

CHOCOLATE PEANUT BUTTER PROTEIN BALLS



Ingredients

- 1 scoop Truvani Chocolate Peanut Butter protein powder
- 4-5 medjool dates pitted
- 1 cup soaked almonds and cashews
- 1/2 cup oats
- 2 tbsp of honey
- 1 scoop Truvani Marine Collagen (optional)

Directions

- 1- Soak almonds and cashews in water for a few hours
- 2- Add ingredients in to a food processor
- 3- mold into balls
- 4- refrigerate

LEMON CHIA PROTEIN BALLS



Ingredients

- 1 scoop Truvani Vanilla protein powder
- 1/2 cup unsweetened coconut
- 1 cup soaked almonds and cashews
- 1/4 cup chia seeds
- 1/4 cup of honey
- 1/4 cup almond butter
- zest from 1 whole lemon

Directions

- 1- Soak almonds and cashews in water for a few hours
- 2- Add ingredients in to a food processor
- 3- mold into balls
- 4- refrigerate

BEAUTY PROTEIN BALLS



Ingredients

- 1 scoop Truvani Vanilla protein powder
- 1 scoop Marine Collagen
- 4-5 medjool dates pitted
- 1 tsp sunbutter
- 1/2 cup oats
- 2 tbsp of honey
- 4-5 cherries

Directions

- 1- Add ingredients in to a food processor
- 2- mold into balls
- 3- refrigerate

ALMOND BUTTER PROTEIN BARS



Ingredients

- 1 scoop Truvani Vanilla protein powder
- 1 cup almond butter
- 8 medjool dates pitted
- 1 cup almonds and cashews
- 1/2 cup unsweetened coconut
- 2 tbsp of honey
- dash of cinnamon

Directions

- 1- Add ingredients in to a food processor starting with dry, then wet ingredients
- 2- add small amounts of water throughout the blending process, until consistency is sticky
- 3- Transfer onto a baking pan, Roll flat, and refrigerate for a couple of hours
- 4- cut into bars and enjoy!

CHERRY BLISS PROTEIN ENERGY BALLS



Ingredients

- 1 scoop Mocha Energy Protein
- 1 cup oats
- 8 medjool dates pitted
- 3 tbsp peanut butter
- 1 tbsp honey
- 1 tbsp chia seeds
- 2 tbsp tart cherry juice
- 1/4 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/2 cup dried tart cherries

Directions

- 1- Add ingredients in to a food processor starting with dry, then wet ingredients
- 2- add small amounts of water throughout the blending process, until consistency is sticky
- 3- Roll into balls with hands, refrigerate, and enjoy!

CHOCOLATE PEANUT BUTTER PROTEIN-OAT BARS



Ingredients

- 3 scoops Truvani Chocolate Protein
- 3 cups of oats
- 1/2 cup honey
- 1 cup almond butter

Directions

- 1- mix dry ingredients together first, then add wet ingredients
- 2- add a little water if it is too dry after mixing
- 3- In an 8x8 pan, lay parchment paper, add ingredients, press down until smooth
- 4- refrigerate