

HEALTHY & DELICIOUS

vegan protein recipes



76
RECIPES
INSIDE!



teami

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welcome

TO THE TEAMI COMMUNITEA!

Welcome to the Teami Communita! My name is Adi Arezzini and I am the Co-Founder + CEO of Teami Blends, a lifestyle brand that is dedicated to creating wellness and beauty products inspired by the health benefits of tea!

A few years ago I suffered from terrible digestive/stomach issues and that is what got me on the path of researching natural remedies, teas, herbs, and superfoods!



Over the last 10 years I have tried hundreds of different vegan protein powders and they always disappointed me with a “chalky” aftertaste, strange texture and overly sweet flavor!

I decided to create the BEST plant-based, organic protein powder that blends smoothly with water, milk, smoothies and baking...AND has 17g of protein in every serving!

Our Organic Plant-Based Wellness Protein comes in two flavors right now - [Rich Chocolate](#) and [Smooth Vanilla](#)! In this ebook you'll find amazing protein-packed recipes to fuel your day!

SHARE YOUR JOURNEY WITH US BY TAGGING
[@TEAMIBLENDS](#) + [#THANKYOUTEAMI](#) + [#TEAMIMIXIT](#)

A handwritten signature in black ink that reads 'Adi' with a small heart symbol at the end.

CO-FOUNDER & CEO
[@ADIAREZZINI](#)



WHY IS PROTEIN IMPORTANT?

Believe it or not, most people are not consuming enough protein on a regular basis! It can be confusing...what type of protein do I use and how much do I need?

First, let's talk about why Protein is IMPORTANT!

Protein is one of the building blocks of bone, muscle, and skin. The body needs it to produce hormones, enzymes, and other chemicals.

Protein helps keep you full longer, which can also help decrease cravings or appetite naturally.

Consuming protein can help muscle growth and recovery after exercise.

Adding 1 scoop of our [Organic Plant-Based Wellness Protein](#) adds 17g of clean, trusted protein to fuel your day ❤️!(plus, it tastes amazing even just in water!)

BENEFITS OF PLANT-BASED PROTEIN

Whether you subscribe to a plant-based diet or not, vegan protein can be a great choice for your daily nutritional needs!

Research has shown that animal protein powder is no-longer the only optimal source of protein to be adding to your smoothie. Vegan protein powder yields are just as great and carry with them numerous health benefits over animal protein powder.

Here's just 5 amazing reasons to include plant-based protein into your daily diet:



1. Plant-Based Protein Powder is Easily Absorbed By the Body
2. Plant Protein Powder Is Also a Source of Healthy Fats
3. Plant Protein Powder Is Also a Source of Healthy Fats
4. Plant Protein Powder Can Keep You Fuller For Longer
5. Plant Protein Powder Keeps Your Gut Regulated and Healthy

Want to read up on more reasons to use a Plant-Based Protein Powder?

READ THE BLOG: [10 Incredible Benefits of a Plant-Based Protein Powder](#)

WHAT TYPE OF PLANT PROTEIN DO WE USE?

We blend two organic plant proteins to create the perfectly smooth and balanced powder for your nutritional needs.



Organic Rice Protein

We use ethically sourced sprouted brown rice powder, which is both gluten and dairy free, making it easy to digest for most individuals!



Organic Pea Protein

Pea protein powder is a supplement made by extracting protein from yellow peas. Extra bonus, It is also a great source of iron!



HOW TO USE YOUR PLANT-BASED WELLNESS PROTEIN

There are SO many ways to incorporate our healthy and delicious wellness proteins into your daily diet!



1

Make a **Superfood Smoothie** packed with 17g of protein!

2

Drink a **protein shake**, just add 1 scoop to water / milk and shake!



3

Create **protein packed snacks** (like protein balls + bars!)

4

Serve up **guilt-free brunch** with protein pancakes + waffles!



5

Get creative with your **baking + desserts** by adding protein!

The image shows two clear plastic containers filled with protein powder. The container in the foreground on the left is filled with a bright yellow powder, while the one on the right is filled with a brown powder. The background is a light, neutral-toned surface. The text is overlaid on the top portion of the image.

healthy, vegan
PROTEIN RECIPES

teami



BLUEBERRY MUFFIN

INGREDIENTS:

- 2/3 cup fresh or frozen blueberries
- 1/2 cup rolled oats
- 2 tbsp flax oil
- 1 1/2 cups orange juice
- 1 scoop [Teami Wellness Protein- Chocolate](#)
- 1/2 tsp cinnamon
- 1 cup ice

INSTRUCTIONS:

Add all ingredients to your blender.
Blend until smooth.

