

milk & honey
nutrition

Smoothie Guide



Snack Smoothie = Liquid + Fruit + Vegetable

Meal Smoothie = Liquid + Fruit + Vegetable + Plant Fat + Protein/Grain

Optional: Flavorings & Sweeteners

Make sure at least one of your fruits or vegetables is frozen, or add 1/2 cup ice for a thicker consistency.

Liquid (1 cup)
Water
100% Fruit Juice
Unsweetened Almond Milk
Milk
Unsweetened Soy Milk
Unsweetened Coconut Milk
Coconut Water
Unsweetened tea
Coffee/Espresso

Fruit (1/2– 1 cup)
Banana
Strawberries
Grapes
Blueberries
Melon
Apples
Pears
Peaches
Pineapple
Pomegranate
Arils

Vegetable (1/2– 1 cup)
Kale
Spinach
Carrots
Cucumber
Brussel Sprouts
Tomatoes
The Natural Citizen Organic Greens*
Broccoli
Cauliflower
Pumpkin Puree

Proteins & Grains (1/4 cup)
Oats
Plain yogurt
Plain Greek yogurt
Cooked Quinoa
The Natural Citizen Organic Protein*
The Natural Citizen Organic Energy*
Beans

Plant Fats (1Tbsp)
Nut butter
Chia seeds
Hemp Hearts
Ground Flax Seed
Sliced/chopped nuts
Avocado

Flavorings
Vanilla or almond extract (1 tsp)
Cinnamon
Unsweetened Cocoa Powder (1 Tbsp)
Pumpkin Pie Spice (2 tsp or 1 drop Thieves YLEO)
Orange zest
Peppermint (1/2 tsp extract or 1 drop YLEO)
Black pepper

Sweeteners
Honey (1 Tbsp)
Agave Nectar (1 Tbsp)
Stevia (1/2 tsp)
Dates (3-5)
Semi-sweet Chocolate Chips (1 Tbsp)
100% Pure Maple Syrup (1Tbsp)
Coconut Sugar

*Visit TheNaturalCitizen.com and use code: MILKANDHONEY for 15% off your purchase.

YLEO = Young Living Essential Oil



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Meal & Snack Smoothies

Banana Berry Kale Smoothie

Unsweetened Almond Milk + Frozen Banana & Blueberries + Kale + Peanut Butter + [The Natural Citizen](#) Organic + Vanilla Extract + Stevia

Pumpkin Pie Smoothie

Milk + Frozen Banana + Pumpkin Puree + Ground Flax Seed + Quinoa + Vanilla Extract & Pumpkin Pie Spice or Thieves YLEO + Maple Syrup

Pina Colada Smoothie

Unsweetened Coconut Milk + Frozen Pineapple + Spinach + Hemp Hearts + [The Natural Citizen](#) Organic Protein + Orange Zest or YLEO + Agave Nectar

Chocolate Cinnamon Smoothie

Unsweetened Almond Milk + Frozen Banana + Unsweetened Cocoa Powder + Vanilla Extract + Cinnamon or YLEO

Peach Pineapple Smoothie

Milk + Frozen Pineapple & Peaches + Carrots + Orange Zest or YLEO + Honey

Green Melon Smoothie

Unsweetened Soy Milk + Grapes, Melon, & Apples + Frozen Broccoli + [The Natural Citizen](#) Organic Greens + Dates

Plan ahead:

Place all ingredients, except for liquid, in a plastic bag. Store in freezer. When ready to make your smoothie, just empty the bag into your blender, and add your liquid. Blend for 60 seconds.

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Organic
PROTEIN & NUTRITION BOOSTERS





Organic PROTEIN



What is it & what's in it?

The Natural Citizen Organic Protein is a vegan, gluten free, organic, non-GMO protein powder. It contains hemp, brown rice, pea, and sacha inchi proteins. It is flavorless, and heat stable... meaning you can mix it into anything. It contains no fillers, sweeteners, or flavorings... making it safe for children to consume in small amounts, unlike other protein powders.

