THE TRUVANI

Plant Based Protein Recipe Book

DISCOVER 5 EASY WAYS TO
ADD PLANT BASED PROTEIN
TO YOUR LIFE
(PLUS 15 PROTEIN-PACKED RECIPES)

Here's Exactly What To Expect Inside This Recipe Book

Hi, I'm Vani Hari, the co-founder of Truvani, but you may know me as the Food Babe. I put together this recipe book for TWO reasons:

Reason #1:

Yes, Truvani's organic Plant Based Protein Powder tastes great in just water. But who wants to drink protein shakes all day? Our Protein Powder is soooo much more versatile! Just wait until you try the sweet and wholesome recipe for our Power Blend Protein Brownies (page 29).

Reason #2:

Our Plant Based Protein has a TON of amazing health benefits. Plus, it's a satisfying and COMPLETE source of protein – convenient if you're mindful about your meat consumption.

So what's inside this book?

On the following pages, you'll discover 5 easy ways to add protein powder to your life.

Plus, you'll find a total of 15 protein-packed recipes. They're grouped into 3 sections, so you'll always find the recipe you're looking for.

But first...

There are many protein powders available. I believe Truvani is truly the BEST. But why? Here's what makes our organic Plant Based Protein Powder different from the rest...

What Makes Truvani's Plant Based Protein Powder Different?

#1 **NO CHALKY TEXTURE**
We use only the highest-quality ingredients, so we're able to avoid the gritty texture you get from other plant-based protein powders.

#2 **NO ARTIFICIAL AFTERTASTE...**
...because there are no artificial flavors! It's not overpowering or overly sweet. Mix it with just water or add it to your smoothie.

#3 **EASY TO MIX IN WATER**
It doesn't clump either. And whether you mix it in, say, almond milk or plain water, our powder dissolves instantly.

#4 **NO STEVIA, NO ARTIFICIAL FLAVORS**
The problem with stevia? It can cause gas, bloating, and even diarrhea for some people. So, we don't use it.

#5 **PACKED WITH 20G OF PROTEIN PER SERVING**
Want to eat less meat? Our Plant Based Protein blend is a satisfying alternative to animal proteins.

#6 **CONTROLS CRAVINGS (AND CURBS APPETITE)**
Pea protein can help fight sugar cravings in between meals. You get 20 grams of easy-to-absorb protein per serving.

#7 **FAST AND FILLING**
Smoothies should be healthy, fast, and filling. Plant protein has been shown to keep people feeling full for hours.

#8 **WE USE REAL PROTEIN (NO ISOLATE)**
Not all processing is bad but stripping foods down until they're unrecognizable... We'll never do that!

#9 **CERTIFIED USDA ORGANIC**
Our Plant Based Protein has only 6 simple ingredients. It's non-GMO. And we pass Prop 65. You won't find a cleaner product!

#10 **MOM-APPROVED: YOUR KIDS WILL LOVE IT!**
A green smoothie with added protein is the perfect way to give your little ones the "good stuff" they need to grow.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Plus, There Are Some Amazing Health Benefits (Backed By Science)

#1 **SUPPORTS MUSCLE GROWTH**
Our unique blend of plant protein creates a full amino acid profile that supports healthy muscles and helps build and maintain lean muscle mass.

#2 **HELPS WEIGHT MANAGEMENT**
Combined with other healthy habits, adding Plant Based Protein to your diet can help you manage or lose weight by

#3 **PROMOTES HEALTHY METABOLISM**
Research indicates that the way pea protein interacts with receptors in the gut can reduce cravings and help you feel full longer.

#4 **PROVIDES EASY ABSORPTION**
Unlike other plant-based sources of protein, pea protein is highly bioavailable and generally easy to digest.

#5 **SUPPORTS HEART HEALTH**
Plant-based protein sources can help maintain the overall health of the cardiovascular system and support a healthy heart.

#6 **SUPPORTS STRONG IMMUNE SYSTEM**
Adequate protein intake is vital for a healthy and strong immune system and can increase everyday energy.

#7 **AVOIDS COMMON ALLERGENS**
Our Plant Based Protein is naturally free of gluten, dairy, and soy.

