

# OsoLean® Recipe Card



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## Chocolate-Covered Cherry Shake

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### Ingredients:

- 2 scoops of OsoLean® powder
- 1 cup of low-fat milk
- 1 scoop of chocolate GlycoSlim® meal replacement drink mix
- 1/3 cup of fresh or frozen cherries (pitted)
- Ice

**Directions:** Combine all ingredients in a blender. Mix, pour and enjoy! (429 Calories\*)

### Tips:

- Maraschino cherries add more calories but are sometimes easier to find.
- Can't find fresh or frozen cherries and don't want the added calories of maraschino cherries? Try a combination of cherry and almond extract.
- 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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