

OsoLean® Recipe Card



cut on dotted line



fold on black line

Ingredients:

- 2–3 pieces of grapefruit (segmented)
- 1 Tbsp of AmbroStart® drink mix
- 1 serving of green tea or raspberry green tea drink mix (e.g., Crystal Light)
- 1 cup of orange juice
- Ice

Directions: Combine all ingredients in a blender. Mix, pour and enjoy! (197 Calories¹)

Tips:

- Pre-segmented grapefruit pieces can be found in jars in the cooler of the produce section of most grocery stores.
- Water or additional orange juice can be added if needed for mixing or to achieve desired consistency.
- Choose regular green tea or raspberry green tea mix, or use them both together for an additional refreshing flavor.
- If using fresh brewed green tea, be sure to reduce the amount of other liquids.
- If the flavor is too tart or too sweet, replace the orange juice with water and also save approximately 100 calories.

Note: This recipe does not contain fresh fruit or OsoLean® powder.

¹ 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.

