

# Inside Reliv Recipes



## Tasty Sensation

### ingredients:

1 small container lowfat vanilla yogurt  
1 scoop chocolate Simplicity® Meal Replacement  
1/2 banana or strawberries cut up... or both!

### directions:

Just mix together.

*Tastes like a banana split but good for you!*

submitted by: Rosanne Henrickson of Wisconsin



## Take It to Work Shake

### ingredients:

1 scoop Reliv Delight®    1 scoop ProVantage®  
2 scoops Reliv Classic®    1 scoop FibRestore®  
1 scoop Arthaffect®  
1 scoop Innergize!® — any flavor  
16-20 oz. ice cold water

### directions:

Funnel products into bottle, add water and shake. (I usually prepare the night before, keep it in the fridge and re-shake it as needed.)

*Being a welder, the smoke irritates my throat and this shake really helps throughout the day. Not only that, Reliv also keeps me going strong all day, which makes a big difference since we work piece rate.*

submitted by: Jack Hardymon of Ohio

