



TRUVANI'S

Gut Health Recipe Guide

Go With Your Gut

In today's busy society, it's easy for us to get caught up with the latest health fads...

Quick fixes that come and go, touting "big" changes to your health and fitness.

But, science is proving the best way to take your health up a notch starts in your gut.

So, we wanted to share a few ways you can easily give your gut health a boost starting today:





PRIORITIZE REST AND RELAXATION

Recent studies have proven the link between stress and its effect on our gut health.

Turns out, when we become overwhelmed and “stressed out” our beneficial gut bacteria can be affected.

One university study found during exam week, students were lacking in a potent strain of gut bacteria called Lactobacilli.

But, when they were tested at the beginning of the semester (during a relatively less stressful time) they had a much healthier, diverse gut microbiome.*

So, when you feel your stress levels boiling up, catch yourself before it gets too bad. Stop everything and take a leisurely walk in nature.

Spend time daily meditating (even 10 minutes can do wonders for stress levels). And make sure you get enough sleep.

Also remember to include plenty of water and healthy foods in your diet to give your body everything it needs to recover properly during sleep.

* Siri Carpenter, PhD; That gut feeling, Monitor on Psychology, September 2012, Vol 43, No. 8

GO AHEAD, GET DIRTY

Research has shown our current excessive cleanliness may also affect gut health:

One interesting study checked the gut flora of over 700 infants ages 3–4 months. The researchers found that kids who lived in households using disinfectant products weekly were 2X as likely to have higher levels of gut microbes associated with diabetes and obesity.*

This means we all need to chill on the anti-germ rampage.

Sure, we don't want to lick our hands after being on the subway... But, we CAN get good bacteria by simply getting out into nature. The natural world is full of beneficial bacteria. And you can absorb them by getting outside, and getting a little dirty.

This routine of getting into the wild while leaving the hand sanitizer at home will feed the good microbes in your gut.

So, play in the dirt with your kids. Plant that garden without gloves. And go ahead, roll in the grass.

Being in nature also lower stress levels, which can help your gut microbiota thrive.

* Mon H. Tun et al., Postnatal exposure to household disinfectants, infant gut microbiota and subsequent risk of overweight in children, CMAJ. 2018 Sep 17; 190(37): E1097–E1107.





KEEP THINGS SPICY

One of the best things you can do for your gut health is get a little adventurous in the kitchen.

This includes eating a mix of gut-supporting foods like:

- Kefir
- Yogurt
- Kimchi
- Kombucha drinks
- Pickles
- Sauerkraut
- Collagen rich foods (leafy greens, citrus fruits, bone broths)

And try to bring some spice to your life. Adding spices like cumin, cayenne, turmeric, and ginger to your meals can have huge benefits for not only your taste buds, but your gut health.

The active ingredients in spices have powerful antibacterial and anti-inflammatory properties.

And interestingly enough, their antibacterial properties only attack the harmful bacteria in your gut, allowing the good ones to thrive.

POP A PROBIOTIC

A great way to give your gut a boost in diversity is by introducing a probiotic supplement to your diet.

Start by taking a diverse probiotic with numerous strains.

This will give your gut microbiome some “new friends” to hang out and thrive with.

It can be tough to get enough beneficial bacteria from food and nature alone, depending where you live.

