

TRUVANI®

# Fall Protein Recipes

WITH GREENS



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# Vanilla Chai Oats

## INGREDIENTS:

- 2 cups coconut or almond milk
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground cardamom
- 2 tablespoons maple syrup or raw honey
- 1 tablespoon ground flaxseed
- ½ cup steel cut oats
- 1 scoop Truvani Protein + Greens Powder
- 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 protein powder and season with salt.
3. Serve with desired toppings. Enjoy!



# Pumpkin Protein Pancakes + Greens

## INGREDIENTS:

- 2 scoops Truvani Protein + Greens Powder
- ½ cup of pumpkin puree
- 4 eggs
- ½ cup of almond milk
- 1 tsp of pumpkin pie spice
- Topping ideas: fresh fruit, maple syrup, almond butter, coconut whip cream, chopped nuts

## DIRECTIONS:

1. Place all of the ingredients in a bowl and mix well to combine.
2. Heat and grease a cast iron pan or griddle over medium heat. Pour the batter onto the greased pan and cook for 1-2 minutes per side. Repeat with remaining batter. Serve with desired toppings. Enjoy!







# Banana Muffins

## INGREDIENTS:

- 2 cups spelt flour or organic sprouted wheat flour
- 2 teaspoons baking powder
- ½ teaspoon sea salt
- ½ cup butter, softened
- 1 cup coconut sugar
- 2 eggs
- 2 ripe bananas, peeled and mashed
- ½ cup almond or coconut milk
- 1 teaspoon vanilla extract
- 1 scoop Truvani Protein + Greens Powder

## DIRECTIONS:

1. Preheat the oven to 350 degrees. Line a muffin tin with liners.
2. In a bowl, mix together the flour, baking powder and salt.
3. In a separate bowl, cream together the butter and sugar. Stir in the eggs.
4. Add the mashed banana, milk and vanilla and mix to combine.
5. Add the dry ingredients to the wet and stir until just combined. Transfer ½ of the batter into a small bowl. Add the Truvani Protein Powder to the bowl and mix until just combined.
6. Add batter to each muffin cup. Bake for 15-18 minutes. Let cool and enjoy!

# Pumpkin Protein Balls

## INGREDIENTS:

- 1 scoop Truvani Protein + Greens Powder
- $\frac{2}{3}$  cup almond or cashew butter
- $\frac{1}{4}$  cup organic pumpkin puree
- $\frac{1}{4}$  cup honey
- 1 tsp pumpkin pie spice
- 3 Tbs ground flax seeds
- 1-2 Tbs hemp seeds (optional)
- $\frac{1}{4}$  cup dairy-free dark chocolate chips

## DIRECTIONS:

Combine all wet ingredients (honey, pumpkin, nut butter) in large mixing bowl and mix well. Add in dry ingredients (protein powder, ground flax seeds, hemp seeds, pumpkin pie spice) and combine all together. Fold in chocolate chips, then using ice cream scoop or hands, roll into balls.





# Protein Matcha

## INGREDIENTS:

- 1 teaspoon matcha powder
- 1 scoop Truvani Protein + Greens Powder
- ½ teaspoon vanilla extract
- 1 cup of almond or oat milk

## DIRECTIONS:

1. Place the matcha powder, protein powder, 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 matcha into a cup filled with ice.

