

OsoLean™ Recipe Card



cut on dotted line



fold on black line

Ingredients:

- 2 scoops of OsoLean™ powder
- 1 scoop chocolate GlycoSlim® meal replacement drink mix
- Splash of almond extract
- 1 cup of non-fat milk or yogurt (plain or vanilla)
- Ice

Directions: Combine all ingredients in a blender. Mix, pour and enjoy! (230 Calories*)

Tips:

- A "splash" of extract is a little more than a drop, but less than a capful. More or less can be used based on individual taste preference.
- Be sure to look for low-fat, non-fat or low-calorie milk and yogurt options.



* Calories may vary based on actual ingredients and brand of products used. The ingredient with the fewest calories was used in recipes that offer ingredient options (i.e., milk or yogurt, low-fat or non-fat). Refer to the labels of actual ingredients used for the most accurate calorie count.

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