

Inside Reliv Recipes



Good Morning Reliv Waffles

ingredients:

1 package waffle mix
batter ingredients, (milk, eggs, etc.), per mix package
1 scoop ProVantage®
1 scoop GlucAffect®
additional milk as needed for correct consistency (optional)

directions:

Make batter per waffle mix directions. Add Reliv ingredients and additional milk.

Not only do these taste delicious... the house smells great, too!

submitted by: Sidney Czynski of Illinois



My Morning Shake

ingredients:

1/2 Banana
4 oz. ice cold milk
4 oz. ice cold guave or mango juice
(pineapple or orange/pineapple is good, too)
1 scoop Reliv Now®
1 scoop FibRestore®
1/2 scoop orange or lemon Innergize!®

directions:

Mix in blender for about 30-45 seconds and enjoy a creamy Reliv smoothie!

submitted by: Andreas Fuchs of South Carolina