#8 **BENEFITS YOUTHFUL SKIN**
By delivering essential amino acids that boost collagen production, plant based protein can help rejuvenate and maintain healthy skin.

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5 Easy Ways to Add Protein Powder to Your Daily Routine

Maybe you're already familiar with protein powders. Or perhaps you're not!

So, before we get into the recipes...

How can you make our Plant Based Protein Powder part of your life to make sure you stay full, feel healthy, and get the protein you need?

There are 5 common and convenient ways people use it.

Truvani Plant Based Protein Powder is PERFECT for when...

1) You Don't Have Time in the Morning

Mornings are beautiful – but they can be HECTIC!

You need to get ready for work. The kids need breakfast. It would be nice to have a moment to breathe... But you should've left the house 10 minutes ago.

Does this mean you have to skip a healthy breakfast?

No!

Mix one scoop of our Plant Based Protein Powder with water, and you're good to go.

Or, blend it in with your green smoothie. It's fast and filling. And the protein-boost will help you feel energized at least until lunchtime.

If you have kids, it's comforting to know they're starting the day off with a nourishing breakfast, too.

2) You Want a Quick, Healthy Meal Replacement

Picture this...

You're out with friends at a nice restaurant. You're having a wonderful time with good people and good food. LOTS of good food... The next day, it hits you: You overate. I'm all too familiar with this scenario!

So, when I know I went a little overboard the day before, I'll often replace my lunch the next day with a protein-packed smoothie.

The benefit is: When I add protein powder, I know it's gonna keep me full, but without weighing me down.

3) You Want to Eat Less Meat

There are a TON of good reasons to eat less meat.

Vegans, vegetarians, and "almost-vegetarians" have ONE thing in common: We all depend on a high-quality source of plant based protein.

And even people who eat meat! Unless you're at home and you know exactly where you got your meat from... Often that's not the case. When you're out, you have no idea whether the meat on your plate is up to your quality standards, right?

So, if you want to be mindful of your consumption, adding our Plant Based Protein to your diet is a satisfying alternative to eating meat.

4) You Want to Recharge After a Hard Workout

Don't worry! Ingesting protein powder won't make you bulk up automatically.

Unless you want to... (Did you know that pea protein, in particular, may be as useful for building lean muscle mass as whey protein?)

However, for most people, their goal is NOT to look like Mr. or Ms. Olympia. Having a protein shake is just a way to help their muscles recover after a hard workout.

5) You Need a “Pick-Me-Up” in Between Meals

The "afternoon slump" usually hits me at 3 PM. This is the time I'm the most tempted to make BAD food choices...

But Plant Based Protein can help: Research shows that pea protein can help fight sugar cravings between meals.

Whether you're trying to manage your weight or you just want to make healthy food choices... A protein shake or smoothie is a healthy snack.

There are many more ways you can use our Plant Based Protein... And we have many mouth-watering recipes ready to share!

Enjoy These 15 Delicious, Protein-Packed Recipes

Ready for some recipes? We have 15 quick and tasty recipes for you. To make it easy, they're organized into 3 groups:

Breakfast Protein Boosts

PAGE 12

Healing Smoothies & Elixirs

PAGE 18

Sweet & Wholesome Treats

PAGE 25

I suggest you look at all of these wonderful creations. Then you can come back later and find the recipe you need. Or try them all!

And did you know...

...when you make one of these recipes and share it on social media with the hashtag #truvani you have the chance to **win $100 in store credit**.

Breakfast Protein Boosts

On-The-Go Protein Breakfast Packs

SERVES: 1 - PREP TIME: 5 MINUTES

INGREDIENTS:

