



TRUVANI.

# Protein Treats

FOODS THAT YOU CAN FEEL GOOD ABOUT INDULGING IN

(6 ALL-NEW RECIPES)



## TREATS: DO THEY DESERVE SUCH A BAD RAP?

Sure, the word itself might make you think of overly processed, salty, sweet and sugary junk.

But, even though treats can seem like the ultimate diet destroyer... snacking on \*healthy\* treats CAN be a key element to overall health and wellness. How? You see, a well-timed snack can give your hard-working body a surge of energy to help get you through the day. Plus healthy snacks between meals can also curb your cravings and keep you from overeating at meal time.

And when it comes to choosing healthier treats, just look to our mother nature.

Because in case you couldn't tell, most of the junky snack foods out there are trying their best to copy the real thing.

From sweets, to sugary "fruit" drinks, to salty snacks, they're all products full of artificial flavors and preservatives trying hard to taste like REAL food.

So don't trick your body with nutritionless imitators! Instead, reach for the real thing!



And to help get your own healthy treats on track, this recipe guide contains 6 NEW protein-rich recipes you'll actually feel GOOD about indulging in.

They're all super simple to create and feature Truvani's two delicious NEW USDA Organic Plant Based Protein flavors.

I hope you'll give them all a try! These nutritious treats have taken my kitchen by storm and I know you'll love them too!





# Chocolate Peanut Butter Bliss Balls

## INGREDIENTS:

- $\frac{2}{3}$  cup creamy peanut butter
- $\frac{1}{4}$  cup of honey
- 1 scoop Truvani Chocolate Peanut Butter Protein Powder
- 3 tablespoons of ground flax seeds
- $\frac{1}{3}$  cup dark chocolate chips
- Melted chocolate for drizzling

## DIRECTIONS:

1. In a mixing bowl combine peanut butter and honey. Mix well.
2. Next add protein powder and flax seeds. Give a good mix with a spatula.
3. Finally stir in chocolate chips. Use a small ice cream scoop, or hands, and form bliss balls (total about 12-18 balls, depends on the size).
4. Garnish with melted chocolate and flax seeds. Enjoy!



# Chocolate Peanut Butter Cookies

## INGREDIENTS:

- ¾ cup creamy peanut butter
- ¾ cup pure maple syrup
- 1 egg
- ½ cup cacao powder
- 1 cup finely ground almond flour
- 1 scoop of Truvani Chocolate Peanut Butter Protein
- 1 tsp baking soda
- ⅛ tsp salt
- ½ cup organic peanut butter chips

## DIRECTIONS:

1. Preheat your oven to 350 degrees. Line parchment paper over a baking sheet.
2. In a mixing bowl whisk together peanut butter, maple syrup, egg and vanilla extract.
3. Using a different bowl combine almond flour, Truvani Protein Powder, baking soda and salt.
4. Add dry ingredients to wet ingredients and mix well.
5. Using a small ice cream scoop, scoop the dough onto a baking sheet. Next, divide half of peanut butter chips and add them over the cookies, pressing down with fingers, gently. Add another scoop of dough over peanut butter chips, gently press down to form jumbo cookies. Add the rest of peanut butter chips over the top.
6. Bake for 8-10 minutes and let cool completely.
7. Drizzle melted chocolate over the top for garnish. Enjoy!





# Chocolate Peanut Butter Bread

## INGREDIENTS:

- 3 very ripe bananas
- 3 eggs
- ⅓ cup maple syrup
- 3 tbsp coconut oil (melted)
- 1 ⅓ cup peanut butter
- 1 scoop Truani Chocolate Peanut Butter Protein
- ½ cup cacao powder
- 1 tsp baking powder
- ½ tsp baking soda
- pinch of salt
- ½ cup chocolate chips
- Optional topping: ¼ cup creamy peanut butter

## DIRECTIONS:

1. Preheat the oven to 350F. Grease baking pan with coconut oil and line with parchment paper. Add all ingredients into the blender except the chocolate chips.
2. Blend, then pour batter into a baking pan.
3. Swirl 1/4 cup of creamy peanut butter over the batter and sprinkle 1/2 cup chocolate chips over the top.
4. Bake for 45-50 minutes. Cool on a cooling rack. Enjoy!



# Banana Crunch Bliss Balls

## INGREDIENTS:

- 1 cup rolled oats
- 1 scoop Truani Banana Cinnamon Protein Powder
- ¼ cup ground walnuts
- ½ cup cashew butter
- ¼ cup coconut oil
- ¼ cup honey
- 2 tbsp shredded coconut or freeze-dried banana (optional)

## DIRECTIONS:

1. Add all of the ingredients (except for the shredded coconut or freeze-dried bananas) into a bowl and mix with spatula.
2. Using hands roll mixture into 12-14 balls. Refrigerate for about 20-30 minutes.
3. Roll each ball in the shredded coconut or freeze dried bananas (this is optional).
4. Enjoy and store in an airtight container inside the refrigerator for up to 2 weeks!





# Banana Cinnamon Rolls

## **DOUGH:**

- 1 cup warm almond milk
- 1 ½ teaspoons quick-rise yeast
- 2 ½ cups gluten free all purpose flour blend or regular all purpose flour (add 2 cups of flour first if dough is sticky add ¼ cup more, if dough is crumbly add a splash of almond milk.)
- 1 scoop Truvani Banana Cinnamon Protein Powder
- ½ cup coconut sugar
- 1 ½ teaspoons baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup cold organic butter, cubed

## **FILLING:**

- ¼ cup organic butter
- ⅓ cup coconut sugar
- ½ - 1 Tbsp ground cinnamon
- ½ banana, thinly sliced
- ⅓ cup raw walnuts, chopped



## **FROSTING:**

- 4 oz. cream cheese, room temperature
- 2 tablespoons honey

## **DIRECTIONS:**

1. Pour warm almond milk into a small mixing bowl and sprinkle quick-rise yeast and a pinch of coconut sugar over the top, stir with a spoon and set aside to proof.
2. In a large mixing bowl, combine gluten free flour, Truvani protein powder, coconut sugar, baking powder, baking soda and salt together until combined.
3. Next, add finely cubed butter and mix with flour mixture until butter is pea size.
4. Pour in warm milk mixture and stir until dough comes together (if dough is sticky add 1/4 cup more, if dough is crumbly add a splash of almond milk).
5. Place dough into a floured surface, carefully roll it out into a rectangle.
6. In a small mixing bowl combine melted butter with coconut sugar and cinnamon. Then brush it over the dough. Add chopped walnuts and thinly sliced bananas.
7. Gently roll it up. Now, cut off the ends and cut roll into 7-8 pieces. Place on a greased baking pan, cover with plastic wrap and let rise in a warm place for 30 minutes - 1 hour.
8. Preheat the oven to 400F.
9. Bake cinnamon rolls for 15-20 minutes. While rolls are baking, in a mixing bowl whisk cream cheese with honey, set aside. Spread frosting over warm cinnamon buns. 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.



Here at Truvani, our mission from Day 1 has been to create delicious, nutritious products with ingredients you know and understand.

AND I'M THRILLED TO SAY WE'RE DOING IT!

We've created remarkable supplements without any compromise.

Because if a product doesn't meet the Truvani standard. It doesn't get made. Simple as that.

And with your cherished support, Truvani will continue to bring even more high-quality products into the world.

Because you and I both know BIG changes can only come from the dedication, determination, and desire to do things better.

I'm so happy to have you in our growing community and I know you'll get a lot out of these 6 delicious NEW protein packed treat recipes!

*Xo,  
Truvani*

