

TRUVANI'S

# Healthy Holiday Treats

DELICIOUS TREATS MADE WITH  
INGREDIENTS YOU'LL LOVE





**INDULGE IN YOUR FAVORITE HOLIDAY  
TREATS USING INGREDIENTS YOUR  
BODY WILL LOVE.**

Inside this recipe guide we've rounded up everything from baked goods (like cinnamon rolls and sugar cookies) to a collection of cozy beverages. You'll discover hot chocolate, golden milk, pink peppermint and gingerbread smoothies, all featuring Truani's Organic Plant Based Protein Powder.

These recipes use nourishing ingredients, are lower in sugar and will make you swoon.

Enjoy these treats with those you love and make your holidays even sweeter!

*Xo,  
Truani*

# Sugar Cookies

## INGREDIENTS:

- 2 cups hazelnuts
- ⅓ cup coconut oil
- 1 egg
- ½ cup coconut sugar
- 2 Tablespoons Truvani Vanilla Protein Powder
- ¼ cup powdered sugar, for dusting

## DIRECTIONS:

1. Place hazelnuts in a skillet, cook on medium/high heat for about 3 minutes stirring continuously. Let cool completely.
2. Add roasted hazelnuts into a food processor and blend until flour-like consistency. Then add coconut oil, egg, coconut sugar and protein powder. Blend until everything is combined.
3. Place the dough into a freezer for 15 minutes. Preheat the oven to 350F and line a baking sheet with parchment paper.
4. Using hands, press the dough into a rectangle shape about 1/4 inches high. Press down the cookie cutter, remove left over dough and repeat step 4 until all dough is gone. Bake for 12 minutes or until cookies are cooked through. Let cookies cool on the parchment paper before removing them.
5. Dust each sugar cookie with powdered sugar. Enjoy!





## Pecan Poppers

### INGREDIENTS:

- ½ cup raw pecans, plus more for coating
- 1 cup pitted dates
- 3 teaspoons pure maple syrup
- ½ scoop TruVani Vanilla Protein Powder

### DIRECTIONS:

1. Using a food processor, blend pecans. Add dates, maple syrup and TruVani Vanilla Protein Powder. Blend until everything is combined.
2. Using a small ice cream scoop, roll ping pong-size balls and coat them with crushed pecans. Store inside an airtight container in the fridge for 3-5 days.

# High Protein Hot Chocolate

## INGREDIENTS:

- 1 ½ cups of milk of your choice (almond, oat, dairy, coconut)
- 1 tbsp Truvani Chocolate Protein Powder
- 1 tbsp of unsweetened cacao powder
- 1 tbsp of maple syrup for added sweetness (optional)

## DIRECTIONS:

1. Heat milk on the stovetop and whisk in the Truvani Chocolate Protein Powder and the cacao powder (TIP: for added frothiness add to a blender or use a handheld frother).
2. Pour into a mug and top with coconut whipped cream and organic marshmallows.





# Golden Milk

## INGREDIENTS:

- 1 (15 oz) can coconut milk
- 1 cup almond milk
- ½ scoop Truvani Vanilla Protein Powder
- 2 teaspoons maple syrup
- 1 teaspoon ground turmeric
- ¼ teaspoon ground cinnamon
- Extra ground cinnamon for sprinkling on top

## DIRECTIONS:

Place all ingredients in a pot, gently bring to a boil, simmer for 3-5 minutes. Pour into 2 mugs and sprinkle cinnamon on top.

# Holiday Bliss Balls

## INGREDIENTS:

- $\frac{2}{3}$  cup of creamy peanut butter
- $\frac{1}{4}$  cup of honey
- $\frac{1}{2}$  cup of Truvani Vanilla Protein Powder
- $\frac{1}{3}$  cup unsweetened shredded coconut
- $\frac{1}{3}$  cup of organic sprinkles

## DIRECTIONS:

1. In a large bowl whisk together the peanut butter and honey.
2. Add in the Truvani Vanilla Protein Powder until combined, then mix in the sprinkles and the coconut.
3. Roll into 1-2 inch balls and on a plate and refrigerate for at least 30 min.
4. Can be stored in the fridge for about a week. Makes 12 balls.





# 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 Truani 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!





# Gingerbread Milkshake

## INGREDIENTS:

- 2 cups unsweetened almond milk
- 1 scoop of Truvani Vanilla Protein Powder
- 1 large frozen banana
- 1 tbsp almond butter
- 1 tbsp maple syrup
- 1 tbsp blackstrap molasses
- ½ tsp ground cinnamon
- ½ tsp fresh ginger (less if you prefer a subtle ginger flavour)
- ½ teaspoon ginger powder
- a pinch of allspice

## DIRECTIONS:

Place all ingredients into a blender and blend until smooth. Garnish with coconut whipped cream and a dash of cinnamon.

# 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.