½ cup quick oats

½ scoop Truvani Chocolate Protein Powder

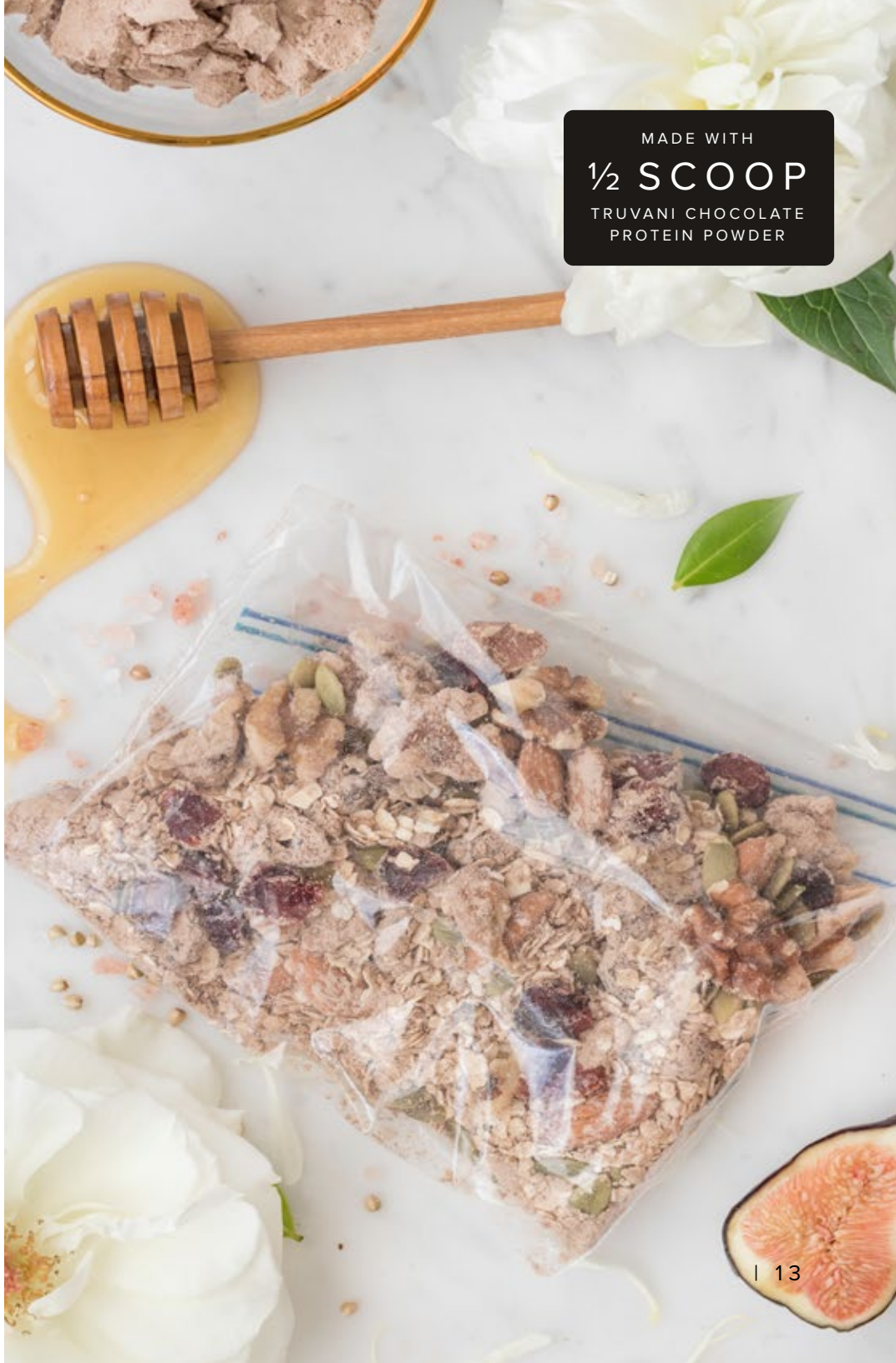
½ teaspoon ground cinnamon

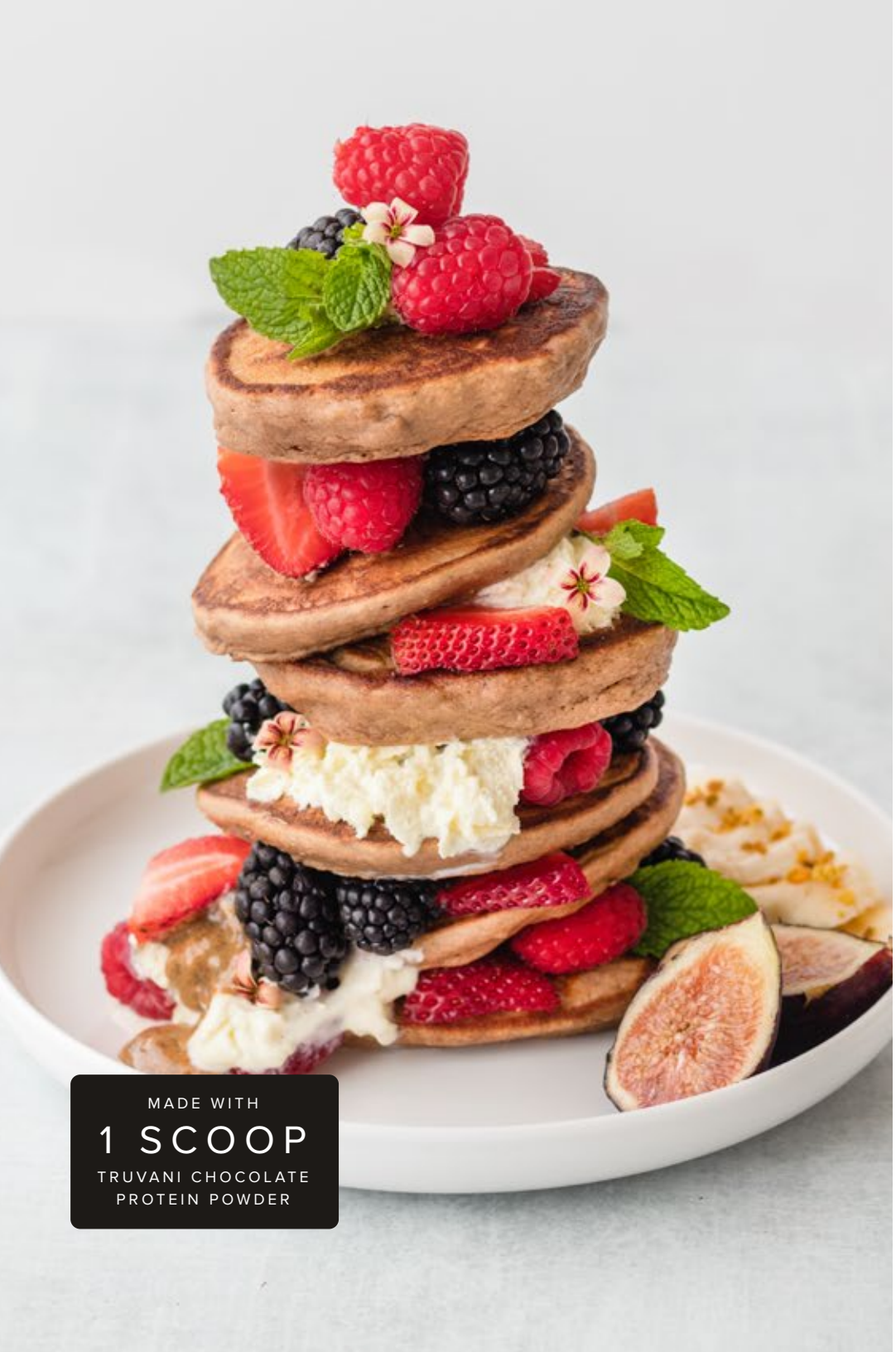
¼ cup dried fruit of choice

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!





5 Ingredient Pure Protein Pancakes

SERVES: 2 - PREP TIME: 5 MINUTES
COOK TIME: 10 MINUTES

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!

Banana Nut Overnight Oats

SERVES: 2 - PREP TIME: 5 MINUTES + OVERNIGHT

INGREDIENTS:

1 cup rolled oats
1 banana, peeled and sliced
1 scoop Truvani 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!

Chocolate Almond Crunch Cereal

SERVES: 2 - PREP TIME: 5 MINUTES
COOK TIME: 15 MINUTES

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

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!

Use #Truvani for a Chance to Win $100 in Store Credit

Make one of these recipes and share it on social media!

