

OsoLean® Recipe Card



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Piña Colada

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Ingredients:

- 2 scoops of OsoLean® powder
- 1 cup of crushed pineapple (in unsweetened juice)
- 1 cup of non-fat milk
- Splash of coconut extract
- Ice

Directions: Combine all ingredients in a blender. Mix, pour and enjoy! (165 Calories*)

Tips:

- A “splash” of extract is a little more than a drop, but less than a capful. More or less can be used based on individual taste preference.
- Ice can be omitted when using frozen pineapple.
- Avoid fruits that are canned in syrup. Look for ones that are canned in juice.

* 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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