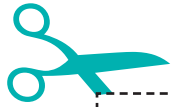


# Inside Reliv Recipes



## Orange Dream

### ingredients:

1 scoop Vanilla Reliv Now® for Kids  
1/2 scoop Orange Innergize!®  
1 oz. water  
4-7 oz. orange juice

### directions:

Place all ingredients in a shaker cup and shake until blended.

*“Shake and drink the Dream!”*

submitted by: Katelyn and Helen Weldon, ages 8 and 6, of Montana



## Island Shake

### ingredients:

1 scoop Reliv Now® or Classic®	1/2 banana
1 scoop Lemon Innergize!®	flaked coconut
1/2 scoop FibRestore®	4 chunks pineapple
4 oz. water	3-4 ice cubes
4 oz. milk (or coconut milk)	

### directions:

Pour milk and water into a blender; add Now/Classic, Innergize! and FibRestore; add fruit; then add the ice. Blend at slow speed until blended. Drink up!

*The banana acts as a smoothing agent while the ice acts as another texture. If you need to down the shake in a hurry, do not add the ice (prevents “brain freeze”).*

submitted by: Kitty Chadima of Missouri

