

TRUVANI Cozy Season



Truvani Fall Reset

PUMPKIN SPICE SEASON

As Scott Fitzgerald says,
“Life starts all over again when it gets crisp in the Fall.”

I love everything about the season. The fashion, the colors, the weather –
but my favorite part is definitely all the delicious Fall treats.

HAS THIS EVER HAPPENED TO YOU?

I'll be at the store and see some fun pumpkin spice flavored something,
but when I look at the list of ingredients, I am truly spooked.

You shouldn't have to choose between fun Fall flavors and ingredients
that you feel good about putting into your body – which is why our
beloved seasonal Pumpkin Spice Protein is back.

Inside this guide you will find recipes for some of your favorite Fall treats
but made with better ingredients.

Less sugar, more protein – so that you can enjoy the Fall flavors while still
looking and feeling your best.



Truvani Pumpkin Spice Protein

ONLY 9 INGREDIENTS

And as always...

No dairy, no gums, no stevia, and no fake flavors.



Traditional Pumpkin Spice



- ✗ 50G SUGAR
- ✗ 14G PROTEIN
- ✗ FAKE PUMPKIN
- ✗ 390 CALORIES
- ✗ OVER \$4.95 PER CUP

VS

Truvani Pumpkin Spice



- ✓ 1G SUGAR
- ✓ 20G PROTEIN
- ✓ REAL PUMPKIN
- ✓ 190 CALORIES
- ✓ < \$2.00 PER SERVING

It's Time to Fight Back

NO MORE WEIRD INGREDIENTS

Big food companies have laced our packaged products with nasty ingredients for years. Some of these ingredients are considered dangerous and are banned in other countries!

Some people believe these weird additives are necessary to make products taste good... Wrong!

We believe you can make a product that has minimal ingredients that also tastes good. So, we started Truvani to prove it.

We are excited to introduce our Seasonal Pumpkin Spice Plant Protein. The ingredient label is immaculate. And the taste? Out of this world.

A BETTER WAY TO PSL

If you're looking to get back into a healthy routine, your morning drink is a great place to start.

Did you know that a coffee shop Pumpkin Spice Latte can have over 50 grams of sugar?!?

Keep reading to learn how to make a delicious Truvani Pumpkin Spice Latte that will give both your body and your taste buds something to love.



The Truvani Pumpkin Spice Latte

INGREDIENTS

1 cup freshly brewed coffee
1 cup milk of choice
1 scoop Truvani Pumpkin Spice Protein

INSTRUCTIONS

Warm your milk of choice. Brew 1 cup of your favorite coffee and whisk in 1 scoop of Truvani Pumpkin Spice Protein Powder.

Froth your milk for about 30 seconds, or until foamy, then pour into the mug on top of the pumpkin coffee mixture. Enjoy!



Pumpkin Spice Iced Latte

INGREDIENTS

½ cup ice
1 cup coffee
1 cup milk of choice
1 scoop Truvani Pumpkin Spice Protein

INSTRUCTIONS

Take 1 cup of your favorite coffee and whisk in 1 scoop of Truvani Pumpkin Spice Protein Powder. Pour over ice. Froth your milk for about 30 seconds, or until foamy, then pour into the mug on top of the pumpkin coffee mixture. Enjoy!



The Perfect Pumpkin Spice Smoothie

INGREDIENTS

- 1 ½ cups milk of choice
- 1 cup frozen cauliflower rice
- ½ cup canned pumpkin pureé or cubed frozen pumpkin
- ¼ cup yogurt of choice
- 1 tsp vanilla extract
- 1 scoop Truani Pumpkin Spice Protein

INSTRUCTIONS

Mix all ingredients in a blender until combined. Top with whipped cream and cinnamon.



Protein Packed Pumpkin Muffins

INGREDIENTS

Pumpkin Muffins

1 box Simple Mills Pumpkin Muffin & Bread Mix

2 scoops Truvani Pumpkin Spice Protein

3 eggs

1/3 cup avocado or coconut oil

1/2 cup water

Streusel Topping

1/4 cup unsalted butter, melted

1/3 cup coconut sugar

2/3 cup whole wheat pastry flour (or gluten free all purpose flour)

INSTRUCTIONS

Pumpkin Muffins: Follow instructions on the back of the Simple Mills baking mix. Add 2 scoops of Truvani Pumpkin Spice Protein to the dry ingredients.

Streusel Topping: Once the batter is poured into the muffin tin, mix streusel ingredients in a small bowl and crumble on top of the muffins before placing them in the oven.

Bake according to package instructions and enjoy!

BASED
TEIN

N SPICE

POWDER MADE
INGREDIENTS



Pumpkin Loaf with Cream Cheese Frosting

INGREDIENTS

Pumpkin Loaf

1 box Simple Mills Pumpkin Muffin & Bread Mix

2 scoops Truvani Pumpkin Spice Protein

3 eggs

¼ cup avocado or coconut oil

½ cup water

Cream Cheese Frosting

8 oz organic cream cheese (softened)

4 tbsp organic unsalted butter (softened)

4 cups powdered sugar

½ tsp vanilla extract

Pinch of sea salt

INSTRUCTIONS

Pumpkin Loaf: Follow instructions on the back of the Simple Mills baking mix. Add 2 scoops of Truvani Pumpkin Spice Protein to the dry ingredients. Let cool completely and frost.

Cream Cheese Frosting: In a large bowl, beat the cream cheese and butter until smooth. Then mix in the powdered sugar, vanilla and salt until combined. Use as you wish. Can be stored in the refrigerator.



Pumpkin Oats Trifle

INGREDIENTS

1 cup milk of choice

½ cup yogurt of choice

1 scoop Truvani Pumpkin Spice Protein

2 tbsp maple syrup

1 cup organic rolled oats

3 tbsp chia seeds

¼ cup pumpkin puree

Optional: whipped cream and cookies for topping

INSTRUCTIONS

Combine all ingredients in a blender until smooth. Pour into 3 containers and store in fridge overnight to thicken. Top with more yogurt, whipped cream and cookie crumbles.



Pumpkin Cookies with Cream Cheese Frosting

INGREDIENTS

Pumpkin Cookies

1 scoop Truvani Pumpkin Spice Protein
2/3 cup coconut sugar
1/2 cup softened butter
1/2 cup pumpkin purée
1 tsp vanilla extract
1 cup all purpose gluten free flour
1/2 cup almond flour
1 tsp ground cinnamon
1/2 tsp baking powder
1/2 tsp sea salt

Cream Cheese Frosting

8 oz organic cream cheese (softened)
4 tbsp organic unsalted butter (softened)
4 cups powdered sugar
1/2 tsp vanilla extract
Pinch of sea salt

INSTRUCTIONS

Pumpkin Cookies: Preheat oven to 350 degrees. In a bowl cream together the butter and coconut sugar until lightened in color. Add in the dry ingredients and mix until combined. Scoop cookies on to greased baking sheet and bake for 20 min. Let cool completely and then frost.

Cream Cheese Frosting: In a large bowl, beat the cream cheese and butter until smooth. Then mix in the powdered sugar vanilla and salt until combined. Use as you wish. Can be stored in the refrigerator.



TRUVANI®

CERTIFIED ORGANIC

PLANT BASED
PROTEIN

PUMPKIN SPICE

PROTEIN POWDER MADE
FROM 9 INGREDIENTS

NET WT 22 OZ (624 GRAMS)



TRUVANI®

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