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Nature's Superfood: Raw Honey Bee K'onscious

MAY 26, 2020

Living healthing doesn't have to suck! I have found the best way to solve my sweet tooth. Bee K'onscious is nature's superfood. The below was provided to me to help facilitate my review. All opinions are my own and honest. I am disclosing this in accordance to FTC Guidelines.

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About Bee K'onscious:

California Sage honey is very sought after because some years do not even produce a harvest. Sage honey comes from the slopes of California's Sierra Nevada range that is produced during the bloom in spring and summer. The honey is light golden(honey white) with a slight vegetal odor and a flavor profile that is mildly earthy, sweet and delicate. Like all of these honeys, Sage is fantastic with just a spoon though many like to cook and bake with it.



BABY SLINGS FOR EVERYONE

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Cipo Uva is one of the many varieties of flowers in the Brazilian Rainforest. This organic honey is light amber in color with a refreshing floral odor. The taste is a fresh, intense flavor of honey, slightly fruity with good sweetness. This reminds me of eating dates and figs, which of course make a great addition to any cheese or charcuterie boards. The mild acidity fig flavor cuts through creamy cheeses like Brie. The sweetness offsets the tanginess of goat cheese and the true honey flavor balances firm, sharp cheeses like asiago or parmesan.

Marmeleiro Prateado, typically a northeast Brazilian bloom that has a brief flowering of blossoms, as rainy season hits in January, that are awaited by bees for their sweet nectar. This is a rare, coveted, very pleasant tasting honey that is water white or clear in color. The odor is aromatic with a very pleasant and fruity, sweet, marshmallow like flavor. Always a fan favorite.



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My Thoughts:

This honey is not your ordinary honey. I have tried this all three honey and I can not pick my favorite. They are all yummy and taste amazing. Weather you eat it in milk, on toast, in oatmeal, or any other way you won't be disappointed!

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