

OsoLean® Recipe Card



cut on dotted line



fold on black line

Ingredients:

- 2 scoops of OsoLean® powder
- A sprinkle of Ranch Original Dip Mix or Fiesta Dip Mix
- 3 Tbsp low-fat or non-fat sour cream

Directions: Combine all ingredients in a bowl. Stir until well blended. Serve immediately or chilled with raw veggies. (85 Calories* Single Serving)

Tips:

- Be sure to look for low-fat or non-fat sour cream.
- You can also use plain non-fat yogurt or cottage cheese.
- Add red bell peppers and scallions for extra crunch and yumminess!
- Use this as a spread instead of mayo for your turkey wrap or grilled chicken sandwich.
- Got a large party? Mix the entire package (or several packages) of dip mix with sour cream according to package directions. Add additional scoops of OsoLean powder as needed, mix well and enjoy the party!

* 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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