

A top-down view of a white surface featuring a large, vibrant red watermelon slice in the upper right corner. Several thin, round slices of green cucumber are scattered around, including one in the top left and another in the bottom left. Two glasses of pink smoothie are positioned in the lower half of the frame. The smoothie has a frothy, bubbly texture and is garnished with several small, bright red strawberry chunks. The entire scene is brightly lit, creating a fresh and healthy aesthetic.

TRUVANI®

Ultimate Smoothie Guide

Gut Healing Green Smoothie

INGREDIENTS:

- ½ avocado, peeled and pitted
- ½ frozen banana, peeled
- ½ mango, peeled, pitted and chopped
- 1 cup baby spinach
- ½ scoop Truvani Protein+Greens
- ½ lime, juiced
- ½ cup filtered water

DIRECTIONS:

Place all of the ingredients in a blender and 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:

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

Pink Peppermint Milkshake

INGREDIENTS:

- 1 ½ cups of almond milk
- 1 scoop of Truvani Vanilla Protein Powder
- ½ frozen banana
- 5 frozen dark cherries
- 1 tbsp of almond butter
- 4 drops of organic peppermint extract
- ½ cup of ice

DIRECTIONS:

Blend together and top with whipped cream and crushed organic peppermint candies.





Rabbit Food Smoothie

INGREDIENTS:

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

DIRECTIONS:

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

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!





Blooming Blueberry Kefir Smoothie

INGREDIENTS:

- 1 scoop Truvani Vanilla Protein Powder
- 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!

Strawberry Spinach Smoothie

INGREDIENTS:

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

DIRECTIONS:

Combine all ingredients in a blender and blend until smooth. 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)
- salted almond butter (if unsalted, add pinch sea salt)
- 1/4 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.

3pm Protein “Pick Me Up”

INGREDIENTS:

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

DIRECTIONS:

1. Combine all ingredients in the blender, blend until smooth.
2. Garnish with chia seeds and banana slices.
2. Enjoy and bust through that 3pm energy slump!





Ocean Ombre Smoothie

INGREDIENTS:

- ½ cup frozen blueberries
- 1 frozen banana, peeled and sliced
- 1 tablespoon almond butter
- 1 scoop Truani Banana Cinnamon Protein Powder
- 1 cup yogurt, divided

DIRECTIONS:

1. Place the blueberries, ½ of the banana, almond butter, protein powder 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!

Coconut Mango Smoothie

INGREDIENTS:

- ½ scoop Truvani Vanilla Protein Powder
- 3 tablets Truvani turmeric
- 1 cup frozen mango
- 1 teaspoon fresh ginger, finely chopped
- 1 cup coconut milk
- Honey to taste

DIRECTIONS:

Blend all ingredients in powerful blender. Enjoy!





Pre/Post Workout Chocolate Coffee Shake

INGREDIENTS:

- 8oz of almond milk
- 1 frozen banana
- 1 scoop of Truvani Chocolate Mocha Protein + Energy
- 1 tablespoon of almond butter
- 1 tablespoon of chia seeds

DIRECTIONS:

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

Watermelon Delight

INGREDIENTS:

- 1 scoop Truvani Vanilla Protein Powder
- 2 cups watermelon chunks
- ½ cup cucumber slices
- 1 tablespoon fresh lime juice
- 1 frozen banana
- ½ cup coconut water

DIRECTIONS:

Blend all ingredients until smooth. Enjoy!





Cherry Kiss Green 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 in a blender and blend until smooth. Enjoy!

Pina Colada Smoothie

INGREDIENTS:

- ½ cup frozen pineapple
- ½ frozen banana, peeled
- ½ lime, juiced
- 1 scoop Truvani Banana Cinnamon Protein Powder
- ½ cup coconut cream

DIRECTIONS:

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

