

OsoLean® Recipe Card



cut on dotted line



fold on black line

Ingredients:

- 2 scoops OsoLean® powder
- 1 scoop chocolate GlycoSlim® meal replacement drink mix
- 1 whole banana (peeled)
- 2 Tbsp peanut butter
- 1 cup of non-fat milk or yogurt
- Ice

Directions: Combine all ingredients in a blender. Mix, pour and enjoy! (521 Calories*)

Tips:

- Not looking to replace a meal? Substitute 1–2 tablespoons of natural or low-calorie cocoa in place of the GlycoSlim meal replacement drink mix and save approximately 100 calories.
- For a thinner consistency, add additional milk or water.
- 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.

