

TRUVANI'S

# Morning Recipes for Matcha Lovers





I'm excited for you to try the NEW Truvani Matcha Protein. It's made from only real food ingredients and is easy to use in so many fun ways.

Please share what you create on social media and tag us @truvani

I can't wait to see how you take this and make it your own.

*Xo,  
Vani*

# Mango Matcha Smoothie



1 CUP FROZEN  
MANGO CHUNKS

+



1 CUP  
COCONUT MILK

+



1 SCOOP TRUVANI  
MATCHA PROTEIN  
POWDER



1 TABLESPOON  
CHIA SEEDS

+



1 CUP  
SPINACH



**INSTRUCTIONS:** Combine all ingredients in the blender, blend until smooth.

# Raspberry Matcha Protein Pancakes



1 ½ CUP  
GREEK YOGURT

+



2 EGGS

+



¼ CUP TRUVANI  
MATCHA PROTEIN  
POWDER



¼ CUP  
ALMOND MILK

+



¼ CUP  
COCONUT FLOUR

+



1 TSP  
BAKING POWDER



**INSTRUCTIONS:** Mix ingredients together and cook on the stovetop.  
Top with raspberries or strawberries.



# Matcha Chia Pudding



2 CUPS  
COCONUT MILK

+



1/2 CUP  
CHIA SEEDS

+



1 SCOOP TRUVANI  
MATCHA PROTEIN  
POWDER



**INSTRUCTIONS:** Place all of the ingredients in a bowl and mix to combine. Cover and place in the refrigerator overnight to thicken. Top with your favorite berries and coconut flakes.

# Matcha Overnight Oats



**INSTRUCTIONS:** Place all of the ingredients in a jar and mix well to combine. Place in the refrigerator overnight to set. To serve, mix the oats and top with fruit slices, walnuts or coconut flakes.

# Matcha Yogurt Bowl



**INSTRUCTIONS:** Mix together and then add your favorite toppings like kiwi, berries, granola, coconut flakes and cacao nibs. Add extra matcha for a deeper green color.

**TRUVANI.COM**