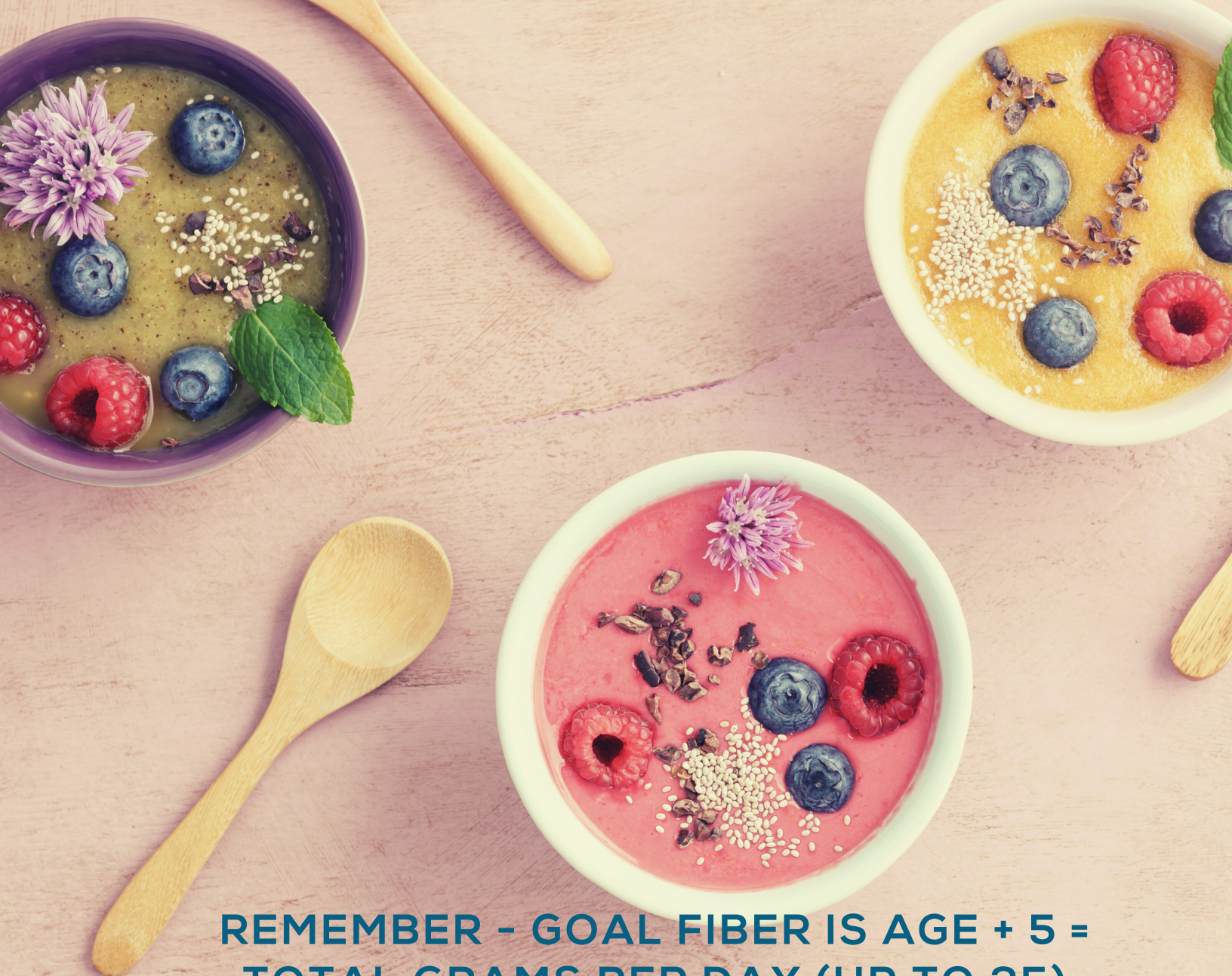




RoyNattivMD

FIBER MUFFINS & SMOOTHIES

These fiber muffins and smoothies are a great way to sneak in veggies for your constipated and picky child!



**REMEMBER - GOAL FIBER IS AGE + 5 =
TOTAL GRAMS PER DAY (UP TO 25)**



HAPPY GUTS, HAPPY KIDS!

Dr. Nattiv Blueberry Fiber/Protein Shakes

May adjust quantities to taste:

1 cup Almond/Coconut Milk

1 heaping teaspoon of Almond Butter (or any nut butter)

1/2 cup Cauliflower Rice

1/2 cup of Frozen Blueberries

3 small slices of very ripe frozen Banana (ripe Bananas do not constipate)

1 tablespoon of Bob's Red Mill Vanilla Protein Powder with Chia/Probiotics

Blend in home blender to smoothie texture.

Dr. Nattiv Blender Fiber Muffins

For one mini muffin tin:

1 cup peanut butter

1-2 very ripe banana

2 egg

1 tsp vanilla

4 tbsp honey or agave

1/2 tsp baking powder

Added fiber options:

*1/2 cup oatmeal

*4-5 prunes

*blueberries

*zucchini shredded and drained

*1 tbsp Chia seeds soaked overnight

*cauliflower rice

Finally, add two chocolate chips right on top - kids will love it.

Spray mini muffin tin. Fill each up most of the way and bake at 400 degrees for 9 min.

For consultation with Dr. Nattiv - call (310) 844-1194 or send an email to hello@roynattivmd.com.

More info on our site at roynattivmd.com.