

2 Week Collagen Challenge





Welcome to Truvani!

We are excited for you to be a part of our 2-Week Collagen Challenge!

It's amazing what a difference a few days of intentional nutrition can make. This challenge will focus not only on your collagen intake, but nourishing your body in many ways.

At Truvani, we are obsessed with ingredients. Our Collagen Peptides are made with just one ingredient: Collagen sourced from grass-fed and pasture-raised cattle in Argentina.

We hope that you enjoy your product and all the fun recipes that follow. Please post on social and share your journey with us.

TAG @TRUVANI, OR USE #TRUVANI.

Reasons You'll Love Truvani Collagen Peptides



IT MIXES INTO LITERALLY EVERYTHING

#1

Yes, everything! Truvani's collagen peptides dissolve seamlessly into anything in just seconds. Add it to any liquid, hot or cold, and watch it disappear!

IT'S MADE WITH ONLY ONE INGREDIENT

#2

Unlike other collagen powders that are filled with artificial flavors, flow agents, and other junk... our collagen is made with just one simple ingredient.... Collagen, made from grass-fed and pasture-raised cattle in Argentina.

IT'S FLAVORLESS

#3

Our collagen peptides don't change the taste OR texture of whatever you're adding them to. Shake it in your salad dressing, bake it in your muffins or watch it dissolve in your tea.

SEE THE BENEFITS FOR YOURSELF

#4

Taking a collagen supplement can support stronger hair, nails, skin, gut and joint health. Many of our consistent collagen takers can't believe the benefits they see, and we can't wait to hear yours!



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+
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Tips for Success

- ☑ Keep your 2-week calendar in a place you'll see it!
- ☑ Stay hydrated. Be sure to drink plenty of water each day, in addition to your collagen creations.
- ☑ Keep your Truvani Collagen Peptides out on your counter, so that you will be sure to use it often.
- ☑ Follow us on social @Truvani for great recipe ideas.

QUESTIONS? CONTACT US
SUPPORT@TRUVANI.COM

When can I take collagen?

1 SCOOP OF COLLAGEN FOR 14 DAYS

MORNING	Starting your day with collagen is a great way to set the day up for success. Simply add a packet to your morning cup of coffee or tea, mix it in your oats and chia seed pudding, blend it in your smoothie and pancakes!
LUNCH	Stick to something lean, clean and green. Like a salad or organic soup. You can mix our collagen into salad dressings and soups!
AFTERNOON SNACK	In need of a pick-me-up? The options are limitless: collagen beauty bites, lattes or smoothies are a great way to make it to dinner.
DINNER	Enjoy something light. Grilled protein of your choice and veggies.
AFTER DINNER	Indulge in an evening treat, guilt free. Our collagen nice cream is delicious. Want a night cap? Our collagen mocktail is a great sip during your favorite TV shows.

*ALWAYS CHECK WITH YOUR DOCTOR BEFORE MAKING ANY DRASTIC LIFESTYLE/NUTRITION CHANGES. THIS PROGRAM IS NOT INTENDED TO TREAT/CURE ANY SPECIFIC DISEASE.

Collagen

MORNING RECIPES

Beauty Boosting Vanilla Chai Oats

Collagen Infused Coconut Yogurt

Almond Coconut Hot Cakes

Pomegranate Mint Jam

Honeydew Lime Breakfast Tart

Beauty Boosting Vanilla Chai Oats

INGREDIENTS:

- 2 cups coconut milk
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground cardamom
- ½ vanilla bean, scraped (or 1 teaspoon vanilla extract)
- 2 tablespoons maple syrup or raw honey
- 1 tablespoon ground flaxseed
- ½ cup steel cut oats
- 1 scoop Truvani Collagen Peptides
- Sea salt, to taste

DIRECTIONS:

1. Place all of the ingredients except the oats and collagen in a pot over medium heat. Bring to a boil.
2. Add the oats, cover and simmer on low for 20 minutes or until liquid has evaporated. Take off the heat and stir in the collagen and season with salt.
3. Serve with desired toppings. Enjoy!





Collagen-Infused Coconut Yogurt

INGREDIENTS:

- 1 can full-fat coconut milk
- 1 scoop Truani Collagen Peptides
- 1 teaspoon raw honey
- ½ teaspoon vanilla extract
- ½ teaspoon probiotic powder

can also mix favorite pre-made yogurt with 1 scoop of collagen

DIRECTIONS:

1. Take the can of coconut milk and shake well to combine.
2. Pour into a sterilized glass jar or bowl. Add the remaining ingredients and mix to combine.
3. Cover the jar or bowl with a cheesecloth or thin towel and let sit on the counter (out of direct sunlight) for at least 24 hours.
4. Once the yogurt has set, stir once more if there has been any separation. Cover and place in the refrigerator to chill.
5. Serve with fruit, granola or choice of desired toppings. Enjoy!

