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Cranberry Chocolate Shake

ingredients:

1 scoop Chocolate Simplicity®
1 scoop Relivables™ All-Natural Sweetener
1/2 scoop ProVantage®
1/2 scoop Relivables Soy Milk
small handful frozen cranberries
4-5 ice cubes
8 oz. water

directions:

Mix together in blender and put in a dish. Top with Relivables Soy Nuts if desired. What a great weight loss treat!

submitted by: Rosanne Henrickson of Wisconsin



Creamy Dreamy “Mousse”

ingredients:

1 scoop Reliv Classic®
1/2 scoop Innergize!®
2 heaping tablespoons plain yogurt
2 heaping tablespoons sugar-free whipped topping

directions:

Scoop plain yogurt into a dessert bowl. Mix in Reliv Classic and Innergize!. Add whipped topping. Mix until well blended. Enjoy!

submitted by: Barb Philleo of Wisconsin

