

# Inside Reliv Recipes



## Reliv Fruit Salad

### ingredients:

32 oz. yogurt  
2 mandarin oranges (or more as needed)  
2 firm bananas  
1 small can crushed pineapple  
coconut and nuts (optional)  
5-6 scoops of lemon Innergize!®

### directions:

Chop fruit, blend all ingredients, mix well and chill for about an hour.

*I take it to potluck dinners and parties. It has been a big hit and a great way for me to introduce Reliv to others. It brings the ordinary dish to life!*

submitted by: Margaret Spiers of Nebraska



## Winter Nog Shake

### ingredients:

1/2 cup low-fat eggnog  
1 cup water + 1/2 scoop Relivables™ Fortified Soy Milk  
4 ice cubes  
1/2 scoop orange or cool punch Innergize!®  
1 scoop Reliv Classic® (or Reliv Now®)  
1/2 scoop GlucAffect® (optional)  
1/2 scoop FibRestore® (optional)  
1/2 scoop ProVantage® (optional)  
1/2 banana (optional)

### directions:

Blend all the ingredients until smooth. Pour into a glass. Sprinkle with nutmeg. Yum!

*The low-fat eggnog makes this shake quite festive! And since eggnog is only available at certain times of the year, why not take advantage of it?*

submitted by: Keran DeCamp of Wisconsin