Almond Coconut Hot Cakes

INGREDIENTS:

- 1 cup almond flour
- ¼ cup coconut milk
- 2 eggs
- 2 tablespoons coconut sugar
- 1 tablespoon almond butter
- 1 scoop Truvani Collagen Peptides
- 1 teaspoon vanilla extract
- Pinch sea salt

DIRECTIONS:

1. Mix all of the ingredients together in a bowl until combined.
2. Grease and heat a cast iron pan or griddle over medium heat.
3. Drop 2 heaping tablespoons of batter onto the pan and cook for 1-2 minutes on each side.
4. Serve with fresh fruit or desired toppings. Enjoy!





Pomegranate Mint Jam

INGREDIENTS:

- 1 cup pomegranate seeds
- 2 plums, peeled, pitted and chopped
- 1 scoop Truvani Collagen Peptides
- 1 tablespoon chia seeds
- 1 tablespoon chopped mint leaves
- 1 teaspoon vanilla extract
- 2-3 tablespoons maple syrup or raw honey (optional)

DIRECTIONS:

1. Place all of the ingredients in a pot over medium-low heat. Cover and cook for 12-15 minutes.
2. Pour the ingredients into a blender and carefully blend to combine. If you would like the jam to have a thicker consistency, place back in the pot over low heat and cook until condensed further.
3. Cool and serve as a spread with a slice of sprouted grain bread, bagel or cracker or use on top of plain yogurt or oatmeal. Enjoy!

Honeydew Breakfast Tart

HONEYDEW LIME CREME:

- 1 cup honeydew melon, chopped
- 1 lime, juiced
- 1 cup cashews, soaked overnight
- 2 tablespoons maple syrup
- 1 scoop Truani Collagen Peptides

CRUST:

- 1 cup almonds
- ½ cup pecans
- 8 medjool dates
- 3 tablespoons coconut oil
- 1 teaspoon vanilla extract

DIRECTIONS:

1. Place all of the creme ingredients in a blender and blend until smooth. Set aside.
2. Place all of the crust ingredients in a food processor and pulse until combined.
3. Press the crust into mini tart pans. You can also line a cupcake pan with liners and press the crust into the bottom of each liner.
4. Pour roughly ¼ cup of creme into each tart pan. Place in the refrigerator for at least 30 minutes to set.
5. Top with your desired fruit toppings and enjoy!



Collagen

SMOOTHIES RECIPES

Blooming Blueberry Kefir Smoothie

Rabbit Food Smoothie

Ocean Ombre Smoothie

Piña Colada Smoothie

Blooming Blueberry Kefir Smoothie

INGREDIENTS:

- 1 scoop Truvani Collagen Peptides
- ½ cup kefir
- ½ cup frozen blueberries
- 1 banana
- 1 tablespoon almond butter
- 2 teaspoons honey

DIRECTIONS:

Combine all ingredients inside a blender, blend until smooth. Enjoy!





Rabbit Food Smoothie

INGREDIENTS:

- ½ banana, peeled
- 1 cup coconut water
- ¼ big avocado
- 2 kiwis, peeled
- 1 scoop Truvani Collagen Peptides
- 1 banana
- 1 cup organic baby spinach
- ½ cup ice

DIRECTIONS:

Combine all ingredients in the blender, blend until smooth. Enjoy!

Ocean Ombre Smoothie

INGREDIENTS:

- ½ cup frozen blueberries
- 1 frozen banana, peeled and sliced
- 1 tablespoon almond butter
- 1 scoop Truvani Collagen Peptides
- 1 cup yogurt, divided

DIRECTIONS:

1. Place the blueberries, ½ of the banana, almond butter, collagen and ¼ cup yogurt in a blender. Blend until smooth.
2. Pour roughly ⅓ cup into a glass. Set aside.
3. Add the remaining banana and an additional ¼ cup yogurt to the blender. Blend until smooth. Pour roughly ⅓ cup into the glass on top of the first smoothie mix.
4. Add the remaining yogurt and ½ cup ice (more as needed) to the blender and blend until smooth. Pour roughly ⅓ cup into the glass on top of the second smoothie mix.
5. Top with desired toppings and enjoy!





Piña Colada Smoothie

INGREDIENTS:

- ½ cup frozen pineapple
- ½ frozen banana, peeled
- ½ lime, juiced
- 1 scoop Truvani Collagen Peptides
- ½ cup coconut cream

DIRECTIONS:

Place all of the ingredients in a blender and blend to combine, adding ice if needed. Enjoy!

Collagen

SNACKS + DESSERTS

Beauty Bites

Luminous Lemon Beauty Bars

Raspberry Rose Chia Pudding

Collagen Nice Cream

Beauty Bites

INGREDIENTS:

- 1 cup dates, seeds removed
- 1/3 cup oats
- 1 tablespoon chia seeds
- 2 teaspoon maple syrup
- 1 scoop Truvani Collagen Peptides

DIRECTIONS:

1. Combine all ingredients in a food processor, blend until all ingredients are combined.
2. Using wet hands roll about 1 tablespoon of mixture into a ball.
3. Garnish with melted chocolate & pistachios or coconut flakes.