Use the hashtag

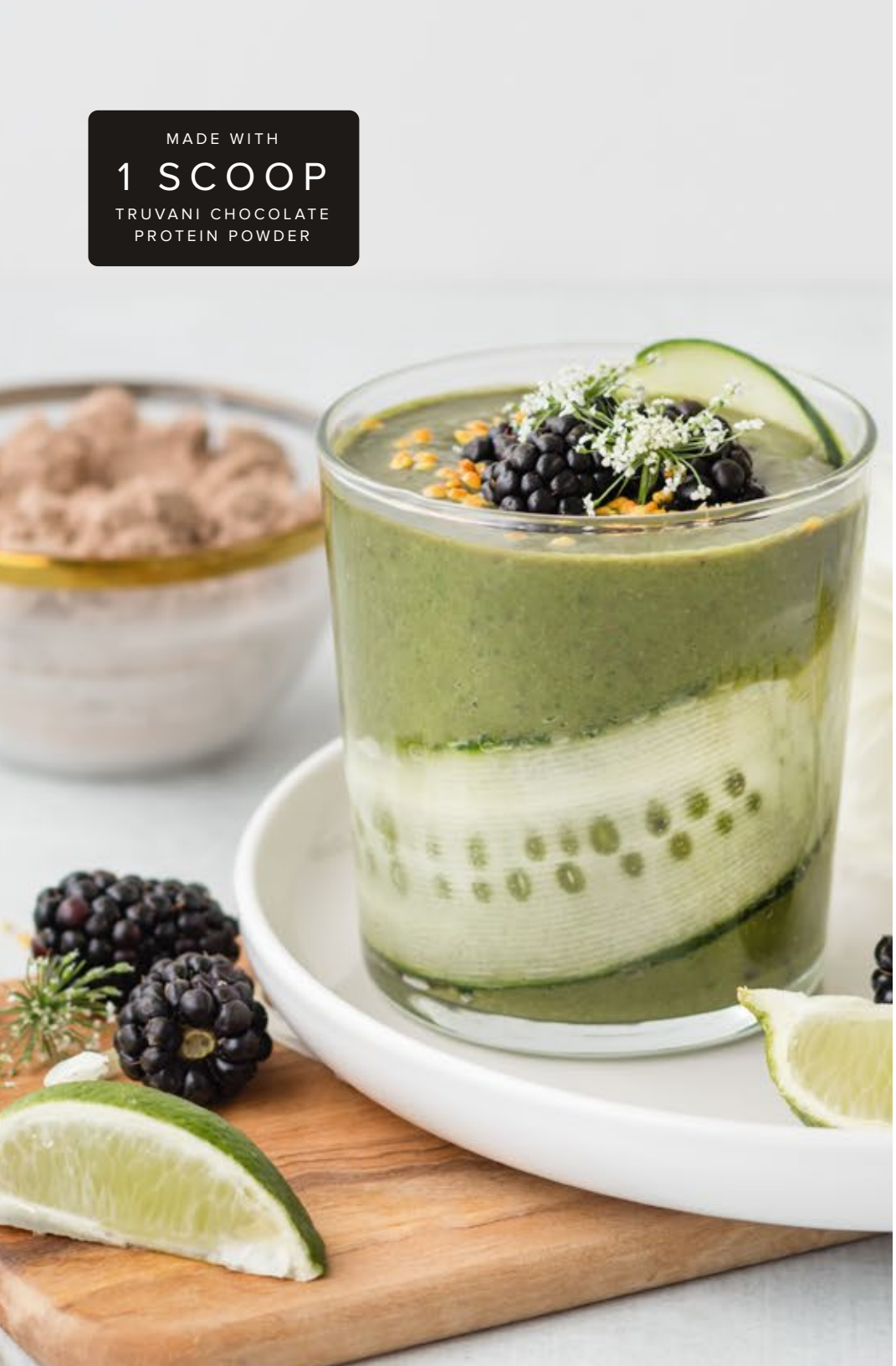
#truvani

Each month in 2018, on the 1st of the month, we will look through all new submissions and hand-select 3 people to win $100 in store credit

I can't' wait to see your picture – and good luck!

