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# GlucaChol-22

**NEW**



## Creamy Apple Oats

### INGREDIENTS

- ½ cup oats (quick cooking)
- 250ml (1 cup) boiling water
- 125 – 250ml (1/2 – 1 cup) low fat / skimmed milk
- 2 tablespoons apple puree (baby food)
- 1 teaspoon honey
- 1 ½ scoops GlucaChol-22™



### For a healthy heart

- Assists with cholesterol lowering
- 100% Natural ingredient
- Effective within weeks

### DIRECTIONS

1. Warm the milk
2. Add milk, boiling water and oats together in bowl. Amount of milk will depend on how thick you prefer the oats
3. Microwave for 2 minutes or till cooked, stirring often
4. Add apple puree and GlucaChol-22™ to cooked oats and stir well
5. Drizzle with honey and enjoy!

 Innovation  
Based on Science

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**GlucaChol-22™ with Oatwell™ Proven to lower bad cholesterol naturally**