



TRUVANI'S

Immune Supporting Recipes



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FOUNDER - TRUVANI

Nourish Your Body

When you're under the weather it's important to nourish your body.

Inside this guide you'll find 5 recipes full of incredible immune supporting ingredients.

From creamy soups to soothing smoothies, you're sure to find something you'll love.

The OG Immunity

INGREDIENTS:

- 1 cup orange juice
- ½ teaspoon grated ginger, peeled
- 3 tablets Truvani turmeric
- 1 tablespoon lemon juice, freshly squeezed
- 1 tablespoon raw honey
- ½ cup ice cubes

DIRECTIONS:

Blend all ingredients. Enjoy!





The Raspberry Ginger Juice

INGREDIENTS:

- ¼ cup raspberries, frozen or fresh
- 1 teaspoon grated ginger
- 1 tablespoon lemon juice, freshly squeezed
- 3 tablets TruVani turmeric
- 1 tablespoon honey, more to taste
- 8 oz. water

DIRECTIONS:

1. Place all ingredients into a sauce pan, bring it to a gentle boil on medium heat.
2. Turn off the heat and let sit for 10 minutes. Serve thru strainer. Enjoy it warm or cold!

Immune Elixir

INGREDIENTS:

- 8oz hot water
- ¼ cup juice from fresh lemon
- ¼ cup juice from fresh grapefruit
- ¼ inch fresh ginger, grated
- Raw honey, optional to taste

DIRECTIONS:

1. Combine all ingredients in a saucepan, let it sit 10 min.
2. Pour elixir into a glass using strainer. Enjoy it warm or cold!





Creamy Broccoli Soup

INGREDIENTS:

- 2 tablespoons avocado oil
- 1 tablespoon grated fresh ginger
- 2 medium heads of broccoli (about 1 pound), chopped
- 1 bunch kale, tough stems trimmed and leaves cut into ribbons
- 2 quarts low-sodium vegetable broth
- 1 scoop Truvani collagen
- Salt and pepper to taste
- Garnish options: avocado oil drizzle, pickled ginger, or parsley

DIRECTIONS:

1. Using a pot, heat avocado oil over medium-high heat. Add the ginger and cook until fragrant, about 1 minute. Add broccoli, kale, and vegetable broth, and bring to a boil.
2. Reduce the heat to maintain a simmer, cover, and cook until the broccoli is tender, 25 to 30 minutes.
3. Remove from the heat and purée with 1 scoop of Truvani in a blender until smooth. Serve immediately. Enjoy!

Roasted Cauliflower Soup

INGREDIENTS:

- 1 head cauliflower, chopped
- 2 tablespoons avocado oil
- 1 teaspoon salt, divided
- ½ teaspoon black pepper
- 2 teaspoons ghee
- 1 leek, chopped
- ½ inch fresh ginger, peeled and minced
- 5 tablets Truvani turmeric
- 1 cup full-fat coconut cream
- 4 cups low-sodium vegetable broth or chicken broth
- For garnish: Radishes, parsley & chia seeds

DIRECTIONS:

1. Preheat the oven to 400° F. Toss the cauliflower with oil and ½ teaspoon salt. Spread on baking sheet and roast for 30 minutes, until tender when pierced with a knife and golden color.
2. While cauliflower is roasting, heat the ghee in a soup pot, over medium heat. Saute the leeks & ginger with 1/2 teaspoon salt and black pepper until soft. Add the roasted cauliflower, the coconut cream and vegetable broth and simmer for 5-10 minutes.
3. Transfer to a high speed blender. Puree on high until completely smooth. Season with salt and/or black pepper, if needed more. Serve warm garnished with sliced radishes, chopped parsley and chia seeds. Enjoy!

