

# Inside Reliv Recipes



## Fresh & Fruity Shake

### ingredients:

1 banana  
8 oz. apple juice  
1 shot cherry juice concentrate  
Reliv products of your choosing

### directions:

Add banana, apple juice and cherry juice concentrate before adding Reliv products.  
Blend.

*Works for us!*

submitted by: Patrick Osmonson of Minnesota



## Pineapple & Coconut Smoothie

### ingredients:

1/2 cup fresh golden pineapple (super sweet)  
shredded fresh coconut to taste  
8 oz. cold water  
1 scoop of Relivables™ Soy Milk or Reliv Delight®  
1 scoop Reliv Now® or Reliv Classic®  
1/2 scoop lemon Innergize!®  
1/2 cup ice

### directions:

Blend until smooth.

submitted by: Rossy Rada and Ivan Monge of Nuevo Laredo, Mexico

