

SHAKE RECIPES

When you add OsoLean[®] powder to water, it may remind you of skim milk. If that's not the taste you prefer try mixing it in milk or fruit juices. It can even be used in coffee as a substitute for milk. It also provides a naturally frothy topping for those who make their own lattes—yum! Or, try adding it to your oatmeal, yogurt, pudding or cereal for a filling meal.

Many people enjoy blending OsoLean[®] powder into a fruit smoothie for breakfast along with GlycoSlim[®] meal replacement drink mix for lunch or dinner. Try a delicious Fruit Smoothie for breakfast or as an afternoon snack.

If you love thin mint cookies or candy, you'll love this Chocolate Mint Shake as a healthier, low-kilojoule alternative. Are you looking for a refreshing beverage in the afternoon or any time of day? Mix up Pina Colada or Chocolate Almond drink.

Fruit Smoothie

150 Calories (628 kilojoules) ±

2 scoops of OsoLean[®] powder
1 cup of frozen or canned fruit (in unsweetened syrup or fruit juice)
1 cup of non fat milk or yogurt (plain or vanilla flavored)
Ice

Directions:

Combine all ingredients in a blender. Mix, pour and enjoy!

Tips:

- For a fulfilling snack or to substitute a meal, add one scoop of vanilla GlycoSlim[®] meal replacement drink mix.
- Ice can be omitted if using frozen fruit.
- Puree your own fresh fruit mix and freeze it as ice cubes to use in your shake.
- Be sure to look for low-fat, non-fat or low calorie milk and yogurt options.
- Some grocers carry Smoothie Blends in the frozen fruit section. These are bags of pre-mixed frozen fruit combinations ideal for making fruit smoothies.
- Some great fruit combinations include: Strawberry/Banana, Strawberry/Pineapple, Mixed berries (black/blue/raspberry), Strawberry/Banana, Mango/Banana or Mango/Peach/Pineapple.
- Add your bulk Ambrotose[®] and Phyt-Aloe[®] supplements or other great Mannatech products to the shake as well.
- Add some pureed spinach or kale to get some extra nutritional benefits!

Chocolate Mint

275 Calories (1,151 kiljoules)±

2 scoops OsoLean® powder
1 scoop chocolate GlycoSlim® meal replacement drink mix
1 cup non fat milk
Splash of peppermint extract
Ice

Directions:

Combine all ingredients in a blender. Mix, pour and enjoy!

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.
- A natural or low-calorie cocoa can be used in place of GlycoSlim® meal replacement drink mix.
- Use fresh mint from the garden as well!

Pina Colada

165 Calories (691 kilojoules)±

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

Directions:

Combine all ingredients in a blender. Mix, pour and enjoy!

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 canned fruits that come in syrup. Look for ones that are canned in juice.

Chocolate Almond

230 Calories (963 kilojoules) ±

2 scoops of OsoLean® powder
1 scoop chocolate GlycoSlim® meal replacement drink mix
1 cup non-fat milk or yogurt (plain or vanilla)
Splash of almond extract
Ice

Directions:

Combine all ingredients in a blender. Mix, pour and enjoy!

Tips:

- Be sure to look for low-fat, non-fat or low calorie milk and yogurt options.
- 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

Other great ways to mix it up with OsoLean® Powder.

- Mix with canned pears, almond extract and vanilla GlycoSlim® drink mix
- Sprinkle over roasted apples along with nutmeg and cinnamon
- Mix with unsweetened cranberry juice
- Mix with chocolate GlycoSlim® drink mix and a whole banana
- Mix with orange juice, vanilla GlycoSlim drink® mix, hint of vanilla extract (EM-PACT Preworkout Sports Drink® powder can be mixed with water and used in place of orange juice for added nutritional benefits)
- Mix with mandarin oranges, coconut extract and vanilla GlycoSlim® drink mix—light and refreshing
- “Paradise shake” mix with mango, papaya and pineapple