

# The Simple Life



TRUVANI.

*Introducing*

# New Truvani Whey Protein



STEVIA FREE



GUM FREE



GLUTEN FREE



NON-GMO





# Y'all Won't Believe This...

## IT'S WHEY, THE TRUVANI WAY

It's extremely rare to find a source for organic whey (it took us over 4 years).  
Here is why it's so important for your whey protein to be organic:

### Factory-Farmed Vanilla Whey Protein Powder

Many Unnecessary Ingredients:

Whey Protein Isolate, Natural and Artificial Flavors, Lecithin, Cellulose Gum, Xanthan Gum, Salt, Sucralose, Acesulfame Potassium, Lactase.

- ✗ rBGH Growth Hormones
- ✗ Pesticide Residue
- ✗ GMO Feed

vs

### Truvani Organic Vanilla Whey Protein Powder

Only 3 Ingredients:

Organic Whey Protein Concentrate, Organic Vanilla Powder, Organic Monk Fruit Extract.

- ✓ Added Hormone-Free
- ✓ Pesticide-Free
- ✓ Non-GMO

# Truvani's New Organic Whey Protein in 5 Flavors

And as always...

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

## VANILLA

Only 3 Ingredients



ORGANIC  
WHEY  
PROTEIN



ORGANIC  
VANILLA  
POWDER



ORGANIC  
MONK FRUIT

## CHOCOLATE PEANUT BUTTER

Only 7 Ingredients



ORGANIC  
WHEY  
PROTEIN



ORGANIC  
PEANUT  
FLOUR



ORGANIC  
COCOA  
POWDER



PINK  
HIMALAYAN  
SEA SALT



ORGANIC  
PEANUT  
EXTRACT



ORGANIC  
MONK FRUIT



ORGANIC  
VANILLA  
POWDER



## CHOCOLATE

Only 5 Ingredients



## STRAWBERRY

Only 5 Ingredients



## UNFLAVORED

Only 1 Ingredient



# Howdy, and Welcome to the Cowgirl Club

## SIMPLE IS BEST

It's time to slow down and enjoy the simple life.  
Because we believe that the best things in life are... simple.

A sunny afternoon, the farmer's market, a batch of freshly baked cookies...  
In a world spinning so fast, with so much information and so many options,  
it's time to get back to basics.

**Now is the time to nourish yourself and your family with the best.**

Inside this guide you will find classic recipes, many of them baked goods,  
made with simple, pure ingredients. Nothing overly complicated.

We encourage you to play in your kitchen and enjoy the pleasures of real,  
nourishing food. Dairy is back in a big way, and we are here for it.

Grab a fork and dive in.



TRUVANI

ORGANIC  
WHEY PROTEIN  
VANILLA

PROTEIN POWDER BLEND FROM  
ONLY 3 INGREDIENTS







# Classic Vanilla Ice Cream

## INGREDIENTS

1 ½ cups milk (organic whole milk or lite coconut milk recommended)  
2 tbsp full fat yogurt  
1 tsp vanilla (scrape a vanilla bean if you're feeling fancy)  
2 tbsp maple syrup  
1 scoop Truvani Vanilla Whey Protein

## INSTRUCTIONS

Blend everything together. Pour into your ice cream machine. Follow instructions accordingly.



# Salty Chocolate Peanut Butter Ice Cream

## INGREDIENTS

1 ½ cups milk (organic whole milk or lite coconut milk recommended)

1 tsp vanilla

1 scoop Truvani Chocolate Peanut Butter Whey Protein

¼ cup powdered peanut butter

3 tbsp maple syrup

2 tbsp peanut butter

Optional: whipped cream and chocolate sauce

## INSTRUCTIONS

Blend everything together except for the peanut butter. Pour into your ice cream machine. Follow instructions accordingly. Top with peanut butter, whipped cream and chocolate sauce.





# Sweet Strawberry Ice Cream

## INGREDIENTS

1 ½ cups milk (organic whole milk or lite coconut milk recommended)

1 tsp vanilla

1 scoop Truani Strawberry Whey Protein

2 tbsp maple syrup

½ cup strawberries

Optional: freeze-dried strawberries

## INSTRUCTIONS

Blend everything together. Pour into your ice cream machine. Follow instructions accordingly. Mix in or top with freeze-dried strawberries.



# Thick Blackberry Shake

## INGREDIENTS

1 cup frozen blackberries  
1 scoop Truvani Vanilla Whey Protein  
1 cup milk of choice  
2 scoops vanilla ice cream

## INSTRUCTIONS

Add all ingredients into a blender and mix until combined.  
Pour into a tall glass, top with whipped cream and enjoy.



# Honey Drizzled Cornbread Mini Muffins

## INGREDIENTS

2 scoops Unflavored Truvani Whey Protein

1 box of your favorite cornbread mix

Local honey

## INSTRUCTIONS

Add 2 scoops of Unflavored Truvani Whey Protein to your favorite cornbread mix. Follow the instructions on your baking mix. Let cool and drizzle with local honey.