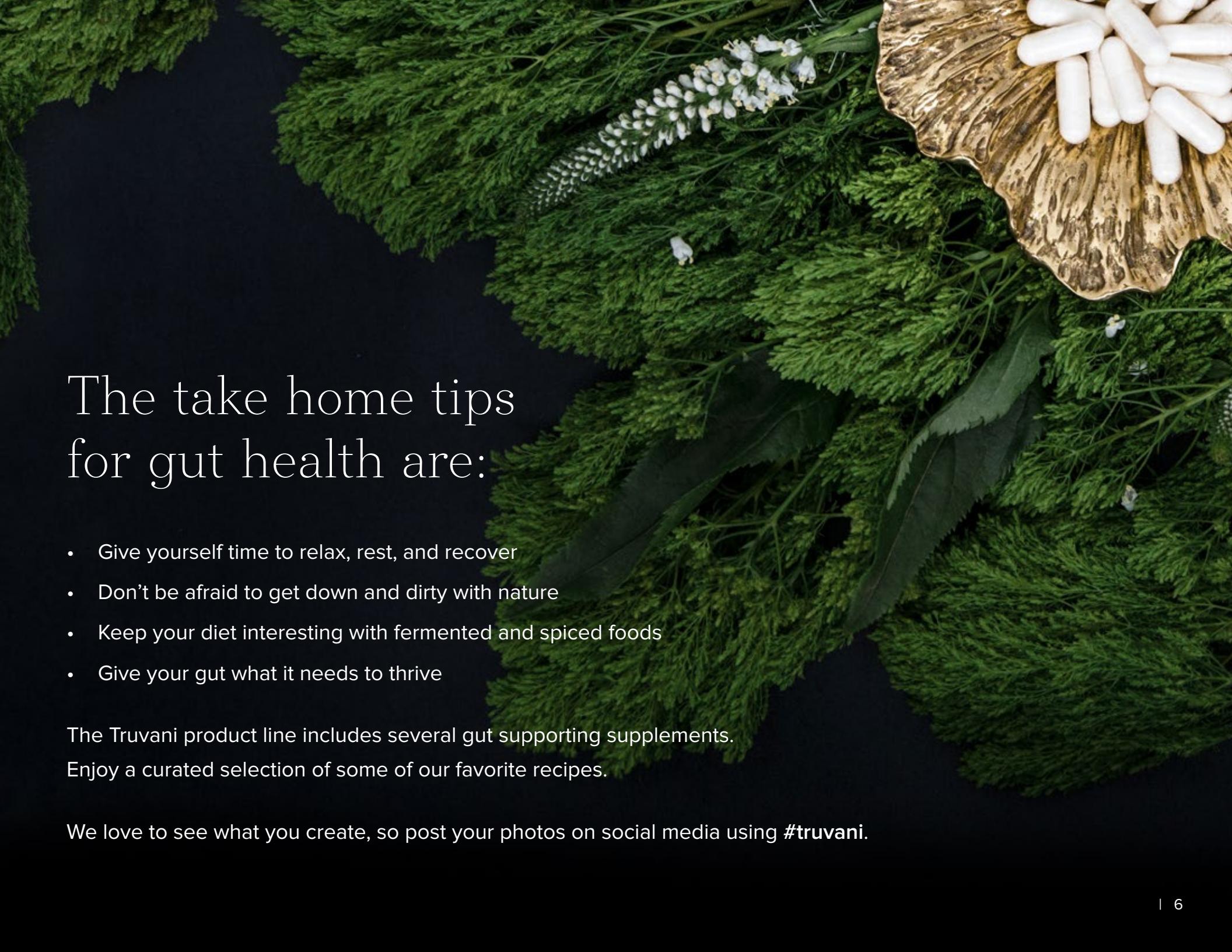
So, adding a powerful probiotic supplement to your health routine can be an easy way to increase the diversity of your gut microbiota.

Recent studies have shown that 70% of our immune system is in the gut. This means when our gut is healthy, we are too.

Also, 90% of serotonin (a hormone critical to our mental health) is produced in the gut.

When our gut is in balance, our mind flourishes too.





The take home tips for gut health are:

- Give yourself time to relax, rest, and recover
- Don't be afraid to get down and dirty with nature
- Keep your diet interesting with fermented and spiced foods
- Give your gut what it needs to thrive

The Truvani product line includes several gut supporting supplements.
Enjoy a curated selection of some of our favorite recipes.

We love to see what you create, so post your photos on social media using **#truvani**.

