



NutriVerus™



Nutri-Licious Guacamole



Ingredients:

- 1 scoop NutriVerus™ powder
- 2 large, ripe avocados
- 2 tablespoons fresh lemon juice
- ¼ teaspoon sea salt
- ½ teaspoon garlic powder

Directions:

Mash avocados and combine remaining ingredients with avocado mixture, mixing well.

Tips:

Serve with baked or gluten-free corn chips.



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Strawberry Almond Smoothie

Ingredients:

1 scoop NutriVerus™ powder

1 cup vanilla almond milk

½ cup frozen strawberries

Directions:

Blend ingredients in a blender until smooth.

Tips:

Smoothies make delicious creamsicles!

Simply pour into popsicle moulds and freeze.



Nutri-Licious Veggie Dip



Ingredients:

1 scoop NutriVerus™ powder

2 cups plain low fat yoghurt

1 cup minced spinach

2 tablespoons minced onion or ½ teaspoon onion powder

½ teaspoon dried dill

¼ teaspoon sea salt

Fresh vegetables of your choice

Directions:

Combine ingredients and stir well.

Tips:

Serve with fresh veggies like carrots, celery, cucumbers, capsicum, broccoli and cherry tomatoes.

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Simple Fruit Juice Mixers



NutriVerus™ powder combines easily with virtually any drink. These nutritious pick-me-ups also make a great addition to your Xtreme Food Makeover Event:

Ingredients:

- 1 scoops NutriVerus™ powder
- 2 litres orange or other fruit juice

Directions:

Combine ingredients and shake vigorously.

Tips:

Garnish with a slice of fresh fruit and have stir sticks on hand to help your guests keep the powder dispersed in the liquid.



OsoLean®



Spicy Tomato Cocktail



Ingredients:

2 scoops of OsoLean® powder

1 cup of tomato juice

Several splashes of hot sauce

Ice

Directions:

Combine all ingredients in a blender.

Mix, pour and enjoy! (62 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.

Try it frozen or on the rocks.



OsoLean®



Fruit Smoothie



Ingredients:

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

Ice

Directions

Combine all ingredients in a blender.

Mix, pour and enjoy! (150 Calories±)

Tips:

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.



OsoLean®
& NU-FLAVOUR®



Apple Pie Shake



Ingredients:

2 scoops of OsoLean® powder

1 packet of vanilla NU-FLAVOUR®

113g cinnamon apple sauce

1 cup of low-fat milk

Splash of vanilla extract

Ice

Directions:

Combine all ingredients in a blender.

Mix, pour and enjoy! (361 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. Be sure to look for low-fat, non-fat or low-calorie milk options.

Chocolate Almond



Ingredients:

2 scoops of OsoLean® powder

1 packet of chocolate NU-FLAVOUR®

Splash of almond extract

1 cup of non-fat milk or yogurt (plain or vanilla)
Ice

Directions

Combine all ingredients in a blender.
Mix, pour and enjoy! (230 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. Be sure to look for low-fat, non-fat or low-calorie milk and yogurt options.

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