HEALTHY CHOCOLATE GREENS

INGREDIENTS:

- 1/2 frozen banana
- 1 tablespoon almond butter
- 1 scoop [Teami Wellness Protein- Chocolate](#)
- 1 cup unsweetened almond milk
- 1 scoop [Teami Greens Superfood Powder](#)
- 1 cup water / ice
- Top with shaved coconut








INSTRUCTIONS:

Add all ingredients to blender.
Blend until smooth.



CHOCOLATE MATCHA

INGREDIENTS:

- 1 banana 
- 1 1/2 cup almond milk - or your choice of milk 
- 1 tsp [Teami Matcha Powder](#) 
- 1 scoop [Teami Wellness Protein- Chocolate](#) 
- 1/2 tsp pure vanilla extract - optional 
- 1/2 tsp cinnamon - optional 
- 1 cup ice - or as desired 








INSTRUCTIONS:

- Add all ingredients to blender.
- Blend until smooth.



TRIPLE BERRY COLLAGEN

INGREDIENTS:

-  1/2 cup strawberries
-  1/2 cup blueberries
-  1/2 cup raspberries
-  1 1/2 cups milk - your choice
-  1 scoop [Teami Beauty Butterfly Collagen](#)
-  1 scoop [Teami Wellness Protein - Chocolate](#)
-  Ice - optional

INSTRUCTIONS:

- Add all ingredients to blender.
- Blend until smooth.



TAKE ME ON THE GO!

SUPER IMMUNITY

INGREDIENTS:

- 2/3 cup spinach blend
- 1/2 medium avocado
- 1 scoop [Teami Greens Superfood Powder](#)
- 1 scoop [Teami Wellness Protein- Chocolate](#)
- 1 tsp pure vanilla extract
- 1/2 cup coconut milk
- 1/2 tsp turmeric
- 2/3 cup water
- 5 ice cubes

INSTRUCTIONS:

Blend all of your ingredients together in your blender at home OR take your smoothie on the go in your new [Teami MIXit!](#)

SUPER BEAUTY (27G PROTEIN)

INGREDIENTS:

- 1 scoop [Teami Wellness Protein - Chocolate](#)
- 1 scoop [Teami Beauty Butterfly Collagen](#)
- 1-2 cups milk of choice
- 1 banana
- 1/2 tsp cinnamon powder
- Ice

INSTRUCTIONS:

Add all ingredients to blender.
Blend until smooth.





CHOCO RASPBERRY PROTEIN BOWL

INGREDIENTS:

- 🍌 2 frozen bananas
- 🍌 1/2 cup frozen raspberries
- 🍌 1/4 cup nut milk of your choice
- 🍌 1 scoop [Teami Wellness Protein-Chocolate](#)

INSTRUCTIONS:

1. Add frozen bananas and raspberries to a food processor or high powered blender, add a splash of milk and blend.
2. Slowly add the rest of the milk until the desired consistency..
3. Top with whatever you want. (We topped ours with chocolate chunks, raspberries, pistachios & dragon fruit.)



SNICKERDOODLE PROTEIN SHAKE

INGREDIENTS:

- 1 scoop [Teami Wellness Protein - Vanilla](#)
- 1 tsp peanut butter
- 1/2 banana
- 1 tbsp honey
- 10 oz almond milk
- 1 cup ice - or as desired
- 1 tsp ground cinnamon
- 1 tsp vanilla extract

INSTRUCTIONS:

Add all ingredients to blender.
Blend until smooth.

MANGO BLUEBERRY PROTEIN SMOOTHIE

INGREDIENTS:

- 1 cup unsweetened almond milk
- 1/2 cup frozen blueberries
- 1/2 cup frozen mango
- 1 scoop [Teami Wellness Protein - Vanilla](#)
- 1 tbsp chia seeds






INSTRUCTIONS:

Add all ingredients to blender.
Blend until smooth.



PUMPKIN PIE SMOOTHIE

INGREDIENTS:

- 1 cup unsweetened almond milk 
- 1 scoop [Teami Wellness Protein - Vanilla](#) 
- 1 banana, frozen 
- 3 tbsp pumpkin puree 
- 1/4 tsp pumpkin pie spice 









INSTRUCTIONS:

- Add all ingredients to blender.
- Blend until smooth.



OATMEAL COOKIE PROTEIN SHAKE

INGREDIENTS:

-  1/4 cup dry oats
-  1 1/2 cups water or almond milk
-  1 scoop [Teami Wellness Protein - Vanilla](#)
-  1/2 frozen banana, peeled and chopped
-  1 tsp honey
-  1/2 tsp ground cinnamon
-  1/2 tsp vanilla extract
-  pinch of ground ginger, nutmeg and salt







INSTRUCTIONS:

- Add all ingredients to blender.
- Blend until smooth.



