

Inside Reliv Recipes



Start-My-Day Shake

ingredients:

1 cup almond milk	1/2 cup crushed ice
1 banana	1 scoop Reliv Classic®
1/4 cup blueberries	1 scoop Innergize!®
1/4 cup sliced mango	1 scoop Arthaaffect®

directions:

Put in blender for about 30 seconds. Enjoy!

That's how I start my day.

submitted by: JoLynn Tasker of Utah



Family Breakfast Smoothie

(Serves two adults and two children)

ingredients:

1 fresh banana	2 scoops Reliv Classic®
6 - 8 frozen strawberries	2 scoops FibRestore®
6 - 8 chunks frozen mango	2 scoops orange Innergize!®
8 - 10 pieces frozen pineapple	1 scoop vanilla Reliv Now for Kids
3 - 6 ice cubes	1 scoop Relivables™ Soy Milk
12 oz. water	

directions:

Mix in blender for 1-2 minutes.

So thick you'll need a straw!

submitted by: Erin Stephan of Indiana

