

A photograph showing the preparation of matcha. In the foreground, two ceramic cups filled with green matcha latte are visible. The cup on the left is white with a gold rim, and the one on the right is blue and white patterned. In the background, a small white bowl contains matcha powder with a wooden spoon, and a larger white cup holds a bamboo whisk. Pink rose petals are scattered around the cups.

TRUVANI'S MINI-GUIDE TO:

Delicious Drinks

We love delicious drinks

Smoothies. Lattes. Teas. Tonics. Elixirs.

Call them what you want.

They all provide an enjoyable way to consume and digest nutrients - fast.

A hot cup of collagen and coffee provides an energizing start.


A smoothie is a smart afternoon snack.

A cozy cup of turmeric tea is a terrific way to end the day.



Vani Hari

FOUNDER - TRUVANI



Inside this guide, you will find a few of our favorite
drink recipes to create with your new frother
(and your favorite Truvani products).

Post your creations on social and tag us

@truvani,

or use the hashtag

#truvani.

We can't wait to see
what you create!



Magical Beauty Nut Mylk Latte

INGREDIENTS:

- 1 teaspoon matcha powder
- 1 scoop Truvani Marine Collagen
- ½ teaspoon vanilla extract
- 1 teaspoon maple syrup
- ½ cup almond or oat milk
- ¼ cup coconut milk

DIRECTIONS:

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

The Peppy Protein

INGREDIENTS:

- 1 ½ cups hot brewed coffee
- ½ cup of organic, milk of your choice
- 1 teaspoon organic coconut oil
- ½ scoop Truani Vanilla Protein Powder
- ½ teaspoon organic cinnamon

DIRECTIONS:

1. Combine all ingredients and frother until smooth.
2. Garnish with cinnamon on top. Enjoy!





The Goldie Latt

INGREDIENTS:

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

DIRECTIONS:

1. Place all ingredients in the pot, bring it to a gentle boil, then simmer for 3-5 minutes.
2. Pour into 2 mugs and sprinkle cinnamon on top. Enjoy!

Mocha Protein Energy Elixir

INGREDIENTS:

- ½ banana, peeled
- 1 cup coffee
- 1 scoop Truvani Chocolate Protein Powder
- 1 tablespoon maple syrup
- Pinch sea salt

DIRECTIONS:

Combine all ingredients and frother until combined. Enjoy!





Turmeric Tea

INGREDIENTS:

- 8 ounces filtered water
- 3 Truvani Turmeric tablets

DIRECTIONS:

1. Heat the water in a pot over medium heat.
2. Take off the stove and pour 8 ounces into a cup.
3. Add 3 Truvani Turmeric tablets and let dissolve.
Enjoy!

Anti-Inflammatory Elixir

INGREDIENTS:

- 12 ounces filtered water
- 1 scoop Truvani Marine Collagen
- ½ teaspoon grated ginger root
- 1 teaspoon lemongrass (optional)
- ¼ teaspoon turmeric (or 1 Truvani Daily Turmeric Tablet)
- 1 teaspoon lemon juice

DIRECTIONS:

1. Heat the water in a pot over medium heat.
2. Add the remaining ingredients except the lemon juice and simmer for 3-5 minutes.
3. Take off the heat, strain and stir in the lemon juice. Let cool slightly. Enjoy!

Bonus Tip for the 2-Day Reset: Make the full serving, then drink half of it mid-morning and reheat the rest mid-afternoon!





Sweet Dreams Sleep Tonic

INGREDIENTS:

- $\frac{3}{4}$ cup almond or coconut milk
- $\frac{1}{2}$ teaspoon raw honey
- $\frac{1}{4}$ cup cherry juice
- $\frac{1}{2}$ scoop Truvani Marine Collagen

DIRECTIONS:

1. Place all of the ingredients in a small pot over medium-low heat. Heat until warm.
2. To serve, place 8 ounces of the tonic in a mug. Enjoy!