

# 5 Day Protein Challenge





# Welcome to Truvani!

We are excited for you to experience our Protein Challenge!

It's amazing what a difference a few days of intention nutrition can make!

At Truvani, we are obsessed with ingredients. Our protein powders are made with minimal ingredients that you know and trust.

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.**



# 7 Reasons Why You'll Love Our Plant-Based Protein

## IT HAS 7 INGREDIENTS OR LESS

- #1** All things you'll recognize, and nothing unnecessary. Plus each ingredient is USDA certified organic and non-GMO.

## IT TASTES DELICIOUS

- #3** Our protein tastes amazing, blends well, and won't leave a funny aftertaste.

## IT MAKES GREAT RECIPES

- #5** Our 7 or fewer ingredients blend beautifully into recipes, making your favorite treats even more nutritious.

## IT HELPS CURB CRAVINGS

- #7** It takes longer to digest than carbs, which means it leaves you feeling full longer.

## IT'S EASIER TO DIGEST

- #2** Got gas and bloating? Switching to plant-based protein from whey can ease your belly.

## IT SUPPORTS HEALTHY MUSCLE

- #4** Protein is the building-block of strong, healthy muscle tissue.

## IT'S VEGAN

- #6** People are leaning into plant-forward and plant-based diets, which is better for the planet and your body.





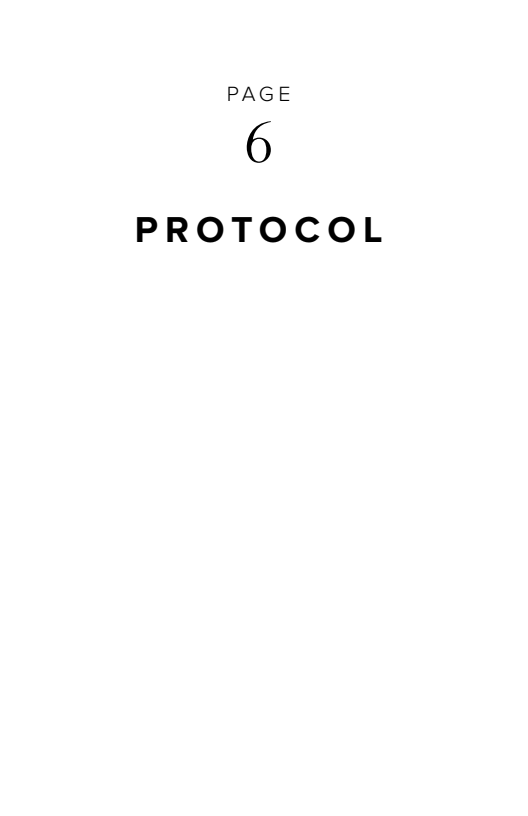
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## MORNING RECIPES



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## AFTERNOON RECIPES







## Tips for Success

- ☑ Stay hydrated. Be sure to drink plenty of water each day, in addition to your protein shakes.
- ☑ Move your body every day - bonus points for getting outside.
- ☑ Keep your Truvani Protein Powder 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

# Protocol

## PROTEIN 3X A DAY FOR 5 DAYS - DAILY SCHEDULE

MORNING	Start your day with a serving of plant based protein. Simply add a packet to your morning cup of coffee or enjoy in one of the included recipes for smoothies, protein pancakes or parfaits.
LUNCH	Stick to something lean, clean and green. Like a salad or organic soup.
AFTERNOON SNACK	Enjoy your afternoon serving of protein as a nourishing latte (see recipes) or just shake it up with the liquid of your choice.
DINNER	Enjoy something light. Grilled protein of your choice and veggies.
AFTER DINNER	Indulge in an evening treat - guilt free. Check out our protein mug cakes or blend up a rich and creamy chocolate shake (see recipes).

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





# Morning

RECIPES

# Protein Pancakes

## INGREDIENTS:

- 1 cup oat flour
- 1 scoop Truvani Chocolate Protein Powder
- 2 bananas, peeled and mashed
- 2 eggs
- 1 teaspoon baking powder
- Topping ideas: fresh fruit, maple syrup, almond butter, coconut whip cream, chopped nuts

## DIRECTIONS:

1. Place all of the ingredients in a bowl and mix well to combine.
2. Heat and grease a cast iron pan or griddle over medium heat. Pour the batter onto the greased pan and cook for 1-2 minutes per side. Repeat with remaining batter. Serve with desired toppings. Enjoy!
3. Upgrade your pancakes by adding one of these flavor variations: ½ cup blueberries, ¼ cup dark chocolate chips, 1 teaspoon ground cinnamon and vanilla extract, 1 teaspoon lemon zest and poppy seeds.