* For complete contest rules, please visit truvani.com/winstorecredit

Healing Smoothies & Elixirs



Everyday Glowing Green Smoothie

SERVES: 1 - PREP TIME: 5 MINUTES

INGREDIENTS:

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

DIRECTIONS:

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

Radiant Recharge Smoothie

SERVES: 1 - PREP TIME: 5 MINUTES

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 or coconut milk, more as needed

DIRECTIONS:

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

Simple Hidden Greens Smoothie Bowl

SERVES: 1 - PREP TIME: 5 MINUTES

INGREDIENTS:

1 frozen banana, peeled
1 cup chopped kale
1 scoop Truvani Chocolate Protein Powder
½ avocado, peeled and pitted
½” piece ginger root
½ cup almond or coconut milk

DIRECTIONS:

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

Strawberry Pomegranate Smoothie Bowl

SERVES: 1 - PREP TIME: 5 MINUTES

INGREDIENTS:

½ cup frozen strawberries

¼ cup pomegranate seeds

1 frozen banana, peeled

6 ounces plain yogurt

1 scoop Truvani Chocolate Protein Powder

1 tablespoon ground flaxseeds

Ice, as needed

DIRECTIONS:

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

Mocha Protein Energy Elixir

SERVES: 1 - PREP TIME: 5 MINUTES

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!

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Sweet & Wholesome Treats

Banana Chocolate Swirl Muffins

MAKES: 12-15 - PREP TIME: 10 MINUTES
COOK TIME: 18 MINUTES

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!

Berry Bliss Balls

MAKES: 10-12 - PREP TIME: 10 MINUTES
+ AT LEAST 20 MINUTES TO CHILL

INGREDIENTS:

½ cup almonds

½ cup macadamia nuts

2 tablespoons unsweetened coconut flakes

5 medjool dates, pitted

⅓ cup raspberries

1 scoop Truvani Chocolate Protein Powder

1 tablespoon maple syrup

½ teaspoon vanilla extract

DIRECTIONS:

1. Place all of the ingredients in a food processor and pulse until combined, scraping the sides as needed.
2. Roll into balls and place in the refrigerator to chill for at least 20 minutes. Enjoy!

Mint Chocolate Chip Protein Popsicles

MAKES: 8 - PREP TIME: 15 MINUTES
+ AT LEAST 4 HOURS FOR FREEZING

INGREDIENTS:

2 avocados, peeled and pitted

1½ cups coconut milk

3 tablespoons raw honey

1 scoop Truvani 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!

Power Blend Protein Brownies

MAKES: 9 - PREP TIME: 10 MINUTES
COOK TIME: 25 MINUTES

INGREDIENTS:

1 cup almond butter
2 eggs
1 scoop Truvani 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!

Peanut Butter Protein Cookies

MAKES: 12 - PREP TIME: 10 MINUTES
COOK TIME: 12 MINUTES

INGREDIENTS:

