

# Inside Reliv Recipes



## Kootenay Delight

### ingredients:

2 scoops Reliv Classic®  
1 scoop Lemon or Orange Optain!®  
1/2 scoop Herbal Harmony  
1/2 cup huckleberries or strawberries (preferably frozen)  
1 banana  
8 oz. milk

### directions:

Pour milk into a blender; add Classic, Optain and Herbal Harmony; add your fruit. Blend at slow speed. Drink up!

*I like to drink this in the morning as my first shake!*

submitted by: Ron Gauthier of British Columbia



## Orange Julius

### ingredients:

1 cup ice  
3/4 cup orange juice (I like it with a lot of pulp)  
1 scoop of Reliv Now®  
1/2 scoop of Orange Optain!®  
1/2 scoop of FibRestore®  
1/4 cup of milk  
3-6 drops of vanilla

### directions:

Place all ingredients in a blender and blend on high for two minutes.

*What a delicious way to start your day!*

submitted by: Myrle Christian of Oklahoma

