

TOP 7 *Crazy* Richard's RECIPES



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CHERRY SUPERFOOD SMOOTHIE

- 1 cup unsweetened almond milk
- 2 Tbsp chia seeds
- 1 large handful kale leaves
- 2 cups frozen cherries
- 1/2 banana, frozen
- 2oz. aloe juice
- 1 tsp vanilla extract
- 1 Tbsp Crazy Richard's Creamy Peanut Butter
- 2 Tbsp unflavored protein powder (optional)

Blend all ingredients in a high speed blender for 60 seconds until smooth. Enjoy from a cup or in a bowl with toppings.



STRAWBERRY NUT BUTTER OVERNIGHT OATS



- 1 empty Crazy Richard's nut butter jar
- 1/3 cup oats
- 1/3 cup chia seeds
- 1/2 cup chopped strawberries
- 1/4 cup chopped nuts
- 2 Tbsp shredded unsweetened coconut
- 1 Tbsp cacao nibs
- Unsweetened almond milk

Add all ingredients to the empty jar except the almond milk. Use a fork to stir the ingredients in the jar well. Add almond milk until the jar is almost full, leaving about 1/4 inch of space at the top. Twist the lid on the jar and shake until well combined. Let it sit in the refrigerator for 4 hours or overnight. Enjoy it cold in the morning, or empty into a bowl and add another 1/2 cup almond milk, then heat for 1 minute in the microwave. Enjoy!



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PB & EGG TOAST



1 slice whole grain or sprouted grain bread
1 Tbsp cream cheese
Crazy Richard's Creamy Peanut Butter
Avocado oil
1 egg

Toast bread in toaster or toaster oven.

Heat oil in a skillet over medium heat. Fry egg until whites have turned opaque.

Meanwhile, spread cream cheese on toast. Drizzle peanut butter over cream cheese, and then top with fried egg. Enjoy!

PEANUT-Y RICED CAULIFLOWER



2 Tbsp avocado oil
4 cups riced cauliflower
2 Tbsp Crazy Richard's Peanut Powder
1/4 cup raisins

Pre-heat a cast iron skillet on the stove over medium heat. Add avocado oil and heat. Add in riced cauliflower and saute for 20 minutes stirring occasionally. You'll want it to be good and browned with some crispy pieces. Remove from heat and stir in peanut powder and raisins. Enjoy! This recipe makes two side dish servings or one adult meal serving.

For a yummy lunch, add in some beans, chicken, or chopped walnuts!

SAVORY PB PISTACHIO COOKIES



3/4 cup Crazy Richard's creamy peanut butter (at room temp)
1 egg, beaten
1/4 cup roasted pistachios, crushed/chopped

Preheat your oven to 350 degrees. In a medium bowl, whisk together the peanut butter and egg. Fold in the pistachios. Roll into balls (about 1 Tbsp each) and arrange evenly on a parchment lined baking sheet. Using a fork, press down on each dough ball to form lines and flatten. Bake for 9 - 10 minutes. Remove from the oven and let cool completely before eating. (This gives them time to firm up. Trust me, you'll want to wait!) Enjoy!



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CHOCOLATE CHIP ALMOND BUTTER (N)ICE-CREAM



- 4 frozen bananas, sliced
- 2 Tbsp Crazy Richard's Almond Butter
- 2 Tbsp unsweetened cocoa powder
- 2 Tbsp chocolate chips
- 2 Tbsp slivered almonds

Add frozen banana slices to your food processor and process for 5-7 minutes. It will start to look very creamy, but continue to process until it is one smooth consistency with no lumps.

While the food processor is still running, add in the almond butter and cocoa powder. Process for 15-20 seconds longer. Remove food processor bowl from machine and stir in chocolate chips and almonds by hand.

Serve immediately, or freeze for 1-2 hours for a firmer dessert. Enjoy!

BANANA CHIA POPSICLES



- 1 1/2 bananas
- 2 Tbsp chia seeds
- 2 Tbsp Crazy Richard's Creamy peanut butter
- 2 cups unsweetened vanilla almond milk
- 1/2 tsp vanilla extract

Blend all ingredients on high in a high powered blender for 60 seconds or until smooth. Pour into molds and freeze for at least 4 hours. Enjoy!



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ABOUT ME

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 love helping people feel confident in their nutrition choices. 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 or shoot me an email at maryellen@milknhoneynutrition.com for more information. I'd love to chat more about your food and nutrition goals!