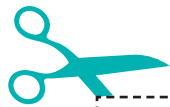


# Inside Reliv Recipes



## Eggnog Pie

### ingredients:

2 envelopes unflavored gelatin  
1 tbsp. Relivables™ All-Natural Sweetener  
1 tbsp. GlucAffect® (or more for flavor)  
4 tbsp. rum or 1 tbsp. rum extract (optional)  
chocolate

1 quart eggnog  
1/4 tsp nutmeg  
1 cup whipped cream



### directions:

Stir gelatin, sweetener in double boiler until dissolved in 1 cup eggnog. Once dissolved, mix in the rest of the eggnog, nutmeg, GlucAffect and rum. Chill until slightly thickened and fold in whipped cream. Pour into a 10" baked pie shell (makes 3 pies). Garnish with chocolate shavings.

submitted by: Barb King of Nebraska



## Every Morning Shake

### ingredients:

1 1/2 cups frozen fruit  
1 cold banana  
1 1/2 cups kefir (you may use yogurt)  
2-3 tbsp. cottage cheese  
Reliv products of your choosing



### directions:

Put in blender, mix it up and drink it down. YUM!

submitted by: Lois Fahl of Missouri