1¼ 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

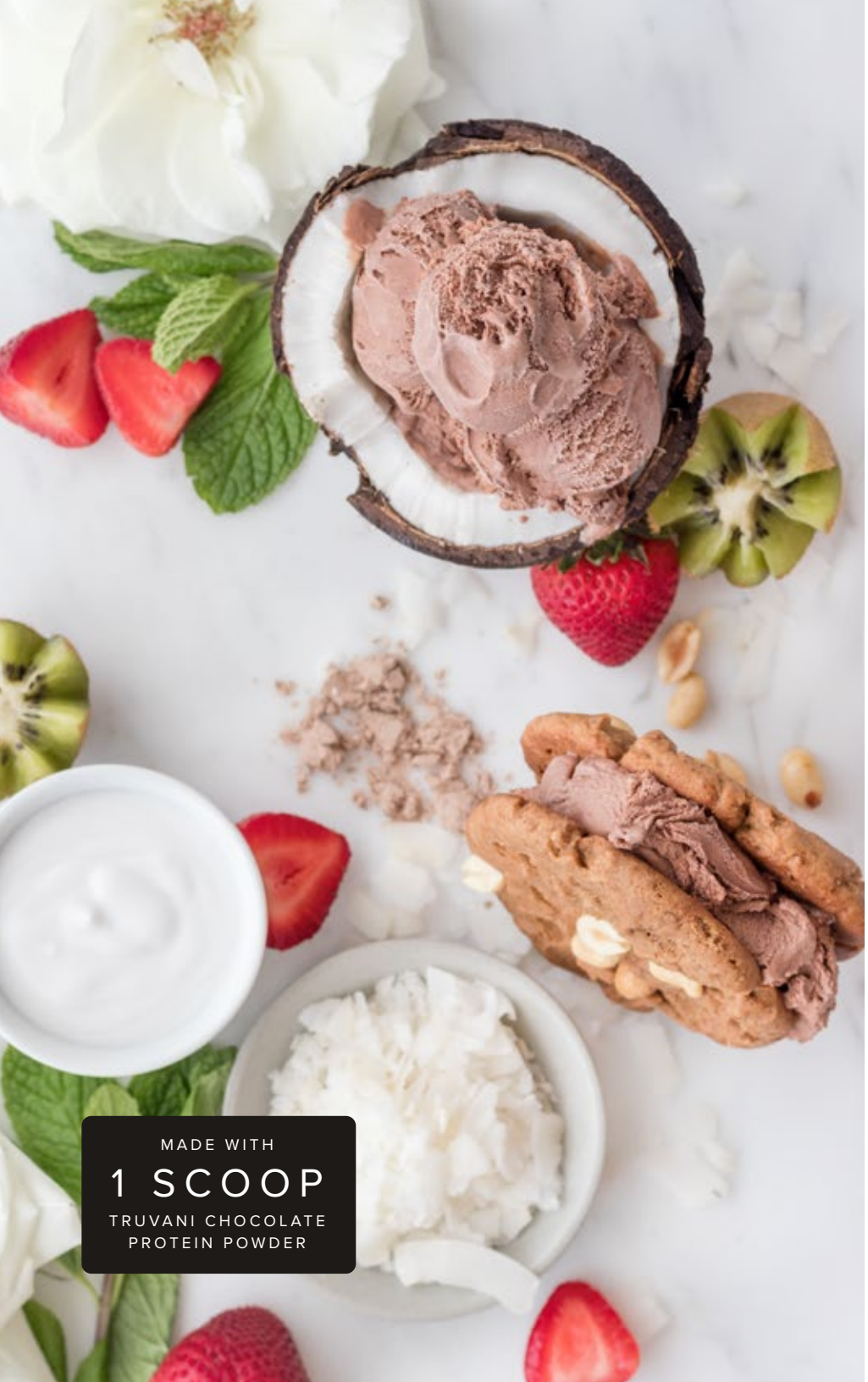
1 teaspoon vanilla extract

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!

NOTE: These cookies make the ultimate ice cream sandwich when paired with our Divine Chocolate Protein Ice Cream. See the next page for the recipe.



Divine Chocolate Protein Ice Cream

SERVES: 4 - PREP TIME: 5 MINUTES
+ AT LEAST 2 HOURS FOR REEZING

INGREDIENTS:

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!

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Did You Know You Can Save Time and Money With Our Autoship Option?

Like thousands of Truvani supporters, I use our Plant Based Protein Powder every day.

So, it's pretty frustrating when I run out!

"I'm out of protein powder and now I'm gonna be 'hangry' too!"

Uh-oh... But seriously.

Here's why people love the Autoship option:

You never have to worry about running out.

We automatically ship your delivery (whether you need one or multiple bags) every month. And if you want to cancel or skip a month – no problem. You can manage it with one click online.

The best part? When you choose Autoship, you save up to 15% on every single delivery...

CHOOSE AUTOSHIP AND SAVE

And Remember This…

I never set out to make my own product line. For years I've demanded transparency and change from Big Food. But they're moving TOO SLOW!

I realized, the only way to force them to change was to compete with them head-on. That's how the idea for Truvani was born.

When I started Truvani, I wanted to focus on 3 core principles:

Real Food Without Added Chemicals.

Products Without Toxins.

Labels Without Lies.

And we're doing it.

We are a new company and we are making the change we want to see in the world.

Xo,
Vani