



TRUVANI®

Fall Protein Recipes

Breakfast & Baked Goods

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 Vanilla Protein 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!





Overnight Banana Nut Oats

INGREDIENTS:

- 1 cup rolled oats
- 1 banana, peeled and sliced
- 1 scoop TruVani Banana Cinnamon or Chocolate Protein Powder
- 1 tablespoon chia seeds
- 1 tablespoon raw honey
- ½ teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- ¼ teaspoon sea salt
- ½ cup plain yogurt
- 1¼ cups almond or coconut milk
- ¼ cup chopped walnuts

DIRECTIONS:

1. Place all of the ingredients in a jar and mix well to combine. Place in the refrigerator overnight to set.
2. To serve, mix the oats and top with additional banana slices, walnuts or coconut flakes. 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
- ¼ cup creamy peanut butter (optional topping)

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. Swirl ¼ cup of creamy peanut butter over the batter and sprinkle ½ cup chocolate chips over the top.
3. Bake for 45-50 minutes. Cool on a cooling rack. Slice & enjoy!





Chocolate Peanut Butter Cookies

INGREDIENTS:

- $\frac{3}{4}$ cup creamy peanut butter
- $\frac{3}{4}$ cup pure maple syrup
- 1 egg
- $\frac{1}{2}$ cup cacao powder
- 1 cup finely ground almond flour
- 1 scoop of Truvani Chocolate Peanut Butter Protein
- 1 tsp baking soda
- $\frac{1}{8}$ tsp salt
- $\frac{1}{2}$ cup organic peanut butter chips

DIRECTIONS:

1. Preheat your oven to 350 degrees. Line parchment paper over a baking sheet. In a mixing bowl whisk together peanut butter, maple syrup, egg and vanilla extract.
2. Using a different bowl combine almond flour, Truvani Protein Powder, baking soda and salt. Add dry ingredients to wet ingredients and mix well.
3. 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.
4. Bake for 8-10 minutes and let cool completely.
5. Drizzle melted chocolate over the top for garnish. Enjoy!

Pumpkin Protein Pancakes

INGREDIENTS:

- 2 scoops Truveni Vanilla or Banana Cinnamon Protein 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 Banana Cinnamon Protein 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 Vanilla Plant Based Protein 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.





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:

Using a food processor, blend pecans. Add dates, maple syrup and Truvani Vanilla Protein Powder. Blend until everything is combined.

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.

Chocolate Almond Bars

INGREDIENTS:

- 1 ½ cups of almond
- 1 cup almond butter
- ½ cup unsweetened almond milk
- ½ scoop of Truvani Vanilla Protein Powder
- ¼ cup chocolate chips

DIRECTIONS:

1. Line 8 by 8in pan with parchment paper. Set aside.
2. Using a food processor, add almonds and pulse until almonds are finely ground.
3. Add almond butter, ½ cup almond milk, ½ scoop Truvani Vanilla Protein Powder, and pulse until everything is combined.
4. Using spatula press dough into baking pan, cover and freeze for 15 minutes.
5. Melt chocolate in the microwave for 30 seconds, stir and microwave for 10 seconds, stir. Repeat until chocolate melts.
6. Drizzle chocolate over the dough. Cut into bars. Enjoy! Keep protein bars inside freezer in airtight container.



Beverages

Pumpkin Spice Protein Latte

INGREDIENTS:

- 8oz of liquid of your choice (oat milk, almond milk, etc.)
- 2-3 Tbsp organic pumpkin purée
- ½ 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.





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!

Golden Milk Latte

INGREDIENTS:

- 1 (15 oz) can coconut milk
- 1 cup almond milk
- ½ scoop Truani 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.





Peppy Protein

INGREDIENTS:

- 1 ½ cups hot brewed coffee
- ½ cup of organic, unsweetened almond milk
- 1 teaspoon organic coconut oil
- ½ scoop TruVani Vanilla protein powder
- ½ teaspoon organic cinnamon

DIRECTIONS:

Combine all ingredients in the blender, blend until smooth. Garnish with cinnamon on top.

Protein Matcha

INGREDIENTS:

- 1 teaspoon matcha powder
- 1 scoop Truvani Vanilla Protein 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.