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 Chicken Bone Broth Powder
- ½ lime, juiced
- ½ cup filtered water

DIRECTIONS:

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





Sweet Dreams Sleep Tonic

INGREDIENTS:

- ¾ cup almond or coconut milk
- ½ teaspoon raw honey
- ¼ cup cherry juice
- ½ scoop Truvani Chicken Bone Broth Powder

DIRECTIONS:

1. Place all of the ingredients in a small pot over medium-low heat. Heat until warm.
2. To serve, place 8 ounces of the tonic in a mug. Enjoy!

Anti-Inflammatory Elixir

INGREDIENTS:

- 12 ounces filtered water
- 1 scoop Truvani Chicken Bone Broth Powder
- ½ teaspoon grated ginger root
- 1 teaspoon lemongrass (optional)
- ¼ teaspoon turmeric (or 1 Truvani Daily Turmeric Tablet)
- 1 teaspoon lemon juice

DIRECTIONS:

1. Heat the water in a pot over medium heat.
2. Add the remaining ingredients except the lemon juice and simmer for 3-5 minutes.
3. Take off the heat, strain and stir in the lemon juice. Let cool slightly. Enjoy!

Bonus Tip for the 2-Day Reset: Make the full serving, then drink half of it mid-morning and reheat the rest mid-afternoon!





Golden Milk Steel Cut Oats

INGREDIENTS:

- 2 cups coconut milk
- 3 Truvani Daily Turmeric tablets (or 1 teaspoon ground turmeric)
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- 2 tablespoons maple syrup or raw honey
- ½ cup steel cut oats
- Sea salt, to taste

DIRECTIONS:

1. Place all of the ingredients except the oats in a pot over medium heat. Bring to a boil.
2. Add the oats, cover and simmer on low for 20 minutes. Season with salt.
3. Serve with desired toppings. Enjoy!

Papaya Salad with Miso Turmeric Dressing

INGREDIENTS:

