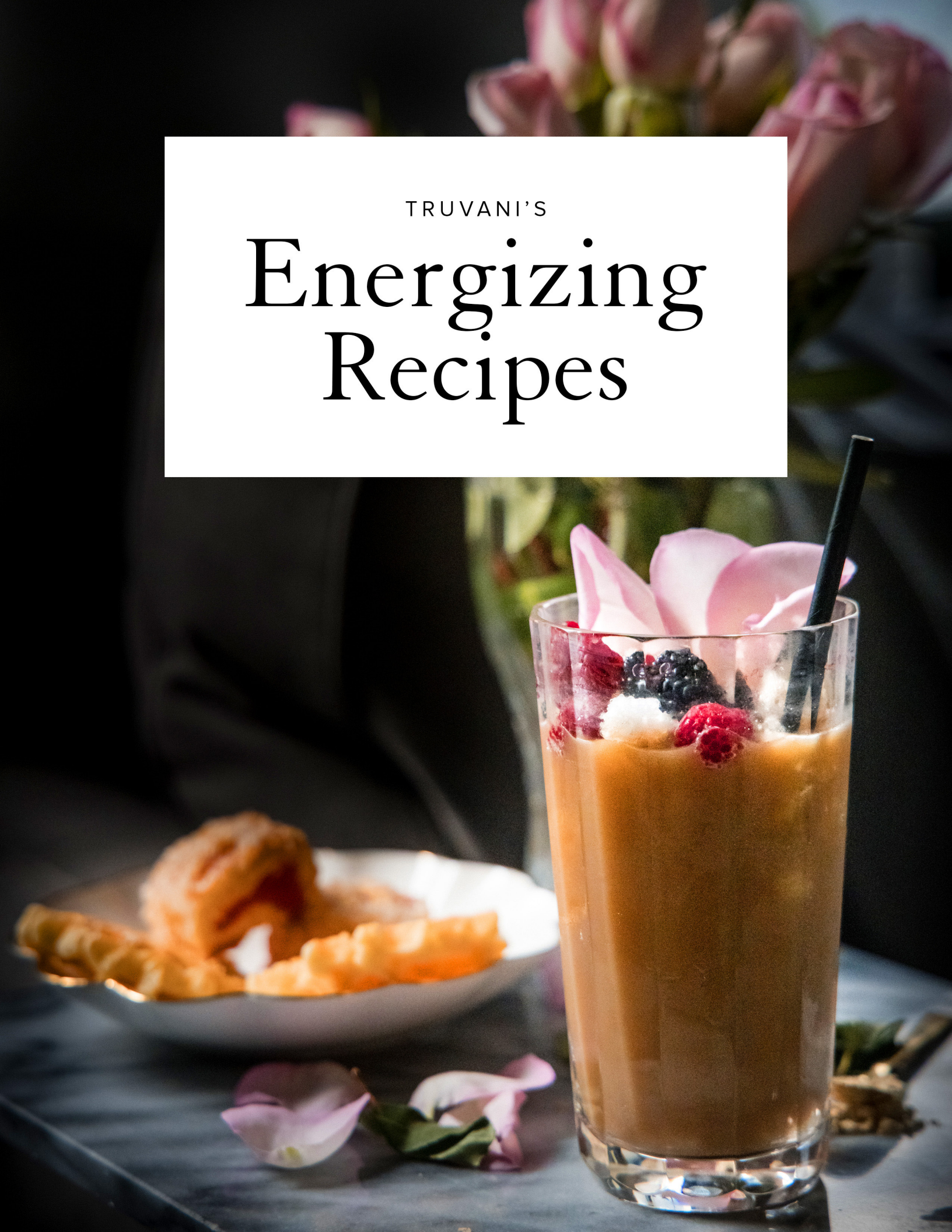


TRUVANI'S

Energizing Recipes





LOW
SUGAR

Mocha Hot Chocolate with Adaptogens

INGREDIENTS:

- 8 oz of hot liquid of your choice (water, almond milk, oat milk, organic dairy milk)
- 1 sp coconut butter
- 1 scoop of Truvani Protein + Energy in chocolate mocha
- 1 scoop of Truvani Marine Collagen
- 1 dash of cinnamon
- 1 date (optional)

DIRECTIONS:

1. To a blender, add 8oz of hot liquid, Truvani Protein + Energy in Chocolate Mocha and the coconut butter. Add the cinnamon, and collagen at this time as well.
2. Blend on high until creamy and frothy — about 1 minute. Taste and adjust flavor as needed, you can add one date if you prefer more sweetness.
3. Serve and enjoy with your favorite garnishes such as coconut whipped cream, chocolate shavings and cinnamon. Enjoy!

Pumpkin Spice Protein Latte

INGREDIENTS:

- 8oz of liquid of your choice (oat milk, almond milk, etc.)
- 2-3 Tbsp organic pumpkin purée
- 1/2 tsp ground cinnamon
- 1 tsp of pumpkin pie spice
- 3 Truvani Turmeric tablets
- 1 ½ - 2 tsp maple syrup, more or less to taste
- 1 scoop of Truvani Protein + Energy in Vanilla Latte
- Optional: shot of espresso
- For serving: coconut whipped cream, pumpkin pie spice (optional)

HOT VERSION

1. To a small saucepan, add liquid. Bring to a simmer, then add pumpkin purée, cinnamon, ginger, nutmeg, allspice, clove, cardamom (optional), black pepper, and maple syrup. Whisk until smooth.
2. Add Protein + Energy powder and whisk until smooth.
3. Taste and adjust flavor as needed, adding more spices to taste, espresso for stronger coffee flavor.
4. Top with coconut whipped cream and a pinch of pumpkin pie spice, cinnamon, or nutmeg.

ICED VERSION

1. Add all ingredients to a jar with a lid and stir to combine. Then add ice, secure lid, and shake vigorously to combine — about 30 seconds.

FEEL
GOOD
INGREDIENTS





FUEL
YOUR
BODY

Pre/Post Workout Chocolate Coffee Shake

INGREDIENTS:

- 8oz of almond milk
- 1 frozen banana
- 1 scoop of Truvani Chocolate Mocha Protein + Energy
- 1 tablespoon of almond butter
- 1 tablespoon of chia seeds

DIRECTIONS:

Combine all ingredients in the blender, blend until smooth texture. Garnish with chia seeds and banana slices. Enjoy!

Energizing Afternoon Brownies

INGREDIENTS:

- 1 cup almond butter
- 2 eggs
- 1 scoop Truani Chocolate Mocha Energy + Protein
- 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 8×8 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!

INDULGE
YOUR
CRAVINGS

