

# OsoLean™ Recipe Card



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## Great ways to mix it up with OsoLean™ powder:

- Mix with canned pears, almond extract and vanilla GlycoSlim® drink mix.
- Sprinkle over roasted apples along with nutmeg and cinnamon.
- Mix with unsweetened cranberry juice or AmbroStart® drink mix.
- Mix with chocolate GlycoSlim drink mix and a whole banana.
- Mix with orange juice, vanilla GlycoSlim drink mix and a hint of vanilla extract. Tastes like an orange dreamsicle! (The EM•PACT® or AmbroStart® powder can be mixed with water and used in place of orange juice for added nutritional benefits.)
- Mix with mandarin oranges, coconut extract and vanilla GlycoSlim drink mix—light and refreshing.
- “Paradise shake”—mix with mango, papaya and pineapple.
- Blend with mixed fruit and milk or yogurt for a fruit smoothie.
- Mix with chocolate GlycoSlim drink mix, milk or yogurt and peppermint extract or fresh mint for a refreshing chocolate mint shake.
- Blend with chocolate GlycoSlim drink mix, milk or yogurt and almond extract for a refreshing chocolate almond drink.
- Blend with milk, pineapple and coconut extract for a great piña colada.
- Think outside the box and create a great veggie dip by mixing with low-fat sour cream or yogurt and ranch original or fiesta dip mix.



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