VANILLA MATCHA AVOCADO SHAKE

INGREDIENTS:

- 1 1/2 cups almond milk or water 
- 1 scoop [Teami Wellness Protein - Vanilla](#) 
- 1/4 tsp vanilla extract 
- 1/2 an avocado, pitted and peeled 
- 2 tsp [Teami Matcha Powder](#) 
- 1 handful of spinach 








INSTRUCTIONS:

- Add all ingredients to blender.
- Blend until smooth.



VANILLA CHAI SHAKE

INGREDIENTS:

-  1 cup almond milk or water
-  1 scoop [Teami Wellness Protein - Vanilla](#)
-  1/4 cup strong brewed, [Teami Chai Tea](#)
-  1/4 tsp vanilla extract
-  pinch of ground cinnamon, cloves and cardamom
-  handful of ice cubes
-  sprinkle of chia seeds

INSTRUCTIONS:

1. Start with steeping 1/4 cup Teami Chai.
2. Add all ingredients to blender
3. Blend until creamy and enjoy!



VANILLA PROTEIN ENERGY BALLS

INGREDIENTS:











- 3 cups gluten free rolled oats (or any old fashioned oats)
- 1 scoop [Teami Wellness Protein - Vanilla](#)
- 1 cup peanut butter
- 1/2 cup pure maple syrup
- 1-2 tbsp milk of choice
- 1/4 cup chocolate chips of choice

INSTRUCTIONS:

1. In a large mixing bowl, mix your oats and protein until combined.
2. Add your peanut butter and syrup and mix.
3. Using a tbsp, add milk of choice, one tbsp a time until a thick dough remains.
4. Lightly wet your hands (or spray with cooking spray).
5. Form 20-24 small balls of dough and place on plate and refrigerate until firm.

VANILLA PROTEIN GRANOLA

INGREDIENTS:

- 1/4 cup almond butter 
- 1/4 cup honey 
- 1 tsp vanilla extract 
- 2 cup rolled oats 
- 1 scoop [Teami Wellness Protein - Vanilla](#) 
- 2 tbsp ground flax 
- 1 tsp cinnamon 
- 1/4 tsp salt 
- 1/3 cup chocolate chips 
- Yogurt and fruit for serving 



INSTRUCTIONS:

1. Preheat oven to 325°F and spray a baking sheet with cooking spray or line it with parchment paper or a non-stick baking mat. Set aside.
2. In a small saucepan over medium-low heat, add almond butter and honey, stirring until the almond butter is melted and fully combined with the honey. Stir in vanilla extract.
3. Remove from heat and add oats, protein powder (if using), flax, cinnamon, and salt. Mix well and use a spatula to ensure that all of the oats are well coated.
4. Spread the granola mixture over a baking sheet, leaving as many clusters as you want, and bake for 8 minutes. Remove from oven, stir, and bake for another 8 minutes, or until lightly golden.
5. Let cool completely before adding chocolate and transferring to a storage container. The granola will still be slightly soft when it comes out of the oven, but it will harden up as it sits at room temperature and cools.

PROTEIN RICE KRISPIES TREATS

(SERVES 9)

Prep Time: 5 minutes | Free Time: 30 minutes

INGREDIENTS:

- 🍷 Coconut Oil
- 🍷 4 cups brown rice crisps (or classic Rice Krispies)
- 🍷 1/2 cup all-natural peanut butter (or other nut butter), partially melted
- 🍷 1/2 cup brown rice syrup
- 🍷 3 scoops [Teami Wellness Protein - Vanilla](#)
- 🍷 1 tsp vanilla

INSTRUCTIONS:

1. Grease a 9-inch by 9-inch pan with coconut oil or line it with parchment paper. Set aside.
2. In a medium bowl, mix together melted peanut butter, brown rice syrup, protein powder and vanilla until it forms a dough consistency.
3. Add brown rice crisps to the peanut butter mixture. Use your hands to gently fold the rice crisps into the mixture. Then, pour mixture into the pan.
4. Using a spatula, spread mixture out evenly and press into pan so the bars are compact.
5. Place into freezer for at least 30 minutes
6. Before serving or storing, use a sharp knife to cut your treats into squares.

Pro Tip: Do not substitute honey or agave for brown rice syrup, since this sticky ingredient is essential to the recipe's texture.



YOUR JOURNEY TO WELLNESS

starts now!

