

## Ingredients and tools:

Water

One (1) pouch of Opt2THRIVE®

Blender, Magic Bullet or Shaker bottle (Blender Ball). By using the Magic Bullet, it is quick, easy and ready to drink. Also, if you are making more than one, each person can have their own personal favorite.

## Directions for making Opt2THRIVE®:

1. Pour 5 ounces of water into blender.
2. Add contents of one pouch to blender.
3. Blend or shake well; best when blended.

Yield: 9 ounces of deliciousness to get you on the road to recovery!

\*\*If volume is not an issue, contents may be blended with ice or additional water. Any unfinished portion should be refrigerated and consumed within 48 hours.

Please note that anyone with oral hypersensitivity to textures, should use a blender or Magic Bullet to mix for best results. That is the only way we have found to avoid any gritty texture issue. I love the Magic Bullet and use it to blend, store and drink Opt2thrive! It is a great one step process. The bottom line is you have to use something to mix it in, why not use what give you the best results.

## VARIATIONS:

Apple juice: Looking for a change, you can mix Opt2thrive with 8 Oz of apple juice. It tastes great and also adds the benefits of a glass of apple juice. Calorie total: 750 per serving.

Greek Yogurt: Take a cup of French Vanilla Greek Yogurt and mix with ½ a pouch of Opt2thrive for a delicious snack or side dish. Calories: 750 per serving. See additional flavors listed below.

Chocolate Peanut-butter Delight: Add a heaping tablespoon of Cocoa Powder to your shake and blend as usual. Calorie total: 645 calories per serving.

Banana Chocolate Peanut-butter Surprise: Add a half of a ripe banana and 1 heaping tablespoon of Cocoa Powder to your shake and blend as usual. You will think you are drinking a chocolate banana split!!! Calorie total: 700 per serving.

Popsicles: It is very easy to make popsicles, just mix Opt2THRIVE® as directed and pour into molds. Put in freezer overnight or at least 5 hours. Enjoy a delicious peanut-butter favored fudgicle. For easy removal of the Popsicle mold, dip it in a glass filled with warm water for 10 seconds. To figure out the calories per Popsicle, divide 630 by the number that you make from one pouch. (Example: 630 calories ÷ 3 popsicles = 210 per Popsicle).

Pudding-like dessert or snack: Mix one serving of Opt2THRIVE® as directed and pour into dessert dishes. Put in refrigerator for 3 hours or until it is has thickened. If a thicker consistency is desired, use only 4 oz. of water.

Please note that M&S Creneau, Inc. has provided this list as a courtesy to assist patients in their search for additional ways to add calories and create a variety of flavors. M&S Creneau, Inc. does not endorse commercial products and has provided this list to serve as examples of ways you can add calories and/or vary the flavor of Opt2Thrive®. Therefore, this list is not to be considered as a recommendation or endorsement from M&S Creneau, Inc. As always, consult your physician to determine if these variations are right for you.

## FOR A FLAVOR CHANGE OR SOME ADDITIONAL CALORIES

The following is a list of possible choices for a change in flavor and/or added calories. Please check the labels before adding to Opt2thrive® to make sure the added ingredients comply with your dietary needs and requirements.

1. Dannon Oikos Greek Non-Fat Yogurt (5.3 oz.)
  - Blueberry (130 calories)
  - Black Cherry (130 calories)
  - Raspberry (160 calories)
  - Peach (130 calories)
  - Pineapple (120 calories)
  
2. Publix Yogurt Fat-Free Light (6 oz.)
  - Blueberry Pomegranate (110 calories)
  - Boysenberry (110 calories)
  - Cappuccino (90 calories)
  - Carrot Cake (100 calories)
  - Cherry Vanilla (110 calories)
  - Cinnamon Bun (100 calories)
  - Mandarin Orange (120 calories)
  - Strawberry Banana (110 calories)
  - Wild Berry Crumbcake (100 calories)
  
3. Silk Milk (8 oz.)
  - Very Vanilla (130 calories)
  - Pure Almond Vanilla (90 calories)
  - Pure Almond Dark Chocolate (120 calories)
  
4. Horizon Organic Chocolate Milk (8 oz.) (150 calories)
  
5. Land-O-lakes - Cocoa Classics (Hot Chocolates)
  - Chocolate Supreme (140 calories)
  - French Vanilla (140 calories)
  - Hazelnut (140 calories)
  - Mint (140 calories)
  - Raspberry (140 calories)

Other ideas:

Child does not want to “drink” alone, scoop out 2 heaping tablespoons into a greek yogurt (either plain or vanilla) and add ice cream to the blender to mix the one for the child and like magic, you both can have a smoothie break!

\*\*\*\*\*APPROACH AND PRESENTATION are key to getting younger children to try a new product.

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