

# Inside Reliv Recipes



## Chocolate Spice Shake

### ingredients:

- 1 scoop chocolate Simplicity®
- 1 scoop GlucAffect™
- 1 scoop Reliv Classic® or Reliv Now®
- 1/2 tsp. vanilla
- 8 oz. water
- 2 ice cubes (optional)

### directions:

Mix and enjoy!

submitted by: Ruth Farnsworth of South Dakota



## Papaya Pineapple Banana Shake

### ingredients:

- 1 slice ripe papaya peeled
- 1/2 ripe banana
- 4 oz. pineapple juice
- 4 oz. cool water
- 2-3 ice cubes (optional)
- Reliv products of your choosing

### directions:

Combine in blender, mix and serve.

submitted by: Lavern Lindo of Connecticut