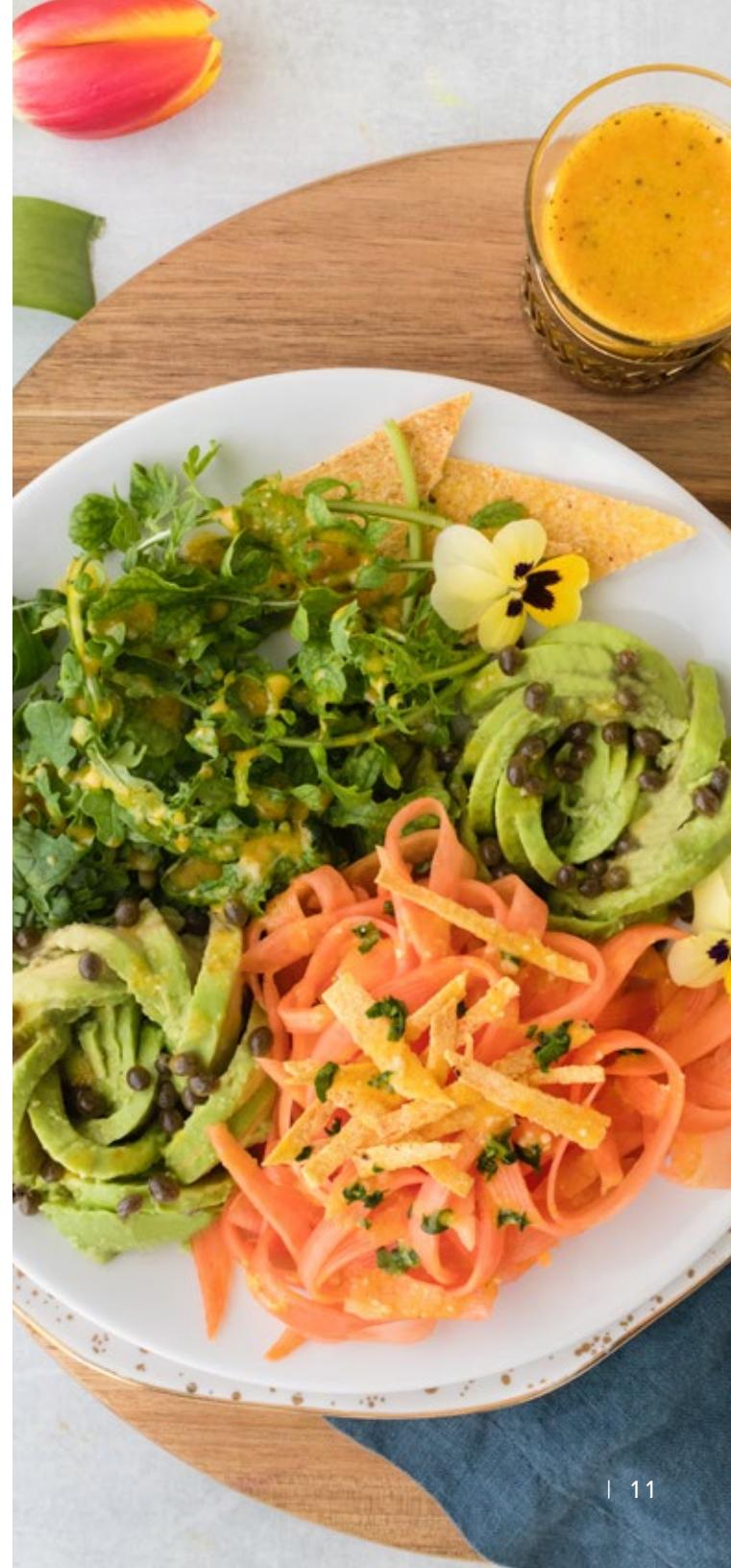
- ½ papaya, cut in half length-wise, peeled and julienned
- 2 cups baby arugula
- 1 avocado, peeled and sliced
- 2 tablespoons chopped cilantro
- 1 sprouted grain tortilla, toasted and cut into thin strips

DRESSING:

- 1 tablespoon miso paste
- 2 tablespoons rice wine vinegar
- 1 tablespoon extra virgin olive oil
- 1 teaspoon sesame oil
- ½” fresh turmeric root, grated (or ½ teaspoon ground turmeric)
- 1 teaspoon raw honey
- Juice of ½ lemon
- ¼ cup filtered water

DIRECTIONS:

1. To make the dressing, place all of the ingredients in a bowl and whisk to combine.
2. To assemble the salad, place the arugula and papaya on the center of your plate. Add the avocado slices. Pour desired amount of dressing over the papaya. Top with the cilantro and crispy tortilla strips. Enjoy!





Creamy Carrot Turmeric Soup

INGREDIENTS:

- 1 teaspoon coconut oil
- ½ yellow onion, diced
- 5 large carrots, chopped
- 1 clove of garlic, minced
- 1 cup vegetable or chicken stock
- ½ cup filtered water
- 3 Truvani Turmeric tablets (or 1 teaspoon ground turmeric)
- 1 bay leaf
- ¼ cup coconut milk
- Sea salt and black pepper, to taste

DIRECTIONS:

1. Heat the oil in a soup pot over medium heat.
2. Add the onion, garlic and carrots and cook for 2-3 minutes.
3. Add the stock, water, turmeric and bay leaf. Cover and simmer on low for 20-25 minutes or until the carrots are tender.
4. Take off the heat and blend using an immersion or counter blender. Place back on the heat and stir in the coconut milk. Season with salt and pepper.
5. Serve with desired toppings. Enjoy!

Golden Beauty Tonic

INGREDIENTS:

- 16 ounces sparkling water
- $\frac{1}{2}$ " fresh turmeric root, grated
- $\frac{1}{2}$ " fresh ginger root, grated
- Juice of $\frac{1}{2}$ lemon
- 2 tablespoons raw honey
- Pinch cayenne pepper

DIRECTIONS:

1. Place all of the ingredients in a blender and blend until well combined.
2. Strain through a cheesecloth or fine mesh strainer.
3. Serve chilled or at room temperature. Enjoy!





