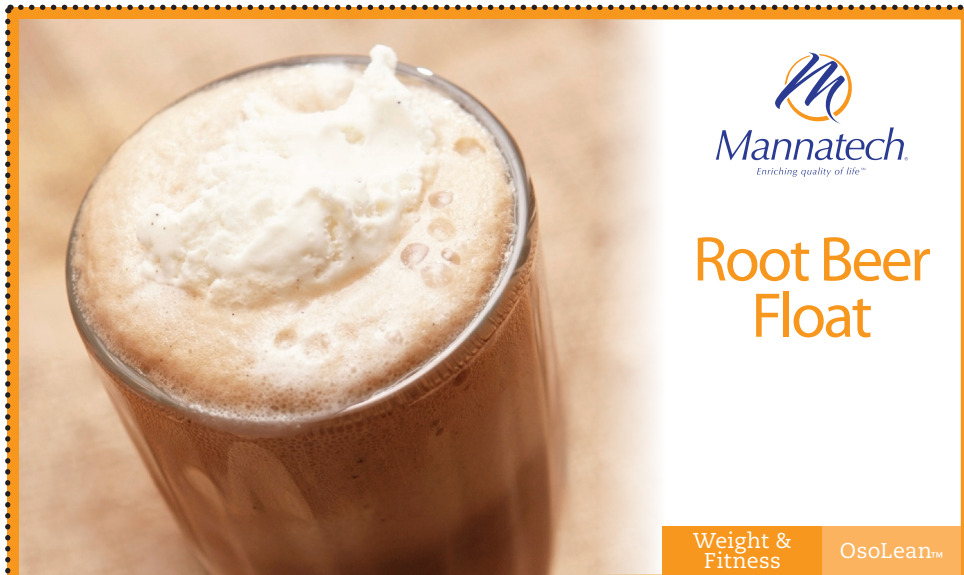


OsoLean™ Recipe Card



cut on dotted line



Root Beer Float

Weight &
Fitness

OsoLean™

fold on black line

Ingredients:

- 2 scoops of OsoLean™ powder
- 1 scoop of vanilla GlycoSlim® meal replacement drink mix
- 1 cup of low-fat vanilla yogurt
- Splash of root beer extract
- Splash of vanilla extract
- 1 cup of low-fat milk
- Ice

Directions: Combine all ingredients in a blender. Mix, pour and enjoy! (314 Calories*)

Tips:

- A "splash" of extract is a little more than a drop, but less than a capful. More or less can be added to taste.
- Not looking to replace a meal? Additional yogurt (vanilla) can be used in place of the GlycoSlim meal replacement drink mix to save approximately 30–50 calories.
- 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.

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