmeleiro Prateado and the one I tried, Raw Montana Clover. Each 11oz or 12oz jar is \$18 and worth every sweet penny in my opinion. You can buy the product on their website [www.bkshoney.com](https://bkshoney.com) (<https://bkshoney.com/>).

I have included a snack recipe below. These Energy Balls are so delicious the whole family will love this healthy snack!

### Energy Balls

By Matthew Kollmorgen



In need of a quick snack, on the go? Honey, peanut butter, and chocolate...I am a sucker for sweets, but this truly is a healthy, easy and tasty treat for the whole family to enjoy.

### INGREDIENTS

1/2 cup- peanuts finely chopped

1 1/2 cup old fashioned Quaker oats

1/3 cup flax meal

1/2 cup almond flour

3 T unsweetened cocoa

2/3 cup mini chocolate chips

1/2 cup peanut butter

1/3 cup + 1 T honey

2 T almond or soy milk

#### **DIRECTIONS**

Line a sheet pan with parchment or wax paper.

Place peanuts in a small bowl, set aside.

In large bowl combine 1 cup of the oats, flax meal, almond flour, cocoa.

Add the peanut butter, honey and almond milk to the oat mixture and mix until the mixture comes together.

Add in the chocolate chips

Roll into 1" balls. Then dip the bites in the finely chopped peanuts. Place each ball on the sheet pan and chill in the refrigerator.



**About Bee K'onscious Artisanal Honey**



(<http://www.linkedin.com/pub/johnnie-de-la-garza/a0/216/469>)

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Bee K'onscious is a honey company that navigates the globe looking for the highest quality honeys, harvested and produced by the world's finest apiarists. The Denver, Co-based startup is working towards ending the exploitation and inequality in an industry where economies of scale value quantity over quality. For more information, please visit [www.bkshoney.com](http://www.bkshoney.com) and follow them on Instagram @beekonscious.

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