# Rodeo Cupcakes

## STRAWBERRY CHEESECAKE CUPCAKES

### Cupcakes

1 box Simple Mills Vanilla Cupcake Mix  
2 scoops Truvani Strawberry Whey Protein  
3 eggs  
1/3 cup oil  
1/3 cup water  
1 tsp vanilla extract  
Optional: 1/2 cup freeze-dried strawberries

### Frosting

1 1.2 oz freeze-dried strawberries  
8 oz full fat cream cheese  
1/2 cup softened butter  
3 cups organic powdered sugar  
1 to 2 tbsp coconut milk  
1 tsp vanilla extract  
Pinch of salt

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## BIRTHDAY VANILLA CUPCAKES

### Cupcakes

1 box Simple Mills Vanilla Cupcake Mix  
2 scoops Truvani Vanilla Whey Protein  
3 eggs  
1/3 cup avocado oil  
1/3 cup water  
1 tbsp vanilla extract

### Frosting

Use your favorite vanilla frosting!

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## INSTRUCTIONS

**Cupcakes:** Follow instructions on the Simple Mills Vanilla Cupcake Mix. Add 2 scoops of Truvani Strawberry or Vanilla Whey Protein to the dry ingredients. For Strawberry Cheesecake Cupcakes, mix in 1/2 cup freeze-dried strawberries for extra flavor and color. Once baked and cooled, add frosting.

**Frosting:** For Strawberry Cheesecake Frosting, blend the freeze-dried strawberries into a powder. Cream together cream cheese and butter, then beat in powdered sugar, coconut milk, vanilla and salt. Mix in strawberry powder until fully incorporated. For Birthday Vanilla Frosting, use your favorite and top with sprinkles.



# Cowgirl Coffeecake

## INGREDIENTS

### Cake

¾ cup coconut sugar  
½ cup softened butter  
2 large eggs  
⅔ cup greek yogurt  
1 tbsp vanilla extract  
1 ½ cups all purpose or gluten free flour  
¾ cup almond flour  
2 scoops Truani Vanilla Whey Protein  
2 tsp baking powder  
¾ tsp sea salt

### Swirl

1 ½ tbsp brown sugar  
1 ½ tsp cinnamon

### Topping

¼ cup softened butter  
½ cup gluten free flour  
¼ cup packed brown sugar  
2 tsp ground cinnamon  
¼ tsp sea salt

## INSTRUCTIONS

Preheat oven to 350°F and line an 8x8 inch baking pan with parchment paper.

**Cake batter:** In a medium sized mixing bowl, add the coconut sugar and softened butter. Use an electric mixer and beat on medium-high speed until light and fluffy. Next, add eggs and beat until pale yellow and fluffy. Add yogurt and mix again. Finally, add in flour, almond flour, protein powder, baking powder and sea salt. Mix until fully incorporated.

**Swirl:** Spread half of the batter on the bottom of the parchment-lined baking pan and sprinkle the top with 1 ½ tbsp of brown sugar and 1 ½ tsp cinnamon. Spread the remaining batter on top of the cinnamon sugar.

**Topping:** In an empty mixing bowl, add the gluten-free flour, butter, brown sugar, cinnamon and salt. Mix on low speed until fully incorporated. It should look crumbly.

Sprinkle the crumble topping evenly over the top of the coffee cake. Bake for 38–42 minutes, or until a toothpick comes out clean. Let cool in the pan for 15 minutes. Enjoy!







# Bakery Brownies

## INGREDIENTS

1 box Simple Mills Brownie Mix  
2 scoops Truvani Chocolate Whey Protein  
½ cup butter  
2 eggs  
3 tbsp water

## INSTRUCTIONS

Add in 2 scoops of Truvani Chocolate Whey Protein to the dry mix. Follow instructions on the Simple Mills Brownie Mix. Bake and enjoy!



# Blueberry Bliss Muffins

## INGREDIENTS

1 cup + 2 tbsp gluten free oat flour  
1 cup almond flour  
2 scoops Truani Vanilla Whey Protein  
¼ tsp salt  
¾ tsp baking soda  
2 eggs  
⅓ cup maple syrup  
1 tsp vanilla extract  
½ cup milk of choice  
1 tbsp avocado or olive oil  
1 tsp apple cider vinegar  
1 cup wild blueberries  
Optional: ½ tsp almond extract

## INSTRUCTIONS

Preheat oven to 350°F. Fill a muffin tray with liners and spray the inside of the liners with nonstick cooking spray.

In a large bowl, whisk together 1 cup oat flour (reserving the 2 tbsp for later), almond flour, protein powder, salt and baking soda.

In a separate large bowl, mix together eggs, maple syrup, vanilla, milk, olive oil and apple cider vinegar. Add dry ingredients to wet ingredients and stir until fully incorporated.

In a small bowl, toss blueberries and remaining oat flour together, then gently fold them into the batter.

Divide batter between your muffin cups. Bake for 20 minutes, or until a toothpick comes out clean. Let cool and enjoy!

