

Inside Reliv Recipes



Shakin' in Virginia

ingredients:

1 carton organic yogurt ice (more if your fruit isn't frozen)
5 frozen strawberries 2 scoops Reliv Now®
1/3 cup frozen blueberries 1 scoop ProVantage®

directions:

Blend and serve. To really make it interesting for the kids, throw in 10-12 chocolate chips.

The kids LOVE this shake and think it tastes like ice cream! We have our whole street drinking their Reliv shakes this way.

submitted by: Kate Wozniak of Virginia



Fruit n' Honey Shake

ingredients:

1/2 banana
1 cup papaya
1 tsp. honey
1/2 cup skim milk (more or less to reach desired consistency)
1 scoop Reliv Now® or Reliv Classic®
1/2 scoop Innergize!®
any additional Reliv products you choose

directions:

Blend banana, papaya, honey and milk until smooth; then add your favorite Reliv products and blend again

Hope you enjoy this!

submitted by: Jessica Stremmer of Florida