Why should you use it?

Organic Protein has just 4 ingredients: Hemp, brown rice, pea, and sacha inchi protein. It's vegan, with an anti-inflammatory ingredient profile... it's ok for almost anyone to consume (but please check with your doctor or dietitian first). In fact, sacha inchi seeds (likely the one ingredient leaving you scratching your head) has one of the highest omega 3 contents known (17x that of salmon) and 8 essential amino acids.



How can you use it?

You can use Organic Protein in just about anything: smoothies, oatmeal, cookies, energy bites, pancakes, waffles, etc. I like to replace coconut flour or almond flour (up to half of the amount called for) with it in pancakes!

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15% off at [TheNaturalCitizen.com](https://www.TheNaturalCitizen.com) *nutrition*



Organic ENERGY



What is it & what's in it?

The Natural Citizen Organic Energy is a vegan, gluten free, organic, non-GMO nutritional booster. It contains quinoa, maca, green tea, and rhodiola rosea. If eaten by itself, it tastes mainly like quinoa with a slight kick because of the green tea. It does contain a small amount of naturally occurring caffeine.

Why should you use it?

The four ingredients in Organic Energy (quinoa, maca, green tea, and rhodiola rosea) provide some heavy hitting, all-natural energy. Quinoa provides a protein source, and complex carbohydrates known to be a great help for mental alertness and an energy booster. Maca may help raise mood and mental disposition. Green Tea provides an all-natural source of caffeine and energy. And Rhodiola Rosea may help relieve symptoms of mental fatigue & depression.



How can you use it?

You can use Organic Energy in smoothies, oatmeal, no bake energy bites, or simply add it to a glass of milk, all natural juice, or water.

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Organic GREENS



What is it & what's in it?

The Natural Citizen Organic Greens is a vegan, gluten free, organic, non-GMO nutritional booster. It contains moringa, spirulina, alfalfa leaf, and barley grass. It contains no added flavors or sweeteners, and tastes very similar to dark leafy greens with a touch of salt. It has a very dark green color that is quite visible when added to recipes.

Why should you use it?

The four ingredients in Organic Greens (moringa, spirulina, alfalfa leaf, & barley grass) pack a big nutritional punch. Moringa is a small tree with many anti-inflammatory and medicinal properties and has been reported to possibly help with arthritis (and other joint pain) as well as GI discomfort. Spirulina, a form of blue-green algae, may be helpful in reducing seasonal allergy symptoms. And both alfalfa leaf and barley may be helpful in lowering cholesterol levels.



How can you use it?

You can use Organic Greens in smoothies, oatmeal, baked goods, no bake energy bites, or add it to a glass of milk or all natural juice. I've even blended it into some homemade nut butter for an added leafy green kick!

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FOR THE WHOLE FAMILY

Mary Ellen Phipps, MPH, RDN, LD



I'm Mary Ellen Phipps, the registered dietitian nutritionist behind Milk & Honey Nutrition. I have expertise in family nutrition, family meal planning, corporate wellness, adult weight management, adult diabetes management, metabolic syndrome, and sports nutrition.

I grew up in Sugar Land, TX, received my Bachelor's degree in Nutrition Sciences from Baylor University in Waco, TX; and my Master's of Public Health degree in Epidemiology from The University of Texas School of Public Health in Houston, TX. I currently live in the Houston-area with my husband and two daughters.

I'm very passionate about what I do and helping people feel confident in their nutrition choices. Whether for disease management, or general wellness and healthy eating, I can help you feel healthy and confident about the food you're eating. Milk & Honey Nutrition is here to make healthy eating realistic, efficient, and affordable for busy individuals, families, and businesses. Browse my website to see what I have to offer (www.milkhoneynutrition.com) or shoot me an email at maryellen@milkhoneynutrition.com for more information. And don't forget to check me out on social media too:



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