

OsoLean® Recipe Card



cut on dotted line



fold on black line

Ingredients:

- 2 scoops of OsoLean® powder
- 1 scoop of vanilla GlycoSlim® meal replacement drink mix
- 4 oz of cinnamon apple sauce
- 1 cup of low-fat milk
- Splash of vanilla extract
- Ice

Directions: Combine all ingredients in a blender. Mix, pour and enjoy! (361 Calories*)

Tips:

- A "splash" of extract is a little more than a drop, but less than a capful. More or less can be added to taste.
- Be sure to look for low-fat, non-fat or low-calorie milk options.
- A combination of plain applesauce and a dash of ground cinnamon can be used as an alternative for cinnamon apple sauce.
- Look for 4 oz single-serving cups of applesauce, usually sold in a pack of six.

* 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.