# Banana Cinnamon Rolls

## **DOUGH:**

- 1 cup warm almond milk
- 1 ½ teaspoons quick-rise yeast
- 2 ½ cups gluten free all purpose flour blend or regular all purpose flour (add 2 cups of flour first if dough is sticky add ¼ cup more, if dough is crumbly add a splash of almond milk.)
- 1 scoop Truani Banana Cinnamon Protein Powder
- ½ cup coconut sugar
- 1 ½ teaspoons baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup cold organic butter, cubed

## **FILLING:**

- ¼ cup organic butter
- ⅓ cup coconut sugar
- ½ - 1 Tbsp ground cinnamon
- ½ banana, thinly sliced
- ⅓ cup raw walnuts, chopped

## FROSTING:

- 4 oz. cream cheese, room temperature
- 2 tablespoons honey

## DIRECTIONS:

1. Pour warm almond milk into a small mixing bowl and sprinkle quick-rise yeast and a pinch of coconut sugar over the top, stir with a spoon and set aside to proof.
2. In a large mixing bowl, combine gluten free flour, Truvani protein powder, coconut sugar, baking powder, baking soda and salt together until combined.
3. Next, add finely cubed butter and mix with flour mixture until butter is pea size.
4. Pour in warm milk mixture and stir until dough comes together (if dough is sticky add 1/4 cup more, if dough is crumbly add a splash of almond milk).
5. Place dough into a floured surface, carefully roll it out into a rectangle.
6. In a small mixing bowl combine melted butter with coconut sugar and cinnamon. Then brush it over the dough. Add chopped walnuts and thinly sliced bananas.
7. Gently roll it up. Now, cut off the ends and cut roll into 7-8 pieces. Place on a greased baking pan, cover with plastic wrap and let rise in a warm place for 30 minutes - 1 hour.
8. Preheat the oven to 400F.
9. Bake cinnamon rolls for 15-20 minutes. While rolls are baking, in a mixing bowl whisk cream cheese with honey, set aside. Spread frosting over warm cinnamon buns. Enjoy!







# Chocolate Peanut Butter Bread

## INGREDIENTS:

- 3 very ripe bananas
- 3 eggs
- ⅓ cup maple syrup
- 3 tbsp coconut oil (melted)
- 1 ⅓ cup peanut butter
- 1 scoop Truvani Chocolate Peanut Butter Protein
- ½ cup cacao powder
- 1 tsp baking powder
- ½ tsp baking soda
- pinch of salt
- ½ cup chocolate chips
- Optional topping: ¼ cup creamy peanut butter

## DIRECTIONS:

1. Preheat the oven to 350F. Grease baking pan with coconut oil and line with parchment paper. Add all ingredients into the blender except the chocolate chips.
2. Blend, then pour batter into a baking pan.
3. Swirl 1/4 cup of creamy peanut butter over the batter and sprinkle 1/2 cup chocolate chips over the top.
4. Bake for 45-50 minutes. Cool on a cooling rack. Enjoy!

# Chocolate Almond Crunch Cereal

## INGREDIENTS:

- 1 cup rolled oats
- ¼ cup unsweetened coconut flakes
- ¼ cup slivered almonds
- 2 tablespoons ground flaxseeds
- ¼ cup almond butter
- 3 tablespoons coconut oil
- 2 tablespoons maple syrup
- 2 teaspoons coconut sugar
- 1 teaspoon vanilla extract
- 1 Scoop Truvani Chocolate Protein Powder
- Pinch sea salt

## DIRECTIONS:

1. Heat the oven to 350 degrees.
2. Place the oats, coconut flakes, almonds and flaxseeds in a bowl and mix to combine.
3. In a small pot, add the remaining ingredients and heat until warm. Pour over the oats and mix well to combine.
4. Place on a parchment lined baking sheet. Bake for 12-15 minutes or until lightly browned. Let cool. Enjoy!