Wellness, health, beauty, happiness...it's a MINDSET. By investing in yourself and the products you consume, you are creating a brighter future for yourself.

I truly believe that wellness is a combination of small, healthy habits done on a daily basis. There are no shortcuts....it's a slow and steady lifelong commitment.

The turtle wins this one guys - **every single time.**

I am challenging you to use our Wellness Protein in your daily diet for 14 days and see the difference in how you feel overall!



If you need to do a little body reset you can also do our [5 day smoothie challenge](#) any time you want! I am adding it on the following pages for you guys

Feel free to DM [@teamiblends](#) or me directly [@adiarezzini](#) and share your journey! I love being in touch with anyone that is part of our Teami Community!



A stylized, handwritten signature in black ink that reads 'Adia' with a small heart at the end.

CO-FOUNDER & CEO
[@ADIAREZZINI](#)

benefits

OF DRINKING SMOOTHIES FOR BREAKFAST

Smoothies are a great way to start your day off on a healthy note!

Here are 5 of my favorite reasons to drink a smoothie every day!



- 1. Fast + efficient for your busy lifestyle!**
Smoothies take under 5 minutes to make.
- 2. Stay full longer!** Because smoothies include real fruits and veggies, they are bursting with fiber that keep hunger at bay.
- 3. Reduce cravings naturally!** Because smoothies keep you full longer, it also comes with the added benefit of less cravings for snacks or unhealthy foods, especially if you add fruits to your recipes!
- 4. Full of antioxidants!** Fruits, veggies and superfoods are high in antioxidants, drinking a smoothie is a great way to get your dose of antioxidants in the morning!
- 5. Better Digestion!** Consuming fruits and vegetables in liquid form makes it easier for your body to break down nutrients and digest them.

extra tip:

We love using a reusable straw when we drink our smoothies. It feels fancy and its' good for the planet!

5 DAY SMOOTHIE DETOX

challenge!



As a Certified Nutrition Health Coach, I understand how important it is to get FRESH fruits, veggies, and superfoods into your diet. Easier said than done, I know!

I personally believe that if you start your morning with real foods your day will be more productive, your energy will be elevated and you will feel more vibrant overall!

THE 5 DAY SMOOTHIE DETOX CHALLENGE IS SIMPLE:

- ✓ Make a smoothie every morning for breakfast instead of your usual meal (or lack thereof).
- ✓ Check-in with us on your social media and show us what you made!

Tag [@teamiblends](#) + [#thankyouteami](#) + [#teamismoothiechallenge](#)

You can use our Healthy Smoothie Recipes in this ebook, or make your own! Feel free to change our recipes to fit your own liking! Add more superfoods, add your choice of protein powder, just have fun with it!

A stylized, handwritten signature in black ink that reads 'Adia' with a small heart symbol at the end.

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5 DAY SMOOTHIE DETOX CHALLENGE

success checklist

Get your ingredients! Pick out which recipes you want to make for the week and get the ingredients at your local grocery store! You can always order them on insta-cart as well!

Frozen really is better! Frozen fruits + veggies stay fresh longer, which means they won't go bad on you mid-week. There's nothing worse than having to throw away produce! If you already purchased fresh produce, I suggest putting them in Ziploc bags and storing them in your freezer!

Stock up on your Teami Wellness Powders! You're going to love adding our wellness powder into your smoothies for a nutrient boost!

Superfood Greens - 16 Green Superfoods in every scoop! Orders yours [HERE!](#)

Wellness Powder - 17g of plant-based protein! Order [Rich Chocolate](#) or [Smooth Vanilla!](#)

Beauty Butterfly Collagen - 10g of wild caught marine collagen! Orders yours [HERE!](#)

Matcha Green Tea - Bursting with powerful antioxidants! Orders yours [HERE!](#)

Drink Water! Don't neglect your water intake! While doing the 5 Day Smoothie Detox Challenge it is important to also stay hydrated! Take a 1/2 gallon or gallon jug with you to work to help you stay on track! (You can also use and refill your Teami Tumbler!)

Inspire Others! It's AWESOME that you decided to do the 5 Day Detox Smoothie Challenge, but now it's your turn to inspire your friends, family, and co-workers to do the same! Invite them to do the challenge with you!



MAKE YOUR SMOOTHIES *on the go!*

Our [Mixit Portable Smoothie Blender](#) helps you make your superfood creations **ON THE GO!**

Add in your ingredients and make your smoothie in the car, office, gym, basically everywhere!



WELLNESS POWDER FAVES



Teami Superfood Greens

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Teami Butterfly Collagen

[LEARN MORE](#)



Teami Wellness Protein

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