Luminous Lemon Beauty Bars

CRUST:

- 6 tablespoons butter or coconut oil
- $\frac{1}{3}$ cup coconut sugar
- $1\frac{1}{2}$ cups oat flour
- $\frac{1}{4}$ teaspoon sea salt

FILLING:

- 4 eggs
- 6 tablespoons raw honey
- $\frac{1}{2}$ cup lemon juice
- 1 tablespoon lemon zest
- 1 Scoop Truvani Collagen Peptides
- 1 tablespoon coconut flour

DIRECTIONS:

1. Preheat the oven to 350 degrees.
2. For the crust, cream together the butter and sugar. Add the flour and salt and mix until just combined. Place in a parchment lined 8x8 baking pan and press out evenly.
3. For the filling, whisk together all of the ingredients until combined. Set aside.
4. Bake the crust for 10 minutes or until lightly browned.
5. Add the filling and bake for an additional 18-20 minutes or until set.
6. Let cool and refrigerate to store. Enjoy!

Raspberry Rose Chia Pudding

INGREDIENTS:

- 1 ½ cups raspberries
- 2 tablespoons raw honey
- ¼ cup chia seeds
- 1 ¼ cups almond or coconut milk
- 1 scoop Truani Collagen Peptides
- 1 teaspoon vanilla extract
- 2 tablespoons rose water
- 2 tablespoons maple syrup
- Pinch sea salt

DIRECTIONS:

1. Place the raspberries and honey in a blender and blend until smooth. Set aside.
2. Place all of the remaining ingredients except the raspberry mix in a bowl and mix to combine. Stir in ¼ cup raspberry mix. Cover and place in the refrigerator overnight to thicken.
3. To serve, place ¼ cup of remaining raspberry mix in a bowl or glass. Add ½ cup of the chia pudding. Top with desired toppings. Enjoy!





Collagen Nice Cream

INGREDIENTS:

- 1 scoop Truvani Collagen Peptides
- 3 frozen bananas (very ripe)
- ½ cup fresh strawberries
- 2 tsp green spirulina powder

DIRECTIONS:

1. Place banana and strawberries in the blender, blend until smooth, scraping down the mixture few times.
2. Mix in 2 teaspoons of spirulina. Add 1 scoop of Truvani collagen, blend until smooth, enjoy with garnishes of your choice.

Collagen

DRINKS

“Pretty in Pink” Collagen Mocktail

Watermelon Delight

Magical Beauty Nut Mylk Latte

Immunity Elixir

Collagen Ice Cubes

“Pretty in Pink” Collagen Mocktail

INGREDIENTS:

- 1 scoop Truvani Collagen Peptides
- 1 tsp of agave or honey
- ½ fresh lemon, juiced
- 1 cup or sparkling water
- Mint leaves
- Pink rose petals
- Ice cubes for serving

DIRECTIONS:

Place all of the ingredients in a blender and blend to combine, adding ice if needed. Enjoy!





Watermelon Delight

INGREDIENTS:

- 1 scoop Truvani Collagen Peptides
- 1 cup frozen watermelon chunks
- ½ cup cucumber slices (peeled)
- 1 tablespoon fresh lime juice
- ½ cup coconut water

DIRECTIONS:

Blend all ingredients until smooth. Enjoy!

Magical Beauty Nut Mylk Latte

INGREDIENTS:

- 1 teaspoon matcha powder
- 1 scoop Truvani Collagen Peptides
- ½ teaspoon vanilla extract
- 1 teaspoon maple syrup
- ½ cup almond or oat milk
- ¼ cup coconut milk

DIRECTIONS:

1. Place the matcha powder, collagen, vanilla and maple syrup in a mug. Add ¼ cup boiling water and whisk to combine.
2. In a small pot, heat the almond or oat milk and coconut milk. To make the milk more frothy, whisk vigorously while heating.
3. Pour the warmed milks into the mug with the matcha powder. Enjoy!

Note: Make an iced version by pouring finished latte into a cup filled with ice.





Immunity Elixir

INGREDIENTS:

- 8oz hot water
- 1 scoop Truvani Collagen Peptides
- ¼ cup juice from fresh lemon
- ¼ cup juice from fresh grapefruit
- ¼ inch fresh ginger, grated
- Raw honey, optional to taste

DIRECTIONS:

Combine all ingredients in a saucepan, let it sit for 10 min. Pour elixir into a glass using a strainer. Enjoy it warm or cold!

Collagen Ice Cubes

INGREDIENTS:

- 1 scoop Truvani Collagen Peptides
- 2-5 cups of water, depending on your ice tray
- Edible flowers, fresh or dry
- Ice cube tray

DIRECTIONS:

Place flowers into an ice cube tray. Using a blender or a whisk, blend collagen powder with water. Pour the mixture into the tray and freeze for at least 2 hours or overnight. Serve with water, wine or tea. Enjoy!

