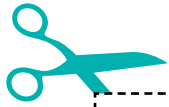


Inside Reliv Recipes



Breakfast Shake on the Go

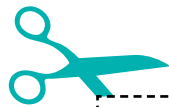
ingredients:

3/4 cup skim milk
1/4 cup yogurt
1/4 cup oatmeal
1/4 cup Dole® Tropical Fruit
1 scoop Reliv Classic®
1/2 scoop Innergize!® – any flavor
1/2 scoop FibRestore®

directions:

Place all ingredients in a blender and blend until smooth.

submitted by: M.K. Gribbin of Pennsylvania



Hawaiian Smoothie

ingredients:

1/2 papaya (deseeded) – Solo or Strawberry type
1 banana (peeled) – Apple, Cavendish or Williams
1/2 apple (unpeeled) – Pacific Rose
6 slices ginger – Thai (young and yellow)
6 ice cubes
4 oz. unsweetened soy milk
4 oz. filtered water
your usual daily combination of Reliv products

directions:

Place ingredients into blender in this order: ginger, apple, banana, Reliv products, ice cubes, soy milk and water. Pulse until smooth. Pour into chilled 12 oz. container.

submitted by: Jenny Chin of Hawaii

