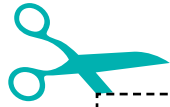


Inside Reliv Recipes



Great Breakfast or Snack Shake

ingredients:

1 cup skim milk
1 banana (or a half banana, if it is large)
1 scoop Reliv Now®
1/2 scoop orange Innergize!®
1 teaspoon Grape-Nuts
ice (optional)

directions:

Mix in blender until thick and smooth. (My little blender takes about twenty seconds.)

This is so good and so filling. Enjoy!

submitted by: Merrill Pregeant of Massachusetts



Strawberry Sorbet

ingredients:

2 scoops Reliv Now® for Kids
3 large frozen strawberries
1/2 cup yogurt
2 oz. water

directions:

Mix in blender and enjoy!

submitted by: Cassie Behrendt (age 10) of Montana



Taste Tip:

I like to wash strawberries and then one by one I dip them in orange or lemon Innergize!® and pop them in my mouth. To me this is so refreshing.

Linda Boettcher of Illinois