# Banana Chocolate Swirl Muffins

## INGREDIENTS:

- 2 cups spelt flour or organic sprouted wheat flour
- 2 teaspoons baking powder
- ½ teaspoon sea salt
- ½ cup butter, softened
- 1 cup coconut sugar
- 2 eggs
- 2 ripe bananas, peeled and mashed
- ½ cup almond or coconut milk
- 1 teaspoon vanilla extract
- 1 scoop Truvani Chocolate Protein Powder

## DIRECTIONS:

1. Preheat the oven to 350 degrees. Line a muffin tin with liners.
2. In a bowl, mix together the flour, baking powder and salt. Set aside.
3. In a separate bowl, cream together the butter and sugar. Stir in the eggs.
4. Add the mashed banana, milk and vanilla and mix to combine.
5. Add the dry ingredients to the wet and stir until just combined. Transfer ½ of the batter into a small bowl. Add the Truvani Chocolate Protein Powder to the bowl and mix until just combined.
6. Add 1 tablespoon of plain batter to each muffin cup. Top with 1 tablespoon of chocolate batter. Continue to alternate until each cup is filled ¾ of the way full. Bake for 15-18 minutes. Let cool and enjoy!

# Green Smoothie

## INGREDIENTS:

- 2 cups dark leafy greens (kale or spinach works great)
- ½ cucumber, chopped
- ½ lime, juiced
- ½ avocado, peeled and pitted
- ½ cup berries of choice
- 1 scoop Truvani Chocolate Protein Powder
- Ice, as needed

## DIRECTIONS:

Place all of the ingredients in a blender and blend until smooth. Enjoy!





# Strawberry Pomegranate Smoothie

## INGREDIENTS:

- ½ cup frozen strawberries
- ¼ cup pomegranate seeds
- 1 frozen banana, peeled
- 8 ounces yogurt of your choice
- 1 scoop Truani Chocolate Protein Powder
- 1 tablespoon ground flaxseeds
- Ice, as needed

## DIRECTIONS:

Place all of the ingredients in a blender and blend to combine. Top with desired toppings. Enjoy!





## Radiant Recharge Smoothie

### INGREDIENTS:

- ½ cup frozen cherries
- ½ frozen banana, peeled
- ½ orange, peeled
- 1 cup baby spinach
- 1 scoop Truvani Chocolate Protein Powder
- ¼ cup almond milk, more as needed

### DIRECTIONS:

Place all of the ingredients in a blender and blend until combined. Enjoy!



# Cherry Kiss Smoothie

## INGREDIENTS:

- 1 scoop Truvani Vanilla Protein Powder
- 1 cup cherries, pitted
- 1 kiwi
- 2 cup kale
- ½ cup coconut water
- ½ cup ice cubes

## DIRECTIONS:

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





## La Vie En Rose Smoothie

### INGREDIENTS:

- 1 banana
- ½ small raw beet, peeled & cubed
- 1 cup frozen strawberries
- 1 cup rose water
- 1 tablespoon peanut butter
- 1 tablespoon Truvani Vanilla Protein Powder
- Mint & roses for garnish

### DIRECTIONS:

Combine banana, beet, strawberries, rose water, peanut butter and Truvani Vanilla Protein Powder. Blend until smooth. Garnish with mint and rose petals.

To make your own rose water: take 1 cup of rose petals, pour 2 cups of hot water and let it sit 10 minutes.



# Peachy Keen Smoothie

## INGREDIENTS:

- 1 scoop Truvani Vanilla Protein Powder
- 3 tablespoons quick-cooking rolled oats
- ¼ cup almond milk
- 2 ripe yellow peaches, peeled & chopped
- ½ cup ice cubes
- ⅓ cup lowfat vanilla yogurt
- 1 tablespoon honey
- Pinch ground cinnamon

## DIRECTIONS:

Combine oats and milk in the blender, soak oats for about 2 minutes or until softened.

Add remaining ingredients and blend until smooth. Enjoy!





# Strawberry Spinach Smoothie

## INGREDIENTS:

- 1 scoop of Truvani Vanilla Protein Powder
- 1 scoop of Truvani Marine Collagen
- ½ cup coconut water
- 2 cups spinach
- 1 cup strawberries
- 1 frozen banana
- 1 teaspoon chia seeds
- ½ cup ice cubes

## DIRECTIONS:

Combine all ingredients in a blender and blend until smooth. Enjoy!



