

GLYCOCAFE

Recipes



 MANNATECH



Dr. Nugent's Prescription – Breakfast Latte

This special Dr. Nugent recipe comes packed with flavour - a creamy nutrient-rich coffee to kick start your day.

What you need:

- 1 GlycoCafé slim stick
- 1 single-serve pouch or 2 scoops
creamy Vanilla TruPLENISH
- 1 scoop (500mg) Manapol powder
- hot water

Method:

Mix together and enjoy!



Osocafe – Super simple and packed with nutrients

This delicious coffee is like a regular long black, but way better!

What you need:

- 1 GlycoCafé slimstick
- 2 scoops of OsoLean

Method:

Simply mix the GlycoCafé with the OsoLean then add water! You can also add, milk, cream, almond milk or other non-dairy options.



Honey Long Black – to keep you buzzing

This coffee is super simple to make. The added sweet taste of honey blends perfectly with the richness of GlycoCafé. The caffeine and GlycoCafé nutrient combo will give you a boost of energy and wellness.

What you need:

- 1 GlycoCafé slim stick
- 1 teaspoon of honey

Method:

Add one GlycoCafé slim stick to 6-8 oz of hot water. Stir well. Add the honey and stir until it is dissolved – enjoy!

.....recipe from **Vincent Putra**

Iced Glyco Dalgona

Originally from Korea, the Dalgona coffee has taken the world by storm. ... This is what coffee dreams are made of. With the GlycoCafé you get a Dalgona that is more than just dreamily creamy – it's also rich in antioxidants and glyconutrients too.

What you need:

- 1 GlycoCafé slim stick
- 2 teaspoons granulated sugar
- 1½ tsp hot water

Method:

Add ingredients to a bowl and with an electric mixer, whip until foamy. Fill a glass with ice and milk 3/4 of the way full. Top with coffee foam and enjoy. A sweet treat of fluffy goodness jam packed with nutrients.

.....recipe from **Julia Ann**



Californian Caramel Dream

Fancy a bit of caramel in your coffee? Then look no further. This recipe is like a creamy caramel dream filled with nutrients to boost your health and wellness.

What you need:

- 1 GlycoCafé slim stick
- 1 scoop OsoLean
- 3 drops of English Toffee Stevia
- small pinch of sea salt
- a dash of cream (whipped slightly if you like)
- cinnamon for sprinkling

Method:

Mix GlycoCafé, OsoLean and salt together. Add 8 oz of hot water and stir till everything is dissolved. Add 3 drops of English Toffee Stevia. Add a dash of cream and sprinkle some cinnamon on top. You can also slightly whip the cream.

.....recipe from **Susan Williams Weckter**





Honey Cinnamon Bun

Fancy a bit of sweet spiciness in your coffee? Then try out this sweet, warming and nutrient-rich recipe!

What you need:

1 GlycoCafé slim stick
½ teaspoon cinnamon
1 tablespoon of honey
almond milk

Method:

Mix GlycoCafé and cinnamon together. Add 8 oz of hot water. Add honey and stir till everything is dissolved. Stir in almond milk to taste.



Cinnamon Osolette Happyness in a cup

Happyness in a cup. This coffee-infused recipe comes packed with nutrients, and thanks to the OsoLean also contains 10g of protein. A flavoursome healthy coffee with a sweet and spicy taste of cinnamon. The GlycoCafé gives this coffee a full taste with all the health benefits from roasted and green coffee beans and red coffee berry.

What you need:

1 GlycoCafé slim stick
2 scoops of OsoLean
frothed milk
cinnamon

Method:

Add one GlycoCafé slim stick to 6-8 oz. of hot water. Stir well. Add 2 scoops of OsoLean. Add the frothed milk and sprinkle the cinnamon on top.

Tip: To froth the milk without a frother, pour the milk into a large jar with a lid. Ideally, fill no more than a third of the jar. Screw the lid on tightly then shake the jar vigorously until the milk is frothy and has roughly doubled in volume. This should take 30 to 60 seconds.

.....recipe from **Lizanne Du Plessis**

Café Con Especias

This recipe adds a spicy chocolatey kick to your everyday coffee.

What you need:

1 GlycoCafé slim stick
1 pinch cayenne pepper
¼ teaspoon cinnamon
1 oz. dark chocolate or 1 heaping teaspoon 100% cacao powder
¼ teaspoon vanilla extract.
cream to taste.

Method:

Mix GlycoCafé, cayenne pepper, chocolate and cinnamon together. Add 8 oz of hot water, vanilla extract and cream to taste.



Café Da

Fancy a cooling refreshment which also happens to be packed with glyconutrients? Look no further.

What you need:

6 oz. coffee
1 cup of ice
¼ cup of sweetened condensed milk.

Method:

Pour 6 oz coffee into a cup of ice, add ¼ cup of sweetened condensed milk, stir, enjoy!



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100% NATURAL
100% GENUINE
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