

# OsoLean® Recipe Card



cut on dotted line



fold on black line

#### Ingredients:

- 2 scoops of OsoLean® powder
- 1 cup of frozen or canned fruit (in unsweetened syrup or fruit juice)
- 1 cup of non-fat milk or yogurt (plain or vanilla flavored)
- Ice

**Directions:** Combine all ingredients in a blender. Mix, pour and enjoy! (150 Calories\*)

#### Tips:

- For a fulfilling snack or to substitute a meal, add one scoop of vanilla GlycoSlim® meal replacement drink mix.
- Ice can be omitted if using frozen fruit.
- Puree your own fresh fruit mix and freeze it as ice cubes to use in your shake.
- Be sure to look for low-fat, non-fat or low-calorie milk and yogurt options.
- Some grocers carry Smoothie Blends in the frozen fruit section. These are bags of pre-mixed frozen fruit combinations ideal for making fruit smoothies.
- Some great fruit combinations include: Strawberry/Banana, Strawberry/Pineapple, Mixed Berries (black/blue/raspberry), Mango/Banana or Mango/Peach/Pineapple.
- Add your bulk Ambrotose® and Phyt-Aloe® supplements or other great Mannatech products to the shake as well.
- Add some pureed spinach or kale to get some extra nutritional benefits!

\*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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