# Chocolate Smoothie Bowl

## INGREDIENTS:

- 1 frozen banana, peeled
- 1 cup chopped kale
- 1 scoop Truani Chocolate Protein Powder
- ½ avocado, peeled and pitted
- ½" piece ginger root
- ½ cup almond milk

## DIRECTIONS:

Place all of the ingredients in a blender and blend until combined. Pour into a bowl and add desired toppings. Enjoy!





## Protein Oatmeal Packs

### INGREDIENTS:

- ½ cup quick oats
- ½ scoop Truvani Chocolate Protein Powder
- ½ teaspoon ground cinnamon
- ¼ cup dried fruit of choice
- Pinch sea salt

### DIRECTIONS:

1. Place all of the ingredients in a to-go jar and shake to combine.
2. When ready to eat, pour 1 cup of hot water in the jar and let sit for at least 5 minutes. Enjoy!



# Overnight Banana Nut Oats

## INGREDIENTS:

- 1 cup rolled oats
- 1 banana, peeled and sliced
- 1 scoop Truani Chocolate Protein Powder
- 1 tablespoon chia seeds
- 1 tablespoon raw honey
- ½ teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- ¼ teaspoon sea salt
- ½ cup plain yogurt
- 1¼ cups almond or coconut milk
- ¼ cup chopped walnuts

## DIRECTIONS:

1. Place all of the ingredients in a jar and mix well to combine. Place in the refrigerator overnight to set.
2. To serve, mix the oats and top with additional banana slices, walnuts or coconut flakes. Enjoy!





# Afternoon

RECIPES



# Banana Crunch Bliss Balls

## INGREDIENTS:

- 1 cup rolled oats
- 1 scoop Truani Banana Cinnamon Protein Powder
- ¼ cup ground walnuts
- ½ cup cashew butter
- ¼ cup coconut oil
- ¼ cup honey
- 2 tbsp shredded coconut or freeze-dried banana (optional)

## DIRECTIONS:

1. Add all of the ingredients (except for the shredded coconut or freeze-dried bananas) into a bowl and mix with spatula.
2. Using hands roll mixture into 12-14 balls. Refrigerate for about 20-30 minutes.
3. Roll each ball in the shredded coconut or freeze dried bananas (this is optional).
4. Enjoy and store in an airtight container inside the refrigerator for up to 2 weeks!





# Mocha Protein Energy Elixir

## **INGREDIENTS:**

- ½ banana, peeled
- 1 cup coffee
- 1 scoop Truvani Chocolate Protein Powder
- 1 tablespoon maple syrup
- Pinch sea salt

## **DIRECTIONS:**

Place all of the ingredients in a blender and blend until combined. Enjoy!



# Berry Bliss Balls

## INGREDIENTS:

- $\frac{2}{3}$  cup of creamy peanut butter
- $\frac{1}{4}$  cup of honey
- $\frac{1}{2}$  cup of Truvani Vanilla Protein Powder
- $\frac{1}{3}$  cup unsweetened shredded coconut
- $\frac{1}{3}$  cup of organic sprinkles

## DIRECTIONS:

1. In a large bowl whisk together the peanut butter and honey.
2. Add in the Truvani Vanilla Protein Powder until combined, then mix in the sprinkles and the coconut.
3. Roll into 1-2 inch balls and on a plate and refrigerate for at least 30 min.
4. Can be stored in the fridge for about a week. Makes 12 balls.





# Chocolate Peanut Butter Bliss Balls

## INGREDIENTS:

- $\frac{2}{3}$  cup creamy peanut butter
- $\frac{1}{4}$  cup of honey
- 1 scoop Truvani Chocolate Peanut Butter Protein Powder
- 3 tablespoons of ground flax seeds
- $\frac{1}{3}$  cup dark chocolate chips
- Melted chocolate for drizzling

## DIRECTIONS:

1. In a mixing bowl combine peanut butter and honey. Mix well.
2. Next add protein powder and flax seeds. Give a good mix with a spatula.
3. Finally stir in chocolate chips. Use a small ice cream scoop, or hands, and form bliss balls (total about 12-18 balls, depends on the size).
4. Garnish with melted chocolate and flax seeds. Enjoy!



# Chocolate Peanut Butter Smoothie

## INGREDIENTS:

- 1 large frozen banana
- 1 cup almond milk
- 2 tablespoons Truvani Chocolate Protein Powder
- 2 tablespoons peanut or almond butter
- 1 teaspoon chia seeds
- ½ cup ice cubes

## DIRECTIONS:

Combine all ingredients in the blender, blend until smooth texture. Garnish with chia seeds and banana slices. Enjoy!





