



TERRANOVA
SYNERGISTIC NUTRITION



5 MULTIVITAMIN SNACK IDEAS

WITH THE NEW TAILORED
LIVING MULTIVITAMINS



Woman



Man



Sport

WOMAN / MAN / SPORT



Let's cook with Terranova's new range of tailored Multivitamins!

While these formulations offer the same additive-free and vegan ingredients and high standards of our other multivitamins, the tailored Living Multivitamin series was formulated taking into account the differences in nutritional requirements that uniquely apply to men, women and to those who exercise regularly. These formulations feature a wide array of vitamins, minerals and other nutrients in dosages that are specifically relevant to the unique requirements of the target group for each product. You can open up any capsule and add it in your favorite smoothies, or any other recipes that don't need to be cooked or heated.



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Add more nutrients in your snacks!

1. Use healthy, wholefood ingredients
2. Swap sugar and replace with unrefined sweeteners like dates, agave and maple syrup!
3. Enrich your snacks with synergistic, fresh freeze dried and additive free superfoods, vitamins, minerals and other nourishing formulas.
4. You can open up every Terranova capsule and add the contents to any cold drink, yogurt or other mixture (just don't heat)



Woman



Man



Sport



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MULTIVITAMIN NO-BAKE BROWNIES (RAW, VEGAN, GLUTEN-FREE)

INGREDIENTS

1 cup nuts (any nut you like is fine)

6 tbsp raw cocoa powder

1 tbsp chia seeds

1 cup soft dates soaked in hot water for 10 min

2-4 tbsp almonds or walnuts, roughly chopped -
optional if you want a crunchier texture

A pinch of salt

2 Terranova Living Multivitamin WOMAN or MAN or
SPORT (per serving)

Chocolate ganache:

2 tbsp raw cocoa powder

2 tbsp coconut oil, melted

1 tbsp agave nectar



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DIRECTIONS

- In a food processor, add your nuts, cocoa powder, chia seeds, the contents of the Terranova Living Multivitamin capsules and salt.
 - Mix the ingredients together until you have a mixture that resembles sand.
 - Add the dates and continue to blitz until the mixture comes together in a ball. If the mixture is too dry, you can add one or two more dates. If you find the mixture too sticky, blitz up a couple more nuts and add it to the date-nut mixture, until you are able to touch the dough without it sticking to your fingers.
 - Spoon the dough out onto a piece of parchment paper or greased foil and press it into a large square.
 - (Optional) Press the 2-4 tbsp of extra roughly chopped almonds/ walnuts into the square and let it chill slightly while making the glaze.
 - To make the ganache, combine the cocoa powder, the melted coconut oil and the agave nectar until your result is a moderately thin, glossy glaze.
 - Let the glaze harden in the fridge or at room temperature, stirring every now and then till it resembles a thick chocolate frosting. If it firms up too much, you can place it in the microwave for about 5 seconds and then stir to combine.
 - Spread the glaze on the top of the raw brownie square.
- Enjoy!



MULTIVITAMIN BLUEBERRY ALMOND BUTTER SMOOTHIE

INGREDIENTS

1 1/2 cups ripe chunks of frozen banana

1/2 cup of frozen blueberries

1 tbsp almond butter

3/4 cup of unsweetened almond milk

1 tbsp flaxseeds

1 tbsp chia seeds

2 capsules Terranova Living Multivitamin WOMAN or MAN or SPORT

DIRECTIONS

In a blender, mix all the ingredients together until smooth. Enjoy!



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MULTIVITAMIN GINGER AVOCADO TOAST

INGREDIENTS

1 ripe avocado

Juice of ½ lemon

1 tbsp Terranova Omega Oil 3-6-7-9

1 capsule Terranova Ginger

2 capsules Terranova Living Multivitamin WOMAM or
MAN or SPORT

Salt, pepper

1 slice of bread

DIRECTIONS

Mash the avocado with a fork. Season with salt and black pepper. Add lemon juice and Terranova Omega Oil 3-6-7-9. Open up the Terranova capsules and mix well. Spread the mashed avocado on bread. Top with things like watercress, flax seeds, tomato, basil, spinach etc. Enjoy!



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MULTIVITAMIN CHOCO MOUSSE

INGREDIENTS

1/2 cup cocoa powder

1 tbsp carob powder

3/4 cup cocoa butter

1 pinch sea salt

1 can full-fat coconut milk

1 tsp pure vanilla extract

2 tbsp agave syrup

6-9 dates

2 capsules Terranova Living Multivitamin WONAM or MAN or SPORT (per serving)

Decoration:

Strawberries, raspberries, cocoa powder etc



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DIRECTIONS

- In a small saucepan, combine cacao powder, carob powder, cocoa butter, salt, and 3/4 cup coconut milk.
- Over medium-low heat, whisk all ingredients together.
- Once the mixture is melted, add the remaining coconut milk and whisk until fully combined.
- Then remove from heat and add the vanilla and agave syrup.
- Transfer the mixture to a blender. Add dates (start with 5 and increase as you go) and the content of the Terranova capsules, and blend on high speed until it is creamy and smooth.
- Taste and adjust flavor to your preference, adding more cacao powder for a richer chocolatey flavor, dates for sweetness, or sea salt for saltiness.
- Transfer to small bowls and cover. Refrigerate at least 4 hours, preferably overnight.
- To serve, top with strawberries, raspberries or cacao/cocoa powder.

Enjoy!



MULTIVITAMIN CHOCO TRUFFLES

INGREDIENTS

100 ml full fat unsweetened coconut milk

120 gr vegan dark chocolate chopped

1 teaspoon vanilla extract

1/4 teaspoons espresso powder

1 tablespoon agave syrup

1/8 teaspoon sea salt

2 capsules Terranova Living Multivitamin WONAM or
MAN or SPORT (per serving)

Decoration:

1/3 cup unsweetened cacao powder and/ or choco
flakes



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DIRECTIONS

- In a small saucepan, heat the coconut milk over low heat just until it's about to boil.
- Pour the hot coconut milk over the chocolate in a heatproof bowl and let sit for 2 minutes. Stir with a silicone spatula until the chocolate is fully melted and smooth.
- Add the vanilla, espresso powder, agave, sea salt and open up the Terranova capsules. Stir until well combined.
- Cover the bowl with plastic wrap and refrigerate for 3 hours, until firm and scoopable.
- Scoop out the ganache and roll it in cocoa powder, or chocolate flakes until evenly coated.
- Store the truffles in the refrigerator for up to 5 days.

Enjoy!

THE TERRANOVA DIFFERENCE



100% additive-free,
100% active ingredients



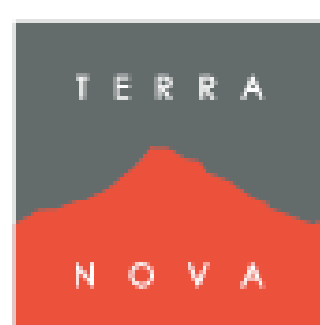
100% vegan friendly



We have developed the intensely synergistic innovation MAGNIFOOD, unique complexes of active plant ingredients which are bespoke to each formulation. MAGNIFOOD is designed to support the bioavailability, utilization and function of the products nutrients, as well as providing the individual properties of each plant.



The majority of the phytonutrient-rich wholefood and botanical ingredients in Terranova products are fresh freeze dried. This method of drying protects and retains a plant's potency, biochemical integrity and enzymatic activity.



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