Coconut Mango Smoothie

INGREDIENTS:

- ½ scoop Truvani 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!

Turmeric Tea

INGREDIENTS:

- 8 ounces filtered water
- 3 Truvani Turmeric tablets

DIRECTIONS:

1. Heat the water in a pot over medium heat.
 2. Take off the stove and pour 8 ounces into a cup.
 3. Add 3 Truvani Turmeric tablets and let dissolve.
- Enjoy!





Beauty Bites

INGREDIENTS:

- 1 cup dates, seeds removed
- $\frac{1}{3}$ cup oats
- 1 tablespoon of chia seeds
- 2 teaspoon maple syrup
- 1 scoop Truvani Collagen

DIRECTIONS:

Combine all ingredients in a food processor, blend until all ingredients are combined. Using wet hands, roll about 1 tablespoon of mixture into a ball.

Garnish with melted chocolate & pistachios or coconut flakes.

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 Marine Collagen
- 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!





Blooming Blueberry Kefir Smoothie

INGREDIENTS:

- 1 scoop Truvani collagen
- 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!

Collagen Infused Ice Cubes

INGREDIENTS:

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

DIRECTIONS:

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





Collagen Nice Cream

INGREDIENTS:

- 1 scoop Truvani collagen
- 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.

Magical Beauty Nut Mylk Latte

INGREDIENTS:

- 1 teaspoon matcha powder
- 1 scoop Truvani Marine Collagen
- 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.



Ocean Ombre Smoothie

INGREDIENTS:

- ½ cup frozen blueberries
- 1 frozen banana, peeled and sliced
- 1 tablespoon almond butter
- 1 scoop Truvani Marine Collagen
- 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!



Pina Colada Collagen Smoothie

INGREDIENTS:

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

DIRECTIONS:

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





Rabbit Food Smoothie

INGREDIENTS:

- 1 Scoop Truvani Collagen
- 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!

Luminous Lemon Beauty Bars

CRUST INGREDIENTS:

- 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 INGREDIENTS:

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

- 1½ cups raspberries
- 2 tablespoons raw honey
- ¼ cup chia seeds
- 1¼ cups almond or coconut milk
- 1 scoop Truvani Marine Collagen
- 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!

Pretty in Pink Collagen Cocktail

INGREDIENTS:

- 1 scoop Truvani Collagen
- 3 tablespoons of honey or maple syrup
- ½ cup fresh lemon juice
- 4-5 cups of sparkling water or pink champagne
- Mint leaves
- Pink rose petals
- Ice cubes for serving

DIRECTIONS:

Combine all ingredients in a pitcher, stir and enjoy!





Watermelon Delight

INGREDIENTS:

- 1 scoop Truvani Marine Collagen
- 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!

Ultra Creamy Homemade Coconut Yogurt

INGREDIENTS:

- 2 cans full fat coconut milk
- ½ tablespoon maple syrup or raw honey (optional)
- 1 teaspoon vanilla extract
- 3 Truvani Glorious Gut probiotic capsules

DIRECTIONS:

1. Open each can and scoop the thick cream off the top into a bowl, discarding or saving the liquid for another use.
2. Add the maple syrup/honey and vanilla and mix well to combine. You can leave the maple syrup or honey out if desired, although it does help thicken the yogurt and provide a subtle sweetness.
3. Open the probiotic capsules and pour the powder into the bowl. Mix well with a wooden spoon as a metal spoon can cause an adverse reaction with the probiotics.
4. Cover the bowl with a cheesecloth or kitchen towel and place in the oven, microwave or a warm cabinet. Let sit for 24-48 hours to ferment.
5. Store in the refrigerator for up to 5 days.