## The Goldie Latt

### INGREDIENTS:

- 1 (15 oz) can coconut milk
- 1 cup almond milk
- ½ scoop TruVani Vanilla Protein Powder
- 2 teaspoons maple syrup
- 1 teaspoon ground turmeric
- ¼ teaspoon ground cinnamon
- Extra ground cinnamon for sprinkling on top

### DIRECTIONS:

Place all ingredients in a pot, gently bring to a boil, simmer for 3-5 minutes. Pour into 2 mugs and sprinkle cinnamon on top.



# Protein Snack Bars

## INGREDIENTS:

- 1½ cups almonds
- 1 cup almond butter
- ½ cup unsweetened almond milk
- ½ scoop of Truvani Vanilla Protein Powder
- ¼ cup chocolate chips

## DIRECTIONS:

1. Line 8 by 8in pan with parchment paper. Set aside.
2. Using a food processor, add almonds and pulse until almonds are finely ground.
3. Add almond butter, 1/2 cup almond milk, 1/2 scoop Truvani Vanilla Protein Powder, and pulse until everything is combined.
4. Using spatula press dough into baking pan, cover and freeze for 15 minutes.
5. Melt chocolate in the microwave for 30 seconds, stir and microwave for 10 seconds, stir. Repeat until chocolate melts.
6. Drizzle chocolate over the dough. Cut into bars. Enjoy!

Keep protein bars inside freezer in airtight container.





# RECIPES



# Chocolate Peanut Butter Cookies

## INGREDIENTS:

- $\frac{3}{4}$  cup creamy peanut butter
- $\frac{3}{4}$  cup pure maple syrup
- 1 egg
- $\frac{1}{2}$  cup cacao powder
- 1 cup finely ground almond flour
- 1 scoop of Truvani Chocolate Peanut Butter Protein Powder
- 1 tsp baking soda
- $\frac{1}{8}$  tsp salt
- $\frac{1}{2}$  cup organic peanut butter chips

## DIRECTIONS:

1. Preheat your oven to 350 degrees. Line parchment paper over a baking sheet.
2. In a mixing bowl whisk together peanut butter, maple syrup, egg and vanilla extract.
3. Using a different bowl combine almond flour, Truvani Protein Powder, baking soda and salt.
4. Add dry ingredients to wet ingredients and mix well.
5. Using a small ice cream scoop, scoop the dough onto a baking sheet. Next, divide half of peanut butter chips and add them over the cookies, pressing down with fingers, gently. Add another scoop of dough over peanut butter chips, gently press down to form jumbo cookies. Add the rest of peanut butter chips over the top.
6. Bake for 8-10 minutes and let cool completely.
7. Drizzle melted chocolate over the top for garnish. Enjoy!





## Pecan Poppers

### INGREDIENTS:

- ½ cup raw pecans, plus more for coating
- 1 cup pitted dates
- 3 teaspoons pure maple syrup
- ½ scoop TruVani Vanilla Protein Powder

### DIRECTIONS:

1. Using a food processor, blend pecans. Add dates, maple syrup and TruVani Vanilla Protein Powder. Blend until everything is combined.
2. Using a small ice cream scoop, roll ping pong-size balls and coat them with crushed pecans. Store inside an airtight container in the fridge for 3-5 days.



# Sugar Cookies

## INGREDIENTS:

- 2 cups hazelnuts
- ⅓ cup coconut oil
- 1 egg
- ½ cup coconut sugar
- 2 Tablespoons Truvani Vanilla Protein Powder
- ¼ cup powdered sugar, for dusting

## DIRECTIONS:

1. Place hazelnuts in a skillet, cook on medium/high heat for about 3 minutes stirring continuously. Let cool completely.
2. Add roasted hazelnuts into a food processor and blend until flour-like consistency. Then add coconut oil, egg, coconut sugar and protein powder. Blend until everything is combined.
3. Place the dough into a freezer for 15 minutes. Preheat the oven to 350F and line a baking sheet with parchment paper.
4. Using hands, press the dough into a rectangle shape about 1/4 inches high. Press down the cookie cutter, remove left over dough and repeat step 4 until all dough is gone. Bake for 12 minutes or until cookies are cooked through. Let cookies cool on the parchment paper before removing them.
5. Dust each sugar cookie with powdered sugar. Enjoy!





## Banana Split Shake

### INGREDIENTS:

- 2 medium-large bananas (ripe, peeled, sliced and frozen)
- 1 scoop of Truani Banana Cinnamon Protein Powder
- 2 Tbsp cacao powder (or cocoa powder)
- 1 scoop salted almond butter
- ¼ cup unsweetened almond milk (more depending on preferred thickness)
- 2 pitted dates (optional // for extra sweetness)

### DIRECTIONS:

1. Blend everything in a blender until smooth, add more almond milk if needed.
2. Garnish with sliced lengthwise banana, coconut whip cream, shaved chocolate and cherry on top.



# Mint Chocolate Chip Popsicles

## INGREDIENTS:

- 2 avocados, peeled and pitted
- 1 ½ cups coconut milk
- 3 tablespoons raw honey
- 1 scoop Truani Chocolate Protein Powder
- 8 mint leaves
- ¼ cup cacao nibs
- 5 ounces dark chocolate, melted
- 2 tablespoons melted coconut oil

## DIRECTIONS:

1. Place all of the ingredients in a blender except the cacao nibs, dark chocolate and coconut oil. Blend until combined.
2. Add the cacao nibs and mix to combine.
3. Pour into popsicle molds and freeze for at least 4 hours or overnight.
4. Add the coconut oil to the melted chocolate and mix well to combine.
5. Once frozen, dip the tips of each popsicle into the melted chocolate and place back in the freezer for at least 15 minutes to harden. Enjoy!





# Chocolate Peanut Butter Ice Cream Sandwiches

## **PEANUT BUTTER PROTEIN COOKIES:**

- 1 ¼ cups spelt or organic sprouted wheat flour
- ¾ teaspoon baking soda
- ¼ teaspoon sea salt
- 1 scoop Truvani Chocolate Protein Powder
- 1 cup coconut sugar
- ½ cup peanut butter
- ½ cup butter, softened
- 1 egg
- 1 teaspoon vanilla extract
- ½ cup chopped peanuts

## **DIRECTIONS:**

1. Preheat the oven to 375 degrees.
2. Place the flour, baking soda, salt and Truvani Chocolate Protein Powder in a bowl and mix to combine.
3. In a separate bowl, mix together the remaining ingredients except the peanuts.
4. Add the dry ingredients to the wet and mix until just combined.
5. Take 2 tablespoons of the dough and roll into a ball. Place on a parchment lined baking sheet and flatten slightly. Using a fork, make a criss-cross pattern on the top of each cookie. Add chopped peanuts and lightly press into the dough.
6. Bake for 10-12 minutes or until the edges are lightly browned. Let cool and enjoy!



## DIVINE CHOCOLATE PROTEIN ICE CREAM:

- 1 can full-fat coconut milk
- 3 frozen bananas or ½ cup coconut sugar
- 1 teaspoon vanilla extract
- 1 scoop Truvani Chocolate Protein Powder
- 2 tablespoons cacao powder
- Pinch sea salt

## DIRECTIONS:

1. Place all of the ingredients in a blender and blend well to combine.
2. Pour the mixture into an ice cream maker and let mix for at least 20 minutes. If you do not have an ice cream maker, place the mixture in a glass bowl and put in the freezer. Mix the ice cream every 30 minutes for the first 2 hours so that ice crystals do not form. Serve with your favorite toppings. Enjoy!

**Note:** If you would like to make Chocolate Peanut Butter Ice Cream Sandwiches pair the ice cream with the Peanut Butter Protein Cookies recipe for a healthy and cool summer treat!





# Protein Brownies

## INGREDIENTS:

- 1 cup almond butter
- 2 eggs
- 1 scoop Truani Chocolate Protein Powder
- 1 tablespoon cacao powder
- ¼ teaspoon sea salt
- ½ teaspoon baking soda
- ½ cup coconut sugar
- 1 teaspoon ground cinnamon
- ⅛ teaspoon cayenne pepper
- ½ teaspoon vanilla extract
- 2 ounces dark chocolate, chopped

## DIRECTIONS:

1. Preheat the oven to 350 degrees.
2. Grease an 8x8 baking pan or line the bottom with parchment paper.
3. Mix together all of the ingredients except the chopped chocolate.
4. Fold in chocolate chunks and pour batter into the pan.
5. Bake the brownies for 20-25 minutes. Let